

The Bowl Inn

Gluten Free Menu

STARTERS

(V) Gluten Free Bread, Hummus, Oil, Balsamic Vinegar & Mixed Olives - £6

(V) Gluten Free Garlic Bread - £4

(V) Gluten Free Cheesy Garlic Bread - £4.5

(V) Homemade Soup of the Day served with Gluten Free Bread - £6

(V) Sautéed Mushrooms in Stilton Sauce on Toasted Gluten Free Bread - £6.5

Smooth Chicken Liver Pate with a Kentish Apple & Cider Chutney, Cornichons & Toasted Gluten Free Bread - £7

Grilled Half-Shell Green Lip Mussels with a Lime, Coriander & Chilli Butter - £9

CHEF'S SPECIALS

Pan Roasted Hake Fillet on a bed of Spinach & Green Beans with a Creamy White Wine & Prawn Sauce served with Steamed New Potatoes - £18.5

Roasted Guinea Fowl Supreme stuffed with Sausage Meat & wrapped in Pancetta served with a Red Wine, Bacon Lardon, Shallot & Mushroom Sauce with Potato Mash & Seasonal Vegetables - £17.5

Lamb Shank slow cooked with a Chorizo, Garlic, Tomato & Butterbean Cassoulet served with Sautéed Rosemary Potatoes - £19.5

THE CLASSICS

Three Local Kentish Gluten Free Sausages, Mash, Peas & Onion Gravy - £12.5

Honey Roasted Ham, Two Free Range Eggs & Chips - £12

THE CHAR-GRILL

10oz Sirloin Steak served with Chips, Grilled Tomato & a Flat Mushroom - £24.5

8oz Fillet Steak served with Chips, Grilled Tomato & a Flat Mushroom - £26

Peppercorn & Cognac Sauce / Blue Cheese / Garlic Butter - £1.5

THE BURGER-GRILL

Fully Loaded Cajun Chicken Burger with Smoked Bacon, Smashed Avocado & Monterey Jack Cheese £13.5

House Burger with BBQ Sauce or Burger Sauce - £14.5

(V) Falafel & Spinach Burger with BBQ Sauce or Burger Sauce - £12.5

Extras for on top? Add Cheddar, Stilton or Bacon - £1

ALL BURGERS ARE SERVED MINUS THE BUN WITH TOMATO, LETTUCE, CHIPS AND HOUSE COLSLAW.

SIDES - £2.5

Seasonal Vegetables

New Potatoes

Mixed Salad

House Slaw

Chips

CHILDREN'S CHOICES FOR UNDER 10's - £6

Gluten Free Sausage, Mash & Baked Beans

Ham, Egg & Chips

PLEASE NOTE SERVICE CHARGE IS NOT INCLUDED – ALL TIPS GO STRAIGHT TO THE STAFF – POT WASH AND ALL!

ALLERGENS ARE PRESENT IN OUR KITCHEN – PLEASE TELL YOUR SERVER OF ANY ALLERGIES OR FOOD INTOLERANCES PRIOR TO ORDERING AND WE WILL BE HAPPY TO ADVISE YOU – PLEASE ASK TO SEE OUR VEGAN OR GLUTEN FREE MENU.