



THE ROYAL OAK

Gluten Free Menu

Nibbles

Marinated Olives £3.25

Homemade Pork Crackling, spiced apple compote £3.00

Starters

Homemade Soup of the Day, gluten free bread (v) £4.95

Salmon Pate wrapped in smoked salmon garnished with cucumber, chopped capers & chive £6.95

Traditional Prawn Cocktail, Marie rose sauce, mixed leaf salad & gluten free bread £6.50

Chicken Liver Parfait, house chutney, toasted gluten free bread £5.95

Creamy Garlic Mushrooms on gluten free garlic bread (v) £5.95

Mains

Lamb Chops on creamy leek mashed potato, tender stem broccoli & red wine jus £14.95

Baked Salmon Fillet, with prawns in a creamy sauce, crushed new potatoes & green beans £13.95

Succulent Chicken Breast stuffed with ricotta cheese, ham, fresh basil leaf wrapped in smoked bacon with new potatoes & marinara sauce £13.50

Tender Beef Roulade stuffed with eggs, bacon on pea & carrot rice, tender stem broccoli, beef jus £14.95

Tex-Mex Eggs a black bean, onion & sweet potato Cassola topped with egg served with warm gluten free tortilla chips guacamole & lime wedge (v) £12.00

Baked Cod wrapped in bacon with new potatoes, lemon cream & asparagus £13.95

Homemade 8oz Beef Burger, gluten free bun, smoked bacon, Applewood cheese, tomato relish, coleslaw, chunky chips £13.00

Gluten free Macaroni Cheese served with our house salad & garlic bread (v) £10.95

Pork Fillet Medallions with roast new potatoes, sugar snap peas & stilton sauce £14.00

The Grill

8oz Sirloin, great combination of fat & full flavoured meat, a good all-round steak £20.00

10oz Rib Eye, this cut of steak is rich, full flavoured, juicy with generous marbling £19.50

8oz Fillet, the tenderise cut yet succulent & elegant, with subtle flavours £23.95

Mixed Grill Steak, lamb chop, gammon steak, chicken breast, fried egg, grill garnish & chips £19.95

12oz Gammon, fried duck egg, chunky chips & vine tomatoes £13.95

Sauces £2.95

Creamy Mushroom & Brandy Sauce

Pink Peppercorn Sauce

Blue Cheese Sauce

Sides

Chunky Chips £2.95

Dressed House Salad £2.95

New Potatoes £2.95

Seasonal Vegetables £2.95



THE ROYAL OAK

Gluten Free Menu

Salads & Light Bites

Goats Cheese, Walnut & Beetroot Salad with house dressing (v) £8.95

Honey Glazed Ham, fried hens' egg, chunky chips £8.95

Royal Oak House Salad

with your choice of topping

Feta Cheese £8.95/ **Salmon** £10.95/**Chicken Breast** £11.95/**King Prawns** £12.95

Sandwiches & Toasties

All Sandwiches and toasties can be served on gluten free bread

Chicken & Bacon, tarragon mayonnaise £4.95

Prawn Marie Rose, gem lettuce open sandwich £5.95

Cheddar Cheese & Pickle, sandwich £4.50

Honey Roast Ham, English mustard sandwich £4.95

Tuna & Red Onion or Cucumber, sandwich £4.95

Mature Cheddar Cheese & Ham toastie £5.50

Tuna Melt, toastie £5.50

Brie & Cranberry toastie £5.25

Goats Cheese, red onion toastie £5.25

6oz Rump, char shallots, French mustard on toasted gluten free bread £7.50

Desserts

Strawberry Eton Mess

£5.50

Selection of Local Ice Cream

£4.95

Teas, Coffees & Liqueur Coffee

Round off your meal with a liqueur coffee

Parisienne Coffee,

Courvoisier £5.25

Irish Coffee,

Jameson's Whisky £5.25

Caribbean Coffee,

Tia Maria £5.25

Seville Coffee,

Cointreau £5.25

Baileys Latte, £5.50

Americano Coffee £2.75

Latte/Cappuccino £3.00

The Royal Oak, High St., Bangor Isycoed, Wrexham, LL13 0BU.

T: 01978 781602 E: enquiries@theroyaloakbangorondee.co.uk

www.theroyaloakbangorondee.co.uk