

The Knarpton Lion

Gluten Free - Dinner Menu

Starters

Potted Scottish Salmon , Horseradish Creme Fraiche, Wholemeal Melba Toasts	9.90
Chicken Cesar Salad , Baby Gem Lettuce , Crispy Pancetta & Parmesan and Marinated Anchovies	9.50
King Prawn, Whitby Crab & Avocado Cocktail , Sriracha Marie Rose Sauce	10.90
Our Homemade Soup Of The Day & Crusty Baked Bread	7.90

Mains

Pan Fried Hake Fillet , Mussel & King Prawn Veloute, Asparagus, Spinach Char Grilled New Potatoes & Samphire	24.90
Beef Fillet Medallions "Dijonaise," Flamed In Cognac With Cream, Garlic, Sautéed Mushrooms, Chives & Dijon Mustard, Fondant Potato, Buttered Vegetables	27.50
Steak Frite - 10 oz Flat Iron Steak, Chimmichuri Dressing, Skinny Fries and Rocket Parmesan Salad	24.90
Chicken Breast Wrapped In Prosciutto Ham & Sage Leaves, Pan Fried with a Summer Herb & Saffron Risotto, Confit of Cherry Tomatoes	22.50
Moroccan Style Lamb Shank , Cooked Low & Slow With Aromatic Spices, Served with Mint Tabouleh Cous Cous, Sultanas, Coriander, Apricots and Harissa Dressed Salad Bowl	24.90

Curry Corner

Thai Spiced Malaysian Coconut Curry , Coriander & Sesame Rice, Grilled Garlic Flatbread Choose From ;	
King Prawn - 22.90	
Chicken Fillets – 21.90	
Aubergine, Sweet Potato & Fennel - 19.50	

Sides

Beef Dripping Chips Truffle Parmesan Chips New Potatoes Sweet Potato Fries Haloumi Fries	4.90
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The Knapton Lion

Starters

Gluten Free Lunch Menu

Our Homemade Soup & Crusty Baked Bread	7.90
Chicken Caesar Salad , Crispy Pancetta Rashers & Marinated Anchovies	9.50/16.50
King Prawn, Whitby Crab & Avocado Cocktail , Sriracha Marie Rose Sauce, Crostini Toasts	10.90/16.90

Mains

Steak Frite- 10 oz Flat Iron Steak , Chimmichuri Dressing, Skinny Fries, Rocket & Parmesan Salad	24.90
Chicken Breast Wrapped In Prosciutto Ham & Sage Leaves, Pan Fried with a Summer Herb Saffron Risotto, Cherry Tomato Confit	22.50
Falafel Burger , Brioche Bun, Aubergine Chutney, Baby Gem Lettuce, Harissa Mayonnaise Dill Pickle & Sweet Potato Fries	18.90
Dressed Whitby Crab Salad , Garlic Toasts, New Potato Salad, and Truffle Mayonnaise	19.90

Sarnies

Beef Fillet Flash Fried Minute Steak & Caramelised Onions , Toasted Ciabatta, Horseradish Mayonnaise, Beef Dripping Chips, Stock Pot Gravy	15.90
Korean BBQ Pulled Pork Tacos[2] , Sriracha Mayo, Shredded Green Onions, Coriander Cress, Tomato Salsa & Chunky Chips	12.90
Falafel & Hummus Tortilla Wrap , Pickled Pink Onions, Sun Dried Tomatoes, Mint Yoghurt Green Salad, Sweet Potato Fries	12.90

Sides

Beef Dripping Chips Truffle Parmesan Chips New Potatoes Sweet Potato Fries Haloumi Fries	4.90
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PLEASE NOTE; OUR FRYERS ARE NOT GLUTEN FREE SO WE CANNOT GUARANTEE NO CROSS CONTAMINATION WHEN COOKING CHIPS, FRIES & SWEET POTATO FRIES. WE ARE HAPPY TO SUBSTITUTE FOR A BAG OF CRISPS IF YOU WOULD PREFER