

Ellerby Hotel Coeliac Menu

Appetisers

Mushrooms	Mushrooms topped with stilton cheese served on coeliac bread with garlic butter.	£5.95
Cod Goujons	Fresh cod pieces, steamed and served with a salad garnish and a lemon and herb oil.	£6.25
Pate	Our chefs own home-made chicken liver pate, sealed with clarified butter. Served with coeliac toast and butter.	£5.95
Soup	Home-made vegetable OR leek and potato soup, served with coeliac bread bun and butter.	£4.95
Prawn Cocktail	Prawns on a bed of shredded lettuce, served with a wedge of lemon and coeliac bread and butter.	£6.45

Main Courses

		Regular	Small
Fillet Steak	British fillet steak, (8oz or 4oz).	£23.95	£13.95
Ellerby Supper	British fillet steak (4oz), gammon steak (5oz), pan-fried chicken, fried egg and pineapple.	£24.95	X

The steaks are cooked to your taste and served with mushrooms and grilled tomato.

Cod*	A fillet of cod, steamed and served with a wedge of lemon, a lemon and herb oil and coeliac bread and butter.	£12.95	£10.95
Pan Fried Chicken	Pan fried breast of chicken, served with stilton and fresh cream sauce or gravy.	£12.95	X
Gammon	Gammon steak, (10oz or 5oz) served with a fried egg and a slice of pineapple.	£12.45	£10.45
Seared Salmon	A seared salmon steak, served with a parsley cream sauce.	£12.65	£10.45

All the above meals are served with steamed new potatoes or rice and vegetables of the day or salad or petit pois.

Please note, we can serve our cod in a cornflour batter, however it will be cooked in a fryer which has had products containing flour in it. Please ask your server if any of the special potato choices for the day are also suitable – they will be happy to check for you. Please note, we can offer chips with your meal, however they will be cooked in a fryer which has also had products containing flour in it.

Chicken Curry	Home-made (medium) curry, using strips of chicken breast, served with basmati rice and accompanied by mango chutney, yoghurt and mint sauce.	£11.95
Ham Salad	Slices of ham from Arthur Haigh of Thirsk, served with pineapple and a crisp salad.	£11.45
Prawn Salad	A generous portion of selected prawns, served with a crisp salad.	£13.45
Ploughman's	Cheddar and Wensleydale cheeses, served with pickled onions and an apple.	£7.95

All the above salads are served with a coeliac bread bun and butter.

Sweets

Fruit Salad	Fresh fruit served in a little fresh orange juice.	£4.80
Banana and Raspberry Split	Made with vanilla and raspberry real fruit ice-cream, topped with fresh whipped cream and raspberry sauce.	£5.95
Meringue Nest	A meringue nest, filled with raspberries, served with fresh whipped cream or ice cream.	£5.45
Crème Brulee	Raspberry and white chocolate crème brulee, with a toffee crack topping.	£5.95
Fruit Pudding	Individual home-made steamed, spiced fruit pudding, served with cream, custard or ice cream.	£5.75
Banana and Meringue Delight	Banana and meringue pieces, layered with toffee sauce and vanilla ice cream, served in a tall glass, topped with fresh whipped cream and a 99 flake.	£5.95
Ice Cream	Trillo's vanilla, toffee ripple, or raspberry real fruit.	£4.25 For 3 Scoops
	Carte d'Or strawberry or chocolate chip.	35p Extra Per Scoop
Fruit and Yoghurt	Fruit Yoghurt (Usually a Choice of Muller strawberry, raspberry or cherry) served with a banana or an apple.	£2.25

Your server will also be happy to indicate if any of the meals on the Specials list are available to you.

We are able to offer most of the items on this menu at any time as we always keep a stock of the specialist coeliac products used. However, wherever possible, a pre-order would be greatly appreciated. If we are busy and you were unable to pre-order we may not be able to offer everything on this menu due to time constraints. Please note, we do use flour in our kitchen so we cannot guarantee no cross contamination. Thank you for your understanding.