

THE GROVE

BISTRO · BAR · BAKERY
LENZIE

GLUTEN FREE MENU

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Please note that whilst the ingredients of our dishes below do not contain gluten, dishes are often cooked with or prepared in an environment containing gluten. We therefore cannot 100% guarantee that gluten is not present whatsoever in any dish. Please make sure to tell your server you are ordering from the Gluten Free Menu.

STARTERS

Soup of the Day (V) £4.25

With gluten free bread & butter

Scottish Rope Grown Mussels £6.45

White wine & chive cream sauce or tomato & chilli sauce. Served with gluten free garlic bread.

Oven-Baked King Prawns £6.95

Chorizo Rosario, peppers, chilli, gluten free bread.

Tomato, Buffalo Mozzarella & Avocado Salad (V) £5.25

Green & Red Pesto

Add Chicken £1.50 Add Parma Ham £1.50

Classic Bruschetta (V) £4.95

Vine tomatoes, garlic, basil & olive oil on toasted gluten free bread.

Add Mozzarella £1.95 Add Parma Ham £1.50

Add King Prawn Skewer £2.95

Woodstone Baked Mushrooms (V) £5.75

Wild mushrooms, garlic, thyme, truffle & cream. Topped with parmesan & baked.

Served with gluten free toast for dipping.

Cray Fish & Prawn Cocktail £6.95

Marie Rose dressing & gluten free bread

MAIN COURSES

GLUTEN FREE PIZZA

Our gluten free pizza bases are approximately 9-inch and are served with side salad. Choose any pizza from our A La Carte Menu - all toppings are gluten free. (Excludes Calzone)

GLUTEN FREE PASTA

Penne Irrocco £10.25

Spicy chicken, chorizo, red onion, red chilli & cream

Penne Arrabiata (V) £8.95

Black olives & fresh chilli

Add Chicken £1.50 Add King Prawns £2.95

Spaghetti Gamberoni £11.95

King prawns, red onion, spinach, garlic, red chilli & cherry tomatoes

Penne Funghi (V) £10.25

Wild mushrooms, spinach, garlic, cream, parmesan & truffle oil

SALADS

Steak & Rocket Salad £11.95

Red onion, olives, cherry tomatoes & house dressing, parmesan shavings

Chicken, Bacon & Avocado Salad £10.75

Cucumber, cherry tomatoes & croutons, honey & mustard dressing

Warm Goats Cheese Salad (V) £10.25

Mediterranean vegetables, olives, cherry tomatoes & balsamic glaze

Cous Cous Primavera (V) £11.95

Stuffed red pepper, cayenne peppers, asparagus, green beans, red onion, cumin, fresh chilli & mint

Sundried Tomato Risotto (V) £10.95

Napoli sauce with fresh basil, parsley & garlic

Roast Breast of Chicken £12.95

Wrapped in Parma Ham, truffle mashed potato, sautéed gem lettuce with peas, pancetta & peppercorn sauce

Woodstone Roast Herby Chicken £12.45

Sicilian lemon, garlic & thyme, baby potatoes, greens & a jug of gravy

Foil-Baked Fillet of Scottish Salmon £14.95

Red & white potatoes, garlic, smoked paprika, lemon, chorizo, cherry tomatoes & spinach

Smoked Haddock £12.95

Creamy leek mashed potato, spinach, green vegetables & a poached egg

Pesto Crusted Seabass £18.95

Served with crushed baby potatoes, roasted vegetable tartare, green peas, samphire & tarragon infused Hollandaise

DESSERTS

Banana Split Sundae £6.95

Sliced banana, vanilla ice-cream, strawberries, salted caramel sauce, toasted almonds & whipped cream

Eton Mess Sundae £6.95

Fresh strawberries, berry meringue, strawberry ice-cream & whipped cream

Very Berry Sundae £5.95

Strawberry ice-cream, raspberry sorbet, red berry compote, whipped cream & lashings of white chocolate