

# KINGSWOOD VEGAN & DAIRY FREE MENU

**Prior to ordering** please inform your server if you are  
Vegan or Lactose Intolerant.

## Vegan Starters

**Olives** £5

herb marinated olives served with  
warm ciabatta & dipping oils

**Starter from Set Menu** £4.75

starters will be marked if they are vegan

**Soup of the Day\*** £4.75

served with vegan ciabatta roll

\*Soup of the Day is usually suitable for a  
vegan diet; your server will be able to  
advise upon request if the soup is vegan or  
if we have an alternative

## Vegan Mains

**Pasta Aribiatta** £9

vegan tagliatelle with a rich spiced  
tomato sauce

**Vegan 'Roast Dinner'** £9.5

Lentil, Spinach & Basil Loaf with vegetable  
stock gravy, roast potatoes  
& seasonal vegetables

**Sweet Chilli Stir-Fry** £9

crispy vegetable stir-fry with rice noodles

**Main Course from Set Menu** £9.95

mains will be marked if they are vegan

## Vegan Sides

**French Fries** £3 **Side Salad** £3

**Fresh Vegetables** £2

As well as the vegan menu, items  
below are also Dairy Free\*:

\*may contain egg

## Dairy Free Mains

**Pasta Aribiatta** £9

tagliatelle with a rich spiced tomato sauce  
with sliced chicken breast

**Salad Platter GF** £9

served with mixed leaves, seasonal crispy  
vegetable salad, coleslaw & potato salad.  
Choose one: Honey Roast Gammon or  
Poached Salmon Fillet +£1

**Grilled Haddock 'n' Chips** £9.5

Served with mushy peas

**Scottish Beef Steak Pie** £9.5

in a rich gravy with fresh vegetables  
served with your choice of potatoes or fries  
(\*DF option is served without pastry)

**Pan Fried Lamb's Liver** £9.5

roast potatoes, onion gravy & bacon

**Roast of the Day** £9.5

rich gravy, roast potatoes & vegetables

**Main Course from Set Menu** £9.95\*

mains will be marked if they are DF

**Griddled Scottish Sirloin Steak** £18

tomato, mushrooms & French fries

**(Lunch Time Only) Steak Ciabatta** £9

griddled 'minute' steak with onion  
marmalade in a ciabatta roll with fries

## Vegan & Dairy Free Dessert

**Medley of Sorbet** £3.75

Tangy Fruit Sorbet

**Fresh Fruit Platter** £5

A Selection of fruit served with  
Fruit Coulis or Chocolate Dipping Sauce

# KINGSWOOD GLUTEN FREE MENU

**Prior to ordering** please inform your server you are ordering from the Gluten Free Menu.

## Starters

**Soup** £4.75  
served with GF bread

**Cullen Skink** £6  
hearty smoked haddock, potato,  
leek & cream soup served with GF bread

**Chef's Pate** £5  
smooth chicken liver pate,  
plum & apple chutney & GF oatcakes

**Olives V** £5  
herb marinated olives served with  
GF bread & dipping oils

**Starter from Set Menu** £4.75\*  
Starters will be marked if they are GF

## Pasta & Salad

**Pasta Aribiatta\*\*** (starter or main) £6/£9  
GF tagliatelle with a spiced tomato sauce

**Caesar Salad** (starter or main) £5/£7  
classic salad of cos lettuce, shaved  
parmesan & our own caesar dressing.  
Add chicken +£2

**Salad Platter** £9  
served with mixed leaves, seasonal crispy  
vegetable salad, coleslaw & potato salad.  
Choose one:  
Cheese V – Honey Roast Gammon –  
Poached Salmon Fillet +£1

## Main Courses

**Breaded Haddock 'n' Chips** £9.5  
with GF breadcrumbs & mushy peas

**Scottish Beef Steak Pie** £9.5  
in a rich gravy with fresh vegetables  
served with potatoes or fries  
(\*GF option is served without pastry)

**Pan Fried Lamb's Liver** £9.5  
with buttered mash, onion gravy,  
griddled bacon

**Roast of the Day** £9.5  
with rich gravy, roast potatoes & fresh  
vegetables

**Griddled Scottish Sirloin Steak** £18  
Served with tomato, mushrooms  
& French fries  
Add Garlic & Parsley Butter +£1.5

**Main Course from Set Menu** £9.95\*  
Mains will be marked if they are GF

## Lunchtime Light Bites

Available between 12pm-2:45pm  
Served with salad garnish & your choice  
of french fries or a side of soup

**Steak Ciabatta** £9  
griddled 'minute' steak with onion  
marmalade on toasted bread

**BLT** £7.5  
griddled bacon, lettuce, tomato &  
mayonnaise toasted GF sandwich

## Sides

**French Fries** £3  
**Side Salad** £3 **Seasonal Vegetables** £2

## Dessert

**Vanilla Ice Cream** £3.75  
With choice of Strawberry or Toffee Sauce

**Pear & Toffee Pavlova** £5  
Towered Meringue layered with Fresh  
Cream & Toffee Sauce

Gluten Free items are prepared in our kitchens 'GF Zone.' We also have a dedicated gluten free fryer.

\*\*Some items may require longer preparation time, please excuse the short delay