

The  
WIGHT  
MOUSE  
INN



# GLUTEN FREE MENU



This menu is provided for our guests who have an intolerance to gluten. Below is a list of our menu items that may fit your gluten-free diet.

Please remember to state that you're using the gluten free menu when ordering.

Please see a member of staff for additional items on the specials board.

## *To Share Or Not...*

<b>Seafood Combo</b> .....	16.95
A selection of crab, (subject to availability) mackerel pate, smoked salmon & prawns with Marie-Rose sauce, served with gluten free bread, salad, coleslaw & lemon mayonnaise.	
<b>Chilli Con Carne Nachos</b> .....	9.95
Topped with jalapenos, red onion & melted Cheddar with salsa, guacamole & sour cream.	
<b>Mixed Bean Chilli Nachos</b> .....	9.95
Topped with jalapenos, red onions & melted Cheddar with salsa, guacamole & sour cream.	

## *Starters & Light Bites*

<b>Soup of the Day with Gluten Free Bread</b> .....	4.95
<b>Classic Prawn Cocktail with Gluten Free Bread</b> .....	6.75
<b>Creamy Garlic Mushrooms on Gluten Free Bread</b> .....	5.25
<b>Homemade Smoked Mackerel Pate with Gluten Free Toast</b> .....	5.25

## *Sandwiches (Till 5pm) All Served On Gluten Free Bread*

<b>Isle of Wight Ventnor Bay Crab</b> (subject to availability) .....	7.95
<b>Chicken with Garlic Mayonnaise</b> .....	5.95
<b>Cheddar Cheese &amp; Tomato</b> .....	5.25
<b>Prawn &amp; Marie-Rose Sauce</b> .....	6.95
<b>Hand Carved Ham</b> .....	5.95
<b>Tuna Mayonnaise</b> .....	5.25
<b>BBQ Pulled Pork</b> .....	5.95
<b>Pesto, Sundried Tomatoes &amp; Roquette</b> .....	5.25



## *Jacket Potatoes (Till 5pm)*

<b>Cheddar Cheese &amp; Bacon</b> .....	6.50
<b>Cheddar Cheese &amp; Heinz Beans (v)</b> .....	6.40
<b>Cheddar Cheese &amp; Coleslaw (v)</b> .....	6.40
<b>Prawn &amp; Marie-Rose Sauce</b> .....	7.95
<b>Chilli Con Carne or Mixed Bean Chilli (v)</b> .....	7.50
<b>Tuna Mayonnaise</b> .....	6.95
<b>BBQ Pulled Pork</b> .....	6.95
<b>Chicken with Garlic Mayonnaise</b> .....	6.95
<b>Extra Filling from</b> .....	1.00

## For The Veggies

<b>Mixed Bean Chilli</b> .....	8.95
With rice, sour cream & corn chips.	
<b>Quorn Cottage Pie</b> .....	9.95
With seasonal vegetables & veggie gravy.	

## The Classics

<b>Hand Carved Ham, Free Range Eggs &amp; Chips</b> .....	9.50
With garden peas.	
<b>Hunters Chicken</b> .....	10.95
Grilled chicken breast smothered in cheddar, bacon & a BBQ sauce with chips & salad.	
<b>Chilli Con Carne</b> .....	9.95
With rice, corn chips & sour cream	
<b>Chefs Chicken Curry</b> .....	9.95
A tasty blend of spices with rice & popadom.	
<b>Full Rack of BBQ Ribs</b> .....	11.95
With chips, dressed salad & coleslaw.	
<b>Fishermans Pie</b>  .....	10.95
Smoked haddock, cod, prawns & salmon in a creamy sauce topped with a cheesy mash with vegetables.	
<b>Sausage &amp; Mash</b> .....	9.50
With caramlised onion gravy & peas.	
<b>Salmon Fillet</b>  .....	10.95
Salmon supreme in a white wine & prawn sauce with new potatoes & dressed salad	

## Isle of Wight Burgers (All served in a gluten free bun with chips, salad & coleslaw)

<b>Classic Beef</b> .....	8.95
<b>Cheese &amp; Bacon</b> .....	10.50
With a choice of Cheddar or Stilton.	
<b>The Mexican</b> .....	10.95
With chilli, sour cream & jalapenos	
<b>The Stack</b> .....	11.95
2 Burgers, Cheddar & bacon.	
<b>Grilled Chicken</b> .....	9.95
Chicken breast topped with spicy tomato salsa.	
<b>BBQ Pulled Pork</b> .....	11.95

## From Our Grill (All served in a mushroom, tomato, chips & peas)

<b>10 oz Isle of Wight Rump Steak</b> .....	16.95
<b>10 oz Isle of Wight Sirloin Steak</b> .....	17.95
<b>10 oz Gammon Steak</b> .....	10.95
With egg or pineapple.	
<b>Wight Mouse Mixed Grill</b> .....	18.95
Rump steak, gammon, lamb chop, chicken, gluten free sausage & free range egg.	

## The Salad Selection

<b>Chicken, Bacon &amp; Hard Boiled Egg Salad</b> .....	9.95
Topped with shaved cheddar & balsamic glaze.	
<b>Smoked Mackerel Salad</b> .....	9.95
With a cracked black pepper mayonnaise	
<b>Goats Cheese &amp; Pinenut Salad</b> .....	10.95
With balsamic glaze.	
<b>Wight Mouse Ploughmans</b> .....	9.95
Choose two of the following: Ham, Cheddar, Stilton or Brie.	
With crusty bread, Branston pickle, apple, pickled onions, salad & coleslaw	

## Puddings

<b>Summer Berry Eton Mess</b> .....	5.25
A mix of whipped cream, fruit & meringue	
<b>Chocolate Brownie</b> .....	5.25
With vanilla ice cream & rich chocolate sauce	



<b>Knickerbocker Glory</b> .....	5.25
<b>Banana Split</b> .....	5.25
<b>Selection of Isle of Wight Ice Creams &amp; Sorbets</b> .....	from 3.50
See board for flavours	