

The Peahen

ST ALBANS

NON-GLUTEN MENU

BAR SNACKS & SHARERS

Padron peppers (ve) ~ £3.75

Roasted with Maldon sea salt.

**Baked in the box Camembert (v)
~ £7.25**

Toasted non-gluten bread and Tracklements onion marmalade.

Smoked mixed nuts (ve) ~ £3.25

Marinated mixed olives (ve) ~ £3.00

Baba ganoush & hummus plate (v) ~ £8.95

Traditional hummus, smoked paprika, homemade baba ganoush, baby vegetables and seeded non-gluten roll.

SMALL PLATES

THREE FOR £14.50 OR FIVE FOR £22.50

**Griddled halloumi
cheese (v) ~ £5.95**

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

Hummus (v) ~ £5.25

Smoked paprika, baby vegetables and seeded non-gluten roll.

Sweet potato falafels (v) ~ £5.95

Sour cream, coriander.

**Marinated chicken
thigh skewers ~ £6.25**

Red pepper and chilli marinade, rocket and pomegranate.

Devilled king prawns ~ £5.65

Guacamole and Sriracha hot sauce.

MAIN PLATES

**Sweet potato & butterbean stew (v)
~ £10.25**

Sweet potato falafels, baked seeded non-gluten roll.

Courgetti (ve) ~ £9.25

Butternut squash, herb oil, lemon, pomegranate seeds and baby spinach.

Roast seabass ~ £11.95

Quinoa stir-fry, herb oil, lemon.

Peri peri chicken ~ £10.50

Marinated half chicken on the bone, sea salted fries and slaw.

Prosecco & courgette risotto (v) ~ £8.95

Olive oil, toasted seeds, rocket, Gran Moravia hard cheese crisp.

~ Add poached chicken / grilled prawns / griddled halloumi for £3.00

**28 day aged grass-fed 8oz sirloin steak
~ £15.95**

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

~ Add peppercorn sauce £1.00

OUR SIGNATURE BURGERS

Served in a seeded non-gluten roll with salad, burger sauce and sea salted fries.

Beef ~ £10.50

Chicken breast ~ £9.95

~ Add cheese and bacon £1.00 each

**Sweet potato and
halloumi stack (v) ~ £9.45**

DESSERTS ALL £4.95

Warm chocolate brownie (v)

Vanilla ice cream and chocolate sauce.

Treacle sponge (v)

Vanilla custard.

SIDES

Fries or chunky chips (v) ~ £3.25

House salad (ve) ~ £2.00

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.

(v) suitable for vegetarians. (ve) suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. ALLERGEN INFORMATION. If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients so we cannot guarantee the total absence of nuts, gluten or other allergens. A full list of allergens in each dish is available for your peace of mind. All prices include V.A.T. Service is not included. Our grateful team receive 100% of your tips, with all associated transaction fees paid by McMullen and Sons.