



THE POTTED LOBSTER

EST. 2015

GLUTEN FREE

Starters

- Freshly prepared Soup of the Day with Gluten Free Bread (v) ... Cup £5 / Bowl £8
Sim's Haddock Chowder with Gluten Free Bread ... Cup £7 / Bowl £12
Lindisfarne Oysters with Shallot Vinegar & Lemon ... 3 - £14 / 6 - £27
Chalk Stream Trout, with Red Onions & Caper Berries ... £16
Salt Roast Beetroot & Caramelised Hazelnut Salad with Beetroot Crisps (vg) ... £12
The Potted Lobster, a mixture of local lobster, brown shrimp, crab & smoked trout
set in butter with Gluten Free Toast ... £16.50
Shetland Mussels, White Wine Cream, Shallots and Garlic served
with Gluten Free Bread ... Starter - £14 / Main £27

Lobster

- Half a Lobster - Market Price
Whole Lobster - Market Price

- Poached, Served Cold and served with a Garlic Mayo, Sautéed Potatoes & Salad
Grilled with a Garlic Butter and served with Sautéed Potatoes & Salad

Please note our lobsters are all approximately 500 grams raw weight.

Mains

- Sweet Potato & Butternut Squash Curry (vg) ... £20
Fresh Dressed Crab Salad with Baby Potatoes and Gluten Free Bread ... £26
10oz Sirloin of Northumbrian Beef, Oven Roasted Tomatoes,
Grilled Mushrooms & Sauteed Potatoes ... £34
Twice Cooked Shoulder of Local Lamb, Buttered Mash & Red Wine Jus
with Homemade Mint Sauce ... £28
Courgette, Broad Bean & Goats Cheese Risotto (v) ... £20
Seafood Platter for Two - Please ask your server for todays selection ... £100

Sides

Selection of Seasonal Greens £5 | Green Salad £5 | Mixed Salad £5 | Sautéed Heritage Potatoes £5

Dessert

- Gluten Free Peanut Butter & Chocolate Cheesecake £10
Crème Brulee £10
Selection of Local Cheeses with Gluten Free Crackers £15
Selection of Local Sorbets with Berries ... £5.50

**Please note: gluten does go through out fryers, we do not recommend having chips,
or anything deep fried if you are on a gluten free diet.**