## Gluten Free Menu The Mill at Conder Green

Items highlights in yellow are gluten free

#### **NIBBLES**

**CUMIN SPICED HUMMUS (ve) £8.50** Toasted sesame seeds, basil oil, pitta chips

MARINATED OLIVES (ve) £7.00 Roasted red peppers, chillies, olive oil

GARLIC FOCACCIA (v) £7.00 With Lancashire cheese £7.50

CRACKED BLACK PEPPER AND GARLIC CHIPOLATAS £7.50 Gochujang BBQ sauce

## **STARTERS**

PRAWN COCKTAIL £9.95

Greenland prawns, Bloody Mary sauce, cherry tomatoes, pickled cucumber, poppy seed filo crisps

HALLOUMI PAKORAS (v) £8.95 Tikka spiced, mango and scorched chilli sauce, fresh coriander

> SOUP OF THE DAY (v) £7.50 Garlic focaccia, salted butter

BLACK PUDDING AND CHORIZO CROQUETTES £8.95 Smoked paprika panko, sundried tomato aioli

SWEET POTATO AND ROASTED RED PEPPER KOFTES (ve) £8.50 Garlic hummus, chilli dressing

STILTON MUSHROOMS £8.50 Sautéed mushrooms, stilton sauce, sourdough crostini's, leek crumble

> SMOKED HADDOCK AND CHEDDAR FISHCAKE £8.95 Tartare sauce, pea salad

## MAINS

SLOW BRAISED BLADE OF BOWLAND BEEF £18.95 Creamed potatoes, honey glazed carrot, tender stem broccoli, beef dripping and merlot red wine gravy

OVEN ROASTED SALMON FILLET £19.50 Parmesan and herb crusted, garlic roasted new potatoes, creamed leeks with pancetta

FRENCH CHICKEN SUPREME £18.50 Sarladaise duck fat potatoes, wild mushroom smoked bacon and pea fricassee, chive oil

TRADITIONAL FISH AND CHIPS £16.50 Lancashire ale battered, mushy peas, tartare sauce, hand cut chips, lemon

FLEETWOOD FISH PIE £16.95 Locally sourced seafood, leek and Lancashire cheese sauce, leek crumble, rustic bread

#### PORTERHOUSE STEAK £34.95

Himalayan salt aged sirloin on the bone, duck fat roasted potatoes, crushed peppercorn beef butter, tender stem broccoli

ADD SAUCE £3.50 Brandy & Pepper, Blue Cheese & Port, Red Wine & Beef Dripping

CHICKEN MILANAISE £16.95

tems highlighted in green can be adapted to be gluten free

## **BURGERS**

All burgers served in a brioche bun and served with skin on seasoned fries

HAND CRAFTED BEEF RIB BURGER £16.95 Bacon bits, crispy onions, Emmental cheese smokey burger sauce, baby gem, sliced plum tomato - Add pulled beef chilli £3.50

CAULIFLOWER FALAFEL BURGER (ve) £15.50 Chermoula mayo, garlic roasted portobella mushroom, hummus, baby gem, sliced plum tomato

CHICKEN CAESAR BURGER £15.50 Lemon and basil breaded chicken, Caesar sauce, gem lettuce, parmesan cheese

## **SMALL PLATES & LITE BITES**

Served lunch Monday to Saturday Add fries to any sandwich - £3.00

SMOKED HADDOCK AND CHEDDAR FISHCAKES £13.50 Creamed leeks pancetta, tender stem broccoli

GREENFIELDS CREAMY LANCASHIRE CHEESE SANDWICH (v) £8.00 Bloomer bread, apple and real ale chutney, gem lettuce

> FISH FINGER BUTTY £10.50 Floured bun, tartare sauce, gem lettuce

PRAWN SANDWICH £11.95 Bloomer bread, Bloody Mary sauce, baby gem, sliced plum tomato, house slaw

CHICKEN CLUB £8.50 Toasted bloomer bread, garlic roast chicken, baconaise, Emmental cheese, lettuce, sliced tomato, house slaw

CHILLI CHEESE FRIES £13.00 Pulled beef barbacoa, skin on fries, smoked cheddar, jalapeños

MEZE PLATE (ve) £12.95 Sweet potato and red pepper kofte, marinated olives, hummus, pitta bread, chermoula aioli, basil oil

