

The Bowl Inn

Gluten Free Lunch Menu

Available 12pm – 3pm Monday to Friday and 12pm – 5pm Saturday

STARTERS

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

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

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

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

CHEF'S SPECIALS

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

THE CLASSICS

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

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

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, HOUSE SLAW.

SANDWICHES & BAGUETTES - £6.5

AVAILABLE ON GLUTEN FREE BREAD & SERVED WITH SALAD

(V) Cheddar & Chutney
Ham & Mustard Mayo

Gluten Free Sausage & Caramelised Onion
Bacon & Brie

OMELETTES - £7.5

ALL OMELETTES ARE SERVED WITH SALAD

Cheese & Ham

(V) Cheese & Onion

(V) Mushroom

THE BOWL'S PLOUGHMAN'S - £10

Traditional Kentish favourite
served with Three of the following:
Ham, Applewood, Stilton or Brie

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.