

GLUTEN-FREE MENU

WHEN ORDERING, PLEASE MENTION THAT YOU ARE CHOOSING FROM THE GLUTEN-FREE MENU
EACH COURSE WILL BE MARKED AS GLUTEN-FREE



accredited by

coeliacuk
live well gluten free

OLIVES 2,60

PIQUANT MIXED OLIVES 3,90

SAUCISSON SEC 3,65

STARTERS

SOUPE DE POISSON 5,95

TRADITIONAL ROCKFISH AND LANGOUSTINE SOUP
SERVED WITH GRUYÈRE CHEESE AND ROUILLE

TOMATES BRETON 6,50

MIXED BRETON HERITAGE TOMATOES WITH SOFT GOATS
CHEESE, BLACK OLIVES, SHALLOTS AND CAPERS SERVED
ON GRILLED GLUTEN-FREE BREAD

MOULES MARINIÈRES 6,50

MUSSELS COOKED WITH WHITE WINE, GARLIC,
SHALLOTS, PARSLEY AND FRESH CREAM

PRAWN GRATINÉE 7,75

KING PRAWNS IN A WHITE WINE, GARLIC,
CHILLI AND TOMATO SAUCE

CHARCUTERIE BOARD 6,95

JAMBON DE SAVOIE, SMOKED DUCK BREAST,
SAUCISSON SEC AND DUCK RILLETTES WITH BABY GEM
SALAD AND TOASTED GLUTEN-FREE BREAD

CHARENTAIS MELON WITH SAVOIE HAM 6,50

SEASONAL CHARENTAIS MELON WITH AIR-DRIED MOUNTAIN
HAM AND EXTRA VIRGIN OLIVE OIL

CHICKEN LIVER PARFAIT 6,25

CHICKEN LIVER PÂTÉ WITH TOASTED GLUTEN-FREE BREAD
AND SPICED APPLE CHUTNEY

LIGHT MAINS

RISOTTO VERT 10,95

RISOTTO WITH PEAS, BROAD BEANS, GREEN BEANS,
COURGETTE, BABY SPINACH, PESTO, MINT AND ROCKET

GOATS CHEESE SALAD 9,95

WARM GOATS CHEESE AND ROASTED VEGETABLE SALAD
WITH BLACK OLIVE TAPENADE

CHICKEN AND WALNUT SALAD 11,50

CHARGRILLED CHICKEN WITH AVOCADO, BABY GEM
LETTUCE, BABY SPINACH, SHALLOTS, FRENCH BEANS,
WALNUTS