



Gluten Free Menu

Please note that our chips are cooked in a fryer next to the use of flour so we cannot 100% guarantee any cross contamination
Some of the sauces or ingredients may be substituted

Starters

(v) Soup of the Day 5.45

Homemade soup of the day served with gluten free bread
(Please check with your server that today's soup is Gluten Free)

Homemade Duck Liver & Port Pâté 6.95

With a balsamic red onion chutney & gluten free bread

Cockles, Bacon & Laverbread 7.95

Cockles cooked in a laverbread, bacon & white wine cream served with gluten free bread

Sautéed King Prawns 7.95

Cooked in a chorizo, sweet pepper & basil cream, with a mixed leaf garnish

(v/ve) Sautéed Garlic Mushrooms 7.45

Served with gluten free bread

(v) Nachos 5.45

Crisp salted corn tortillas smothered with melted cheese, served with sour cream, salsa & guacamole dips, with a choice of jalapeños

Add Jack Daniel's BBQ Pulled Pork 2.45

(v) Nachos to Share 8.45

A larger portion of our nachos, ideal for two to share, served with sour cream, salsa & guacamole dips, with a choice of jalapeños

Add Jack Daniel's BBQ Pulled Pork 2.45

*Please advise your server
that you are ordering from
the Gluten Free Menu or
if you have any other
food allergies*





Fountain Classics

Fountain Fajitas 15.45

Chicken strips cooked in a blend of mixed spices
with onions & peppers, served with
all the traditional accompaniments. Will include rice instead of wraps
Add Steak Strips for £3.55

Baked Cod 13.95

Baked fillet of cod with peas,
homemade tartare sauce & hand cut chips

(v) The Fountain House Salad 6.95

A mixed salad served with your choice of the

Following homemade dressings: -

Balsamic, Mixed Herb or Caesar


Add a Chicken Breast 3.95

(v) Goats Cheese 3.45

Salmon Fillet 5.95

King Prawns 5.95

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Main Dishes

Baked Fillet of Salmon 17.45
Served with a salsa verde, on a bed of baby spinach

Pan Fried Fillets of Seabass 18.95
Served over a mussels and bacon chowder

Jack Daniels BBQ Braised Belly Pork 17.45
Served with homemade coleslaw & a salad garnish

Roast Breast of Barbary Duck 18.95
With a red wine & blackberry jus

Lamb Shank 18.95
Served with a roast garlic & rosemary jus

Fillet of Beef Medallions 22.95
Pan fried to your liking & served with a peppercorn sauce

All mains above are served with either a side salad or mixed vegetables
& your choice of chips, jacket, new or sautéed potatoes

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Grills

8oz Fillet Steak 26.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

8oz Sirloin Steak 19.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

8oz Rump Steak 16.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

Why not add extras to your steak?

Garlic butter 95p

Or a fried egg 95p

Peppercorn Sauce 2.95

Sweet chilli or garlic butter king prawns (x4) 3.95

Fountain Mixed Grill 19.45

A mixed grill consisting of a 4oz rump steak, 5oz gammon steak,
a chicken breast, grill garnish, fried egg
& your choice of potato

Grilled Gammon Steak 13.95

Served with a slice of fresh grilled pineapple,
fried egg, peas, salad garnish & your choice
of potato

Breast of Chicken 13.95

Choose from Plain, Cajun Spice Rub,
BBQ & Cheese, or Peppercorn sauce,
accompanied by a salad garnish
& your choice of potato

Potato options are chips, jacket, new or sautéed

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Vegetarian & Vegan Dishes

(V) The Fountain Fajitas £13.45

A selection of vegetables cooked with a blend of mixed spices & served with all the traditional accompaniments. Served with rice instead of wraps

(v/ve) Grilled Aubergine Stack 12.95

Layered with a mushroom, tomato & basil sauce with herb oil & your choice of chips, jacket, sautéed or new potatoes

(v) Red Thai Vegetable Curry 11.95

Served with rice / chips or half & half

(v/ve) 5 Bean Vegetable Chilli 10.95

Served with rice / chips or half & half

Sauces & Side Orders

Peppercorn Sauce	2.95
Mixed Vegetables	2.95
Hand Cut Chips	3.75
Side Salad	2.95
Garlic Butter	0.95
Coleslaw	1.95

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