

THE GALPHAY INN



GLUTEN FREE MENU

Appetisers

Fancy a little nibble

Olives and Tomatoes £2.95
Mixed marinated olives and sun-dried tomatoes in oil

Crudités and Hummus £3.50
A pot of homemade hummus with carrot and celery sticks

Olives and Salami £3.50
Venison and wild boar salami with Tuscan olives.

The Beginning

Soup of the Day £4.65
Sometimes smooth, sometimes chunky but always homemade

Harrogate Mushrooms £5.95
Mushrooms sautéed with wine in a creamy Harrogate Blue cheese sauce,

Smoked Salmon Parcel £6.95
Prawns in a lemon and herb crème fraiche wrapped in smoked salmon served on a bed of leaves

Hummus and Olives £5.75
Our own chickpea & sun blush tomato hummus with Mediterranean olives and oat cakes

Tuscan Charcuterie Board £6.95
A selection of artisan Tuscan meats and Nduja (spicy spreadable salami), Tometta di Capra (a semi hard Tuscan goat's cheese) with olives, sundried tomatoes and oat cakes

The Main Event

Not only traditional "pub" grub, all using locally sourced top quality ingredients

Traditional Yorkshire Plate £9.95
Home roast ham simply served with peas, chips, fried egg and tomato

Satay Pork Fillet £11.25
Pork fillet pan-fried with Satay sauce, served with crunchy apple salad and rice or garlic bread

Tuscan Chicken £11.95
Chicken fillet pan-fried with white wine, Tuscan olives, salami and tomatoes, served with vegetables and rice or chips

Rump Steak £12.95
Local rump steak, served with onion rings, peas, tomato, mushrooms and chips

Warm Mediterranean Salad £10.95
A Mediterranean sauté of peppers, tomatoes, red onion, Halloumi Cheese and Balsamic reduction served on a bed of salad with garlic bread.

Sweet Chilli Salmon Salad £12.95
A salmon fillet glazed with sweet chilli and served on a bed of salad with new potatoes

Rump of Lamb £14.95
Locally reared lamb rump with a Rosemary, Redcurrant and red wine jus, on a bed of crushed new potatoes served with vegetables

Accompaniments

Our additional dishes to compliment your meal £2.00

Brandy and Peppercorn Sauce
Creamy Garlic Mushroom Sauce

Chips
Fried Onions

Salad Bowl
Seasonal Vegetables

And To Finish

Our dessert and cheese selection

Homemade Ice-cream and Sorbet Selection £5.95
Served with fresh fruit coulis

Creamy Lemon Possett £5.95
Served with chocolate flakes

The "Galphay" Mess £5.95
Home-made meringue, fresh fruit, cream, ice-cream

Traditional Pudding £5.95
Home-made and served with your choice of cream or ice-cream.....

The Cheese Board £6.95
A trio of Yorkshire cheese, celery, oat cakes and chutney

Tea and Coffee £2.25
Espresso, Cappuccino, Latte, or Regular Coffee
Yorkshire, Mint or Lemon and Ginger Tea

Please let us know if you have any food allergies or dietary requirements

We have a separate children's menu or we are happy to cook smaller portions of some dishes on the menu

Please note we use nuts and nut oils in our kitchen and some dishes may contain bones