



THE SHIP

AT FRECKLETON

GLUTEN FREE MENU

BAR SNACKS & STARTERS

CARAMELISED ONION HUMMUS (ve) 6.50

Chickpeas, crispy sage & onion,
confit garlic, toasted gluten free bread

CHICKEN LIVER PÂTÉ 7.00

Red onion marmalade, toasted gluten free bread

WHIPPED GOAT'S CHEESE (v) 7.00

Honey, mint, pomegranate, gluten free croutes

BARBEQUE CHICKEN WINGS 7.50

Spring onion, lime

THE SHIP PRAWN COCKTAIL 7.75

Marie Rose sauce, gluten free bread, butter

LUNCH SANDWICHES

Served Mon to Sat, 12-5pm

PRAWN & MARIE ROSE SANDWICH 8.00

Smashed avocado, baby gem lettuce

CHICKEN & BACON CLUB 7.00

Fried egg, avocado, tomato, chilli jam

SIDES

CHIPS / FRIES (ve) 4.25

FILTHY FRIES WITH AÏOLI & BACON 5.00

SALT 'N' PEPPER FRIES (ve) 5.00

POSH CHIPS, PARMESAN & TRUFFLE OIL (v) 5.00

HOUSE MIXED SALAD (ve) 5.00

HONEY ROASTED CARROTS (v) 5.00

SALT 'N' PEPPER BROCCOLI (v) 5.00

BUTTERY MASH (v) 4.50

SUNDAY ROAST

BRITISH ROAST BEEF 14.00

ROAST CHICKEN 14.25

Served with home-made gravy, sage & onion stuffing,
glazed carrots, roast potatoes,
spring greens, carrot & swede crush, parsnip purée

MAINS

GAMMON & EGGS 15.50

Fried hens egg, chips

CHICKEN PANANG CURRY 14.00

Marinated chicken, spicy peanut,
sweet potato, coriander & lemon rice,
Thai basil, gluten free bread

RED THAI CURRY (ve) 14.00

Sweet potato, broccoli, peas, spinach, roasted cashew
nuts, coconut rice, gluten free bread

VEGAN BUDDHA BOWL (ve) 11.50

Hummus, smashed avocado, herby quinoa, roasted
butternut squash, mint, Moroccan roasted aubergine,
tahini & cucumber salad

CHICKEN CAESAR SALAD 13.50

Parmesan, bacon, anchovies, baby gem, Caesar dressing

FRENCH DIP STEAK SANDWICH 14.50

Steak in garlic & herb butter, caramelised onions,
Swiss cheese, mustard mayo, watercress,
fries, gravy

PERI PERI HALLOUMI BURGER (v) 14.00

Roasted mushroom, pickles, tomato, shredded lettuce,
slaw, fries

GRILLED LEMON & THYME

CHICKEN BURGER 13.50

Grilled chicken breast, garlic mayonnaise, smashed
avocado, tomato, onion, pickles, slaw, fries

Add: Streaky bacon +2.00 | Fried halloumi (v) +3.00

Avocado (ve) +2.00

Upgrade: Filthy fries +1.50 | Posh chips (v) +1.50

Salt 'n' pepper fries (ve) +1.50

TWO FOR ONE TUESDAYS

2-4-1 ON ALL MAINS EVERY TUESDAY

*Lunch Sandwiches not included

DESSERTS

CHOCOLATE BROWNIE 6.50

Vanilla ice cream

ICE-CREAM & SORBET

2 Scoop 3.50 | 3 Scoop 5.25

ICE CREAM

Vanilla | Chocolate | Strawberry | Raspberry Ripple
Clotted-Cream | Toffee-Fudge

SORBET

Lemon | Raspberry | Mango