

GLUTEN FREE MENU

STARTERS

SOUP OF THE DAY

Gluten Free Toast

SEAFOOD CHOWDER

Gluten Free Toast

SMOKED SALMON DUO

Potato and Horseradish Salad, Gluten Free Toast

CHICKEN TIKKA

Tomato Chilli Yoghurt. Lemon Wedge

CRAB TIMBALE

Chilli Mayonnaise. Lemon Wedge

HUMMUS (V)

Spicy Moroccan Tapenade. Tomato Chilli Jam
Warm Marinated Olives. Gluten Free Toast

RICH CHICKEN LIVER PATE

Cognac Caramelised Onions. Gluten Free Toast

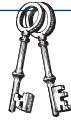
ANTIPASTI

Parma, Salami, Pappadew Peppers, Olives

DESSERTS

ICE CREAM

VANILLA ICE CREAM
CHOCOLATE ICE CREAM
TABLET ICE CREAM



5.95

6.95

8.95

5.95

7.25

6.50

6.25

6.95

4.50

MAINS

CHICKEN SUPREME

Bone in Chicken Supreme. Saute Potato. Pancetta.
Saute Mushrooms. Thyme Veloute

13.95

FISH "N" FRITES

Gluten Free Breadcrumbs Haddock. Crispy Fries. Garrison Salad.
Housemade Tartare. Lemon Wedge

13.95

BUTTER CHICKEN

OMG! Tandoori Chicken & Tomatoes, Cashews,
Green Cardamom, Mildly Spiced Butter Sauce, Jeera Rice.

12.95

WEST COAST SALMON

Peas Française. Garlic Cream Sauce, Creamy Mash

14.95

SEABASS FILLETS

Baby Potatoes. Chorizo. Fine Beans. Basil Pesto

17.95

PAN SEARED KING SCALLOPS

Champagne Sauce. Pancetta Rice. Pea Shoots

25.95

BIRCHWOOD FARMS

AGED SIRLOIN 10OZ

Pomme Frites. Garrison Salad.
Whisky or Pepper Sauce

24.95

GARRISON HOUSE SALAD

Seasonal Leaves, Cherry Tomato, Red Onion, Peppers, Carrots, Boiled
Eggs. House Dressing.

10.95

HOT SMOKED SALMON SALAD

Seasonal Leaves, Cherry Tomato, Red Onion, Peppers, Carrots, Boiled
Eggs. House Dressing.

14.95

CHICKEN SUPREME SALAD

Seasonal Leaves, Cherry Tomato, Red Onion, Peppers, Carrots, Boiled
Eggs. House Dressing.

15.95

CAJUN SEABASS SALAD

Seasonal Leaves, Cherry Tomato, Red Onion, Peppers, Carrots, Boiled
Eggs. House Dressing.

17.95

HOTEL



BISTRO