

THE CARPENTERS ARMS



Allergens

If you require information regarding the presence of allergens in any of our food or drink, please ask your server who will be happy to provide this information. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients

GLUTEN FREE MENU

103 Burley Road, Bransgore, Christchurch, Dorset BH23 8BA

Tel: 01425 672295

Email: thecarpentersarmsbransgore@gmail.com

Website: carpentersarmschristchurch.co.uk

STARTERS

Gluten Free Chicken Goujons
Served with garlic mayonnaise

£5.45

MAIN COURSES

Roast Pork or Beef £10.95
Served with vegetables, roast potatoes and gluten free gravy

Roast Lamb £11.95
Served with vegetables, roast potatoes and gluten free gravy

Ham, Egg and Chips £9.95
Ham served with two fried eggs and chips

Hunters Chicken £10.95
Chicken with bacon and cheese served with gluten free barbecue sauce, peas, corn on the cob, tomato, and a choice of new potatoes or chips

Curried Chicken £9.95
A medium spiced curried chicken breast in a homemade curry sauce, served with rice and a poppadom

Lamb Chops £12.95
Three lamb chops served with gluten free gravy, tomatoes, mushrooms, peas and new potatoes or chips

FISH

Fillet of Cod £10.95
Choose from either deep fried in a gluten free batter or grilled with butter, served with chips and peas

Seabass £12.95
Two seabass fillets, peas and chips or new potatoes

SALADS

Served with a choice of new potatoes or chips

Ham	£9.95
Cheese (v)	£9.95
Egg (v)	£9.95
Prawn	£9.95
Beef	£9.95

OMELETTES

Served with a choice of new potatoes or chips

Ham	£9.95
Cheese (v)	£9.95
Mushroom (v)	£9.95
Prawn	£9.95

PUDDINGS

Syrup Sponge Pudding £4.50
Served with cream, custard or ice cream

Peach Melba £3.95
Peaches with vanilla ice cream, melba sauce and cream

Pear Helene £3.95
Pears with vanilla ice cream, chocolate sauce and cream

Banana Split £4.95
Banana with strawberry, chocolate and vanilla ice cream, cream and a flake

Mint Bombe £4.50
Mint chocolate ice cream encased in a hard chocolate shell

NEW FOREST ICE CREAMS

1 scoop	£1.75	Peach Bellini
2 scoops	£3.00	Mint Chocolate Chip
3 scoops	£4.25	Coconut
		Lemon Sorbet
		Strawberry
		Chocolate