



THE POTTED LOBSTER

EST. 2015

GLUTEN FREE

Appetisers

Local Lindisfarne Oysters, Shallot vinegar, lemon ... £3.50 per oyster

Mixed olives (v) ... £5

Starters

Freshly prepared Soup of the Day with Gluten Free Bread (v) ... Cup £6 / Bowl £8

Sim's Haddock Chowder with Gluten Free Bread ... Cup £8 / Bowl £14

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

Gambas Pil Pil, Shell on king prawns, gluten-free toasted bread ... £14

Lobster

Half a Lobster - Market Price / Whole Lobster ... Market Price

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

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

Grilled with a Garlic Butter and served with Sautéed Potatoes & Salad

Mains

Sweet Potato & Butternut Squash Curry (ve) ... £20 (+ King Prawns £10)

Fresh Dressed Crab Salad with Baby Potatoes and Gluten Free Bread ... £28

8oz Sirloin of Northumbrian Beef, Oven Roasted Tomatoes,

Grilled Mushrooms & Sauteed Potatoes ... £35

(+ 2 King Prawns ... £5 / Half Lobster ... Market Price)

Rump 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 ... £75

(+ Half or Whole Lobster ... Market Price)

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.



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Sides

Selection of Seasonal Greens £5 | Mixed Salad £5 | Sautéed Heritage Potatoes £5
Peppercorn Sauce £3 | Blue Cheese Sauce £3 | Red Wine Jus £3

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

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