

Gluten Free Menu



An Lanntair

SMALL PLATES

Soup of the day served with gluten free bread (V)	£3.95
Potato and chestnut bondas, South Indian dahl, tamarind chutney, honey yoghurt (V)	£6.45
Scottish game terrine with red onion compote and gluten free bread	£5.25

BIG PLATES

Local baked cod, garlic and thyme potatoes, creamed leeks	£15.95
Baked haddock, chips and peas	£11.95
Char-grilled black pepper and lemon chicken breast with garlic mayonnaise on toasted gluten free bread, chips and salad	£10.95
Char-grilled black pepper and lemon chicken breast salad	£10.95

DESSERTS

A selection of cheeses with fruit chutney, gluten free oatcakes and fruit	£7.50
Chocolate cake with vanilla ice cream (subject to availability)	£4.00

When ordering please clearly state you require a gluten free meal.
Thank you.

Clàr Aonais Gluten



TRUINNSEARAN BEAGA

Brot an là le aran gun ghluten (V)	£3.95
Bondas buntàta is cnothan, dahl Innseanach, ciutnaidh tamarind is iogart mile (V)	£6.45
Sitheann le sabhs uinnean dearg is aran saor bho ghluten	£5.25

TRUINNSEARAN MORA

Trosg ionadail air a ròstadh san àmhainn, buntàta le creamh is lus an rìgh, creamh-gàrraidh le uachdar	£15.95
Adag san àmhainn le slisneagan is peasairean	£11.95
Broilleach circe grìosaichte le pìobair dubh is liomaid, le maidheanais creamh air aran saor bho ghluten, slisneagan is sailead.	£10.95
Sailead le broilleach circe grìosaichte le pìobair dubh is liomaid	£10.95

DESSERTS

Taghadh de chàisean le ciutnaidh mheasan, aran-coirce saor bho ghluten agus measan.	£7.50
Cèic seoclaid le bàrr-reòite vanilla (ma bhios e ri fhaotainn)	£4.00

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