

# GLUTEN-FREE MENU

## EK CLASSICS

Tacos - White Fish or Courgette with Jalapeno Mayo <b>V P</b>	£11.00
Garlic, Chilli and Lime Terracotta Pot King Prawns with Gluten-Free Bread	£13.00
10oz Steak, Salad Garnish and French Fries	£23.00
Minute Steak, Salad Garnish and French Fries	£12.50
Grilled Cod, French Fries Served with Tartare Sauce	£18.50
All Aussie Burger with French Fries (add bacon £1, add Cheese £1)	£15.00
12 Hour Slow-Roasted Lamb Burger with Halloumi, Tzatziki and French Fries	£16.00
Shroom Cheese Burger with French Fries <b>V P</b>	£14.00
White Crab Sandwich with French Fries	£12.50
Steak Sandwich with American Mustard and French Fries	£13.50
Shroom Cheese Sandwich with French Fries <b>V P</b>	£11.50

## EK SIGNATURE STARTERS & MAINS

Whipped Mozzarella, Pesto, Roasted Cherry Tomato and GF Bread <b>V</b>	£10.00
Beetroot Non Ravioli, Goats Cheese and Walnuts <b>V</b>	£11.00
Lamb Rump with Buttered Tenderstem Broccoli and Pink Fir Potatoes with Devilled Butter	£25.00
Malaysian Seafood Laksa	£19.00
Oven-Roasted Cod with HARRISA, Preserved Lemon and Courgette	£22.00
Moules Marinière and Frites (subject to availability)	£19.50
Chipotle Portobello Mushroom Steaks and Butter Bean Mash <b>V P</b>	£15.00

All pizzas and platters on our WOOD-FIRE KITCHEN Menu can be Gluten-Free on request.

## SIDES

Buttered Tenderstem Broccoli <b>V P</b>	£5.00
Pink Fir Potatoes with Devilled Butter	£5.00
Garden Salad with Vinaigrette <b>V P</b>	£6.00
Peas <b>V P</b>	£3.00
French Fries <b>V P</b>	£4.50
Sweet Potato Fries <b>V P</b>	£6.00
Cheesy French Fries (add bacon £1)	£5.50

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## SUNDAY ROAST OCTOBER - MAY ONLY

Served 12-3pm Sundays only

**EK Classic Roast served with Seasonal Vegetables, Roast Potatoes and Gravy**

Slow-Roasted Lamb	£24.00
Corn-Fed Chicken	£21.00
Dry Aged Rib of Beef	£28.00
Butternut Squash and Sage Pithivier <b>V P</b>	£19.00
Kids Roast (Beef, Lamb or Chicken) with all the trimmings	£10.00

## KIDS for under 12s only

Bunless Mini Aussie Burger, French Fries served with Salad or Peas	£8.00
Fish and French Fries served with Salad or Peas	£8.00
Prawns and French Fries served with Salad or Peas	£8.00

## HOMEMADE DESSERTS

Served with Cream or Ice Cream

Chocolate Brownie <b>V</b>	£7.00
Strawberry Trifle <b>V</b>	£7.00
Ice Cream (2 Scoops) <b>V P</b>	£4.00
Sorbet (2 Scoops) <b>V P</b>	£5.00
Coke Float <b>V P</b>	£4.50

**V** Vegetarian **P** Plant-Based/Vegan

## ALLERGIES & DIETARY REQUIREMENTS

Please notify your server if you have any allergies or dietary requirements and we will do our best to modify the dishes.

The East Kent is pleased to offer a variety of gluten-free options. However, we are not a gluten-free restaurant and cannot ensure that cross contamination will never occur although we do have processes in place to minimize that happening. Please be aware that but there is a great deal of gluten in the air and on our work surfaces especially within our Wood-Fire Kitchen. Our fryers are used for food that contains gluten.

All our food is cooked fresh to order to give our guests the best food experience possible. During busy times this may mean you have to wait a little longer but it's worth it! Relax and enjoy The EK Experience.

A discretionary 10% service charge will be added to your bill.

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@theeastkentpub



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EAT. DRINK. BE HAPPY.

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