

Blackwood Arms

Gluten free menu

Starters, light lunches and nibbles

Rustic breads with balsamic glaze and oils 4.50

Chicken liver pate, red onion compote and granary toast. 7.95

Classic Prawn cocktail 9.50

Tiger prawns, panfried in a white wine, garlic cream sauce. 13.95

Olives marinated with garlic, herbs and sun blushed tomatoes 5.50

Creamy garlic mushrooms and chunky white bread 7.85

Soup of the day with bread and butter. 6.95

Baked Camembert, garlic and herb infused, breadsticks and red onion compote. 14.95.

Pub Classics

Battered haddock, with chunky chips, garden peas or mixed dressed salad 11.50 /17.50

'Blackwood Burger', bacon, cheese tomato onion and gherkin with chunky chips and salad. 16.95 (side of onion rings 4.50)

10oz Rump steak 31 day aged, with chunky chips and mixed salad. 24.50. Add onion rings 4.50.

Peppercorn or stilton sauce 3.95

Cajun Chicken cheese melt burger, with garlic mayo, crisp salad and chunky chips. 16.95

Bangers and mash. Old Oxford' handmade award-winning sausages, mashed potato and gravy 9.95 / 14.50

Honey roast ham eggs and chunky chips with garden peas. 9.95/15.95

Vegan curry. Sweet potato, chickpeas and spinach in a rich coconut sauce, served with rice poppadom's and mango chutney. 16.50

Penne Arrabiatta, with garlic butter ciabatta 15.95 add chicken 2.50 or bacon 1.50

We also have a selection of Gluten free desserts

As a chef of some 20 years and a lover of food, some years ago I discovered I was gluten intolerant.

As I've got older its become more frustrating to eat out as there seems to be a reluctance amongst many food outlets to cater for the growing number of us who suffer.

As you can see by our menu offering we have embraced the issue and have what I think is a great selection of items that are Gluten Free. Our Sunday roasts are also Gluten Free, sorry though, we cant get the Yorkshire puds right, but a small price to pay for Britain's favourite meal.

Our daily specials are also mostly Gluten free or adaptable.



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