

# THE SHIP

— AT FRECKLETON —

## GLUTEN FREE MENU

### BAR SNACKS & STARTERS

<b>LOADED HUMMUS (ve)</b>	8.75
Marinated cucumber, tomato, red onion & olives, garlic oil & toasted bread	
<b>PEA, MINT &amp; COURGETTE SOUP (v*)</b>	8.25
Low and slow ham hock, crispy onions, toasted bread	
<b>HALLOUMI FRIES (v)</b>	9.00
Hot honey, aioli, pomegranate, fresh mint	
<b>BEEF MEATBALLS</b>	9.75
Mother sauce, whipped feta, fresh herbs & Zhoug	

### MAINS & GRILL

<b>CHICKEN FORESTIÈRE</b>	18.00
Garlic roasted chicken supreme, honey glazed carrot, butter roasted potato fondant & creamy mushroom sauce	
<b>SMOKED HADDOCK FILLET</b>	19.25
Champ mash, smoky bacon & chive sauce, green beans, soft poached hens egg, herb oil	
<b>THAIGREEN CURRY (ve)</b>	17.75
Coconut curry sauce, aubergines, roasted sweet potato, spinach, green beans, chickpeas, lemon & coriander rice, glazed pak choi & toasted bread	
<b>10oz RUMP STEAK</b>	27.00
Confit shallot, cherry tomatoes, roasted mushroom, garlic butter & parmesan chips	

Choice of sauce: Peppercorn / Red wine gravy

### SALADS

<b>PERI PERI CHICKEN SALAD</b>	16.50
Mango, pomegranate, spinach, quinoa, sour cherries, roasted squash, sun blushed tomatoes, mint & tahini dressing	
<b>VEGAN BUDDHA BOWL (ve)</b>	15.50
Maple roasted sweet potato, Harissa roasted aubergine, red pepper hummus, avocado, pickled red cabbage, dressed rainbow salad, smoked almonds & toasted bread	
<b>ROAST SALMON SALAD</b>	20.50
Baby gem, feta, watermelon, roasted butternut squash, fresh mint, peas, beetroot, mint & lime dressing, roasted pecans	

Add: Grilled chicken breast +3.50 / Grilled halloumi (v) +3.50

## LUNCH SANDWICHES

Served Mon to Sat, 12-5pm

### CLUB SANDWICH 10.00

Roasted chicken & bacon, mayo, baby gem, tomato, cheddar cheese, fried egg & dressed house salad

### TUNA SANDWICH 9.00

Tuna mayo & red onion, dressed house salad

Add: Mug of soup (v) +3.00 / Cup of fries (ve) +2.50

## 1/3 OFF MAINS EVERY TUESDAY

Includes sections:

Mains & Grill, Salads, Burgers & Sandwiches

Lunch Sandwiches not included. Steaks £2 supplement.

Available on tables up to 10 people.

### BURGERS & SANDWICHES

<b>FRENCH DIP STEAK SANDWICH</b>	18.25
Rump steak, Emmental cheese, fairground onions, Dijonnaise, dipping gravy, fries	
<b>THE SHIP DOUBLE CHEESEBURGER</b>	16.25
British beef, American cheese, Russian dressing, pickles, shredded lettuce, tomato, red onion, slaw, fries	
<b>GRILLED MEDITERRANEAN CHICKEN BURGER</b>	16.25
Red pepper hummus, whipped feta, jalapeños, shredded lettuce, tomato, red onion, slaw & fries	

Add: Streaky bacon +2.75 / Fried egg (v) +1.50  
American cheese (v) +1.00

Upgrade: Filthy fries +2.25 / Posh chips (v) +2.25  
Salt 'n' pepper fries (ve) +2.25

### SIDES

<b>HAND-CUT CHIPS / FRIES (ve)</b>	5.25
<b>FILTHY FRIES WITH AÏOLI &amp; BACON</b>	6.25
<b>SALT 'N' PEPPER FRIES (ve)</b>	6.25
<b>POSH CHIPS WITH PARMESAN &amp; TRUFFLE OIL (v)</b>	6.25
<b>BUTTERY MASH (v)</b>	5.25
<b>SALT 'N' PEPPER BROCCOLI (ve)</b>	6.00
<b>BUTTERED GREENS (v)</b>	6.25
<b>MIXED DRESSED HOUSE SALAD (ve)</b>	5.75
<b>GRAVY / RED WINE GRAVY</b>	3.00
<b>PEPPERCORN</b>	3.00

## DESSERTS

### CHOCOLATE BROWNIE (v) 8.15

Chocolate sauce, vanilla ice cream

### COCONUT PANNA COTTA 8.45

Pineapple, mango & mint salsa, solero sauce & coconut chips

### DAIRY FARM ICE CREAM & SORBETS

Two Scoops 4.60 | Three Scoops 6.40

### ICE-CREAM (v)

Chocolate | Vanilla | Strawberry | Cinnamon

### SORBET (ve)

Lemon | Mango | Raspberry

## SUNDAY ROAST

### BRITISH ROAST BEEF 17.50

### ROAST CHICKEN 18.00

Roast potatoes, parsnip purée, root vegetable crush, glazed carrots, seasonal greens, homemade gravy