






ADELPHI BISTRO

Coeliac Friendly Menu






Open daily from 12pm to 9pm



STARTERS

Homemade Soup of the Day 	£3.95
With gluten free wheaten bread (please ask server about allergens)	
Prawn Cocktail Salad 	£6.50
Atlantic prawns tossed with Marie rose sauce, served with homemade wheaten bread, lemon wedge and mixed salad	
Garlic Mushrooms 	£4.50
Gluten free garlic bread ciabatta topped with sautéed mushrooms in garlic butter and finished with balsamic glaze	
Grilled Pear & Goat's Cheese Salad 	£6.25
Chefs marinated goats' cheese, sun blushed tomatoes and griddled conference pear with balsamic and dressed mixed leaves	
Chicken Wings 	£5.95
Crispy baked honey and thyme chicken wings served with dressed salad	

THE MAINS (with choice of side)

Chicken Tenders 	£10.95
Tender pieces of chicken breast coated in our own special flour mix, combined with herbs and spices. Served with a dressed side salad and choice of dipping sauce: sweet chilli / mayo / garlic mayo / BBQ	
Grilled Chicken 	£10.95
Fillet of chicken served with a choice of garlic or pepper sauce, topped with crispy tobacco onions	
Chilli Chicken Melt 	£10.95
Tender fillet of chicken smothered in melted cheese and honey chilli sauce	
8oz Sirloin Steak	£14.95
Local sirloin cooked to your preference served with sauté onions, mushrooms & sauce of choice	
6oz Steak Burger 	£10.95
Succulent McAtamney's steak burger topped with tobacco onions in a toasted gluten free bun, served with pepper sauce	
Honey Chilli Beef Pitta 	£11.95
Tender beef strips of sirloin steak in a honey chilli sauce, served in a gluten free pitta with sour cream	



Contains Dairy



Contains Egg



Contains Fish



Contains Shell Fish



Contains Soya




Contains Tree Nuts



Contains Wheat

THE MAINS (with choice of side)

Simply Salmon   £13.95
Fillet baked in lemon butter

Beer Battered Cod  £12.95
Prime fillet of Atlantic cod fried in our signature light crisp batter,
served with mushy peas and a wedge of lemon

The above mains include your choice of side, choose from:

Chunky Chips / Skinny Fries / Mash / Champ / Garlic Dice / Chilli Dice / Mixed Veg /
Mixed Salad / Tobacco Onions

Extra Side orders £2.95

Homemade sauces include: Pepper Cream / Garlic / Gravy

Extra Sauce Portions £2.00


Extra Dips: Mayonnaise / Garlic Mayonnaise / Sweet Chilli Sauce / BBQ

Extra Dip Portions £0.50

COMPLETE MEALS




Chicken Curry £10.95
Chunks of chicken fillet in the chef's medium curry sauce, served with basmati rice
or half and half (£1.00 extra)


Vegetable Curry £10.95
Stir fried vegetables in the chef's own medium curry sauce, served with basmati rice
or half and half (£1.00 extra)



Mediterranean Vegetable Pasta  £10.95
Chunky sautéed vegetables tossed with penne pasta in a tomato and roast pepper sauce,
served with parmesan and garlic bread

DESSERTS

Toffee Sundae  £4.25
Dairy vanilla ice cream layered with rich toffee sauce and smashed crunchie bar

Sticky Toffee Pudding    £4.25
Our own recipe, served with toffee sauce and cream, ice cream or custard

Chocolate Fudge Cake  £4.25
Traditional fudge cake, served slightly warm with cream, ice cream or custard

Lemon Roulade   £4.25
Soft meringue rolled with lemon curd cream, served with whipped cream and raspberry coulis

Pre booking is advised / Tel 028 70825544



Contains
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Egg



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Fish



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