

The Red Lion Gluten Free and Vegan Guide

Why not try our gluten free drinks offering while you wait?

The first section of this menu is intended for all guests with intolerance or allergy to gluten, the second section is intended for vegan customers. Please use this guide alongside our main menu for full descriptions and prices.

Gluten Free

The Following are either gluten free by the nature of their recipe or can be served gluten free with the alterations listed. Please alert your server of your intolerance before ordering in either case.

- Chef's Soup of the Day, with gluten free bread.
- Potato Skins; see menu for toppings.
- Garlic Mushrooms; with gluten free bread.
- Dipping Board, with gluten free bread
- Nachos.
- Baked Pakora.
- Nut Roast (V) served without Yorkshire pudding.
- Curry, served without naan.
- Calves Liver & Bacon, served with GF onion rings.
- Sausage & Mash, served with GF onion rings.
- Vegetable Fried Rice.
- Belly Pork.
- Salmon.
- Garlic Chicken
- Battered Catch of the Day, with gluten free batter.
- Beef or Chicken Burger, with gluten free bread. (Chicken burger GF batter)
- Vegetable Burger & chips – with GF bun.
- Sirloin Steak by the ounce, GF onion rings.
- Salads, No croutons or crispy onion, Steak salad no prawns
- Pork Fillet

GF Dessert

Chocolate Fudge Sundae

Banoffee Cheesecake

Chocolate Orange

All ice creams & sorbet

Please ask a member of staff about our specials board.

Vegan

Please ensure that your server is aware that you would like your meal vegan friendly before ordering.

- Chef's Soup of the Day, no butter.
- Mixed Vegetable Potato Skins, no cheese or sour cream.
- Mushroom & leek Potato skins, no bacon, no cheese.
- Garlic Mushrooms, without bacon.
- Nachos with salsa, no cheese, no sour cream.
- Baked Pakora with hummus.
- Stir Fried Vegetable Rice.
- Vegetable Burger with chips.
- Mediterranean Vegetable tart, with new potatoes or Chips.

VG Dessert

Vanilla Ice cream

Chocolate Orange

Lemon Sorbet with raspberry coulis

Please be advised that our chefs have carefully studied all ingredients to compile this list; if a meal from our main menu is not listed, please be assured it is because it is not possible for allergens to be satisfactorily removed.