

-THE STAR INN-

COUNTRY PUB & ROOMS

GLUTEN FREE MENU

Ladies Dining Club- DC
These dishes are half price for ladies
every Monday night from 6pm

Food served from 12noon until
9pm every day

Please see our blackboards for the daily
changing specials including some
amazing fresh fish

STARTERS *DC*

Garlic and herb bread Great to share!	£3.50	Purple Kalamata and green Boscaiola olives marinated in fresh thyme and garlic	£2.95
Smoked duck & ham hock terrine plum chutney and sourdough croutes	£6.95	Avocado, tomato and buffalo mozzarella with basil dressing	£6.95/ £10.95
Cornish mackerel pate with gentlemen`s relish, lemon and ciabatta croutes	£5.95	Today`s fresh soup served with Coughlans bakery bread & butter	£4.95
Crispy duck & chicken wings Sticky plum sauce, Asian slaw and crispy seaweed	£6.50	Roasted Portobello mushroom Filled with goats cheese and sun blushed tomatoes	£5.95

SHARING BOARDS *DC*

Antipasti Sharer Serrano ham, Lomo cured pork loin and Iberico chorizo, Artisan breads, roquito chilli peppers, mozzarella marinated olives & dipping oils	£14.50	Baked Camembert infused with honey and rosemary, onion jam and ciabatta bread	£11.50
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OPEN SANDWICHES AND LIGHT BITES

Mon to Sat from 12-5 add fries for £1.50

Flat iron steak sandwich on sourdough, onion confit and horseradish cream	£8.95	Bashed avocado on toasted granary buffalo mozzarella and pesto	£6.50
Battered cod fish finger sandwich on white bloomer with tartar sauce	£6.95	Chargrilled chicken toasted sourdough with baby gem and sriracha chilli mayonnaise	£6.95
Buck rarebit on sourdough, with our own honey roast ham or field mushroom, with a fried egg	£7.00	Ploughman`s Sussex cheddar, honey roasted ham, pickled onions, celery, pickles, crusty bread	£7.95

PLEASE TURN OVER FOR THE MAINS COURSES-

Please be aware that we do not have a separate fryer for gluten free items.

Please note- our food is cooked to order and there is sometimes a delay during peak times. All our food is prepared in a kitchen where nuts, gluten and other allergens are present. Our menu descriptions do not include all ingredients- if you have a food allergy please tell us before ordering. Fish may contain small bones.

GLUTEN FREE MENU

MAINS *DC (excludes steaks)*

Pan roasted supreme of salmon asparagus, crushed Jersey Royals, hollandaise	£13.95	Our own honey roasted ham served with fat chips and free range eggs	£10.95
Chickpea & sweet potato yellow curry with spicy cashew, sticky rice and flatbread	£11.95	Pan seared calves liver and bacon On crispy bubble & squeak, mulled red cabbage and onion and red wine gravy	£13.95
8oz flat iron steak served with triple cooked fat chips, roasted tomato & mushroom and a rocket salad	£13.95	8oz Sirloin steak served with triple cooked fat chips, roasted tomato & mushroom and a rocket salad	£17.50
<i>Add peppercorn, red wine sauce or béarnaise sauce for £1.50</i>		<i>Add peppercorn, red wine sauce or béarnaise sauce for £1.50</i>	

Superfood salad Red and white Quinoa, tender stem broccoli, mixed leaves, sunflower seeds, dried cranberries, walnuts, roasted butternut squash and roasted beetroot with a pomegranate and cumin dressing	£9.95
<i>With 8oz flat iron steak</i>	£13.25
<i>With chargrilled chicken</i>	£12.95
<i>With grilled goats cheese</i>	£11.50
<i>With grilled salmon supreme</i>	£13.95

BURGERS *DC*

Classic burger toasted bun, cheddar cheese, onion jam, lettuce & tomato, coleslaw & fries	£11.95	Double burger with bacon, halloumi, cheddar, bbq pulled pork, lettuce & tomato, coleslaw & fries	£18.95
Crispy halloumi burger toasted bun, roasted peppers & field mushroom, coleslaw & fries	£11.95	Piri piri chicken burger toasted bun, sour cream, lettuce & tomato, coleslaw & fries	£11.95
<i>Add bacon, blue cheese or flat mushroom</i>	£1.50		
<i>Add halloumi or BBQ pulled pork</i>	£3.50		

A BIT ON THE SIDE

Thick cut fat chips		Skin on fries
House salad	All £3.25	Champ mash
Buttered greens		Onion rings

HOMEMADE DESSERTS *DC (excludes mini desserts)*

Sticky toffee pudding with vanilla ice cream	£5.95	Warm chocolate brownie with chocolate sauce and vanilla ice cream	£5.95
Mixed cheeseboard , served with celery, fig chutney and crackers	£7.50	Black forest brulee With coconut shortbread	£5.95
Baked chocolate cookie sundae with vanilla & salted caramel ice cream & fresh strawberries	£5.95	Mini pudding & a hot drink- choose from chocolate brownie or or sticky toffee	£5.50

COFFEE & TEAS

Latte, Americano, Espresso, Cappuccino or Brew Tea teas (soya milk available)	£2.30
Or spoil yourselves with an Irish coffee or Baileys Latte	£4.50

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