**GARLIC FLATBREADS** 

Available all day, every day except Sundays

ITALIAN CHICKEN £15.50 Breaded chicken escalope, garlic and basil herb salad, cherry tomatoes, shaved parmesan, Genovese aioli

**PERUVIAN CHICKEN £15.50** Avocado and cucumber salad, burnt chilli dressing, aji verde aioli

> LAMB KOFTE £15.95 Moroccan spiced lamb koftes, fire roasted peppers, lemon dressed coriander salad, chermoula aioli

CHARGRILLED HALLOUMI (v) £16.25 Mixed olives, cherry tomatoes, sticky red onions, tzatziki

**VEGAN (ve) £15.00** Sweet potato koftes, hummus, green salad, olives, garlic aioli

BARBACOA PULLED BEEF CHILLI £15.50 Fire roasted red peppers, coriander salad, crispy onions, jalapeños, garlic aioli

## SIDES & ADDITIONS

HAND CUT CHIPS - Maldon sea salt £5.00 CREAMED LEEKS - Smoked pancetta £6.00 TENDER STEM BROCCOLI - Toasted sesame seeds £5.50 DUCK FAT NEW POTATOES - Garlic and parsley £5.50 SKIN ON FRIES: PLAIN £4.95 | CAJUN SPICED £5.50 PARMESAN AND TRUFFLE OIL £5.95 | SRIRACHA £5.50

Mini Caesar salad, skin on fries, Genovese aioli, charred lemon

#### SAAG CHANA MASALA (ve) £16.50

Chickpea and spinach curry, saffron rice, garlic and coriander chota naan

#### MOROCCAN SPICED LAMB TAGINE £17.95

Fire roasted red pepper and vegetable cous cous, fresh coriander chargrilled pitta

#### ANTICUCHOS DE POLLO £17.95

Peruvian style grilled chicken, garlic roasted potatoes, avocado, cucumber and tomato salad, burnt chilli dressing, aji verde aioli

#### BUDHA BOWL (ve) £13.50

Cous cous, olives, cherry tomatoes, avocado, cucumber, leaves, toasted seeds, fire roasted peppers, burnt chilli dressing

ADD - Chicken £3.50 Salmon £4.00 or Grilled Halloumi £3.50

## SUNDAY ROASTS\*

\*Please ask for a vegetarian option Served with roast and creamed potatoes, Yorkshire pudding and chefs seasonal vegetables

> **ROAST BEEF RUMP £17.95** Served with beef dripping gravy

#### ROAST LEG OF LAMB £17.95

Slow cooked red cabbage and minted gravy

#### ROAST CHICKEN SUPREME £17.95

Served with Cumberland stuffing and chicken gravy

DIETARY REQUIREMENTS Please notify a member of staff of any food allergies or special dietary requirements. Alternatively, ask to see a list of specific allergens in our dishes. (v) Vegetarian (ve) Vegan

# — The Mill at Conder Green—

### DESSERTS

**STICKY TOFFEE PUDDING £8.00** Salted caramel sauce, Walling's vanilla ice-cream

**DOUBLE CHOCOLATE BROWNIE £8.00** Belgium chocolate sauce, Oreo soil

STRAWBERRY CHEESECAKE £8.00 Wild strawberry syrup, granola

**BISCOFF RICE PUDDING £8.00** Biscoff biscuits, crushed banana chips

WILD BERRY ETON MESS £8.00 Chantilly cream, fruit coulis, meringue

WALLING'S OF COCKERHAM SORBET SELECTION (ve) 1 scoop £3.95 / 2 scoops £5.00 / 3 scoops £6.25 Fruit coulis, fresh fruit Ask a server for today's selection

WALLING'S OF COCKERHAM ICE CREAM SELECTION 1 scoop £3.95 / 2 scoops £4.95 / 3 scoops £5.95 Vanilla, Chocolate, Strawberry + Guest Flavour Ask a server for today's selection

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## **HOT BEVERAGES**

AMERICANO £3.95

FLAT WHITE £4.25

CAPPUCCINO £4.25

LATTE £4.25

ESPRESSO £3.50 (DOUBLE £4.25)

LIQUEUR £8.95

MOCHA £4.25

HOT CHOCOLATE £4.25

TEA FOR 1 £3.50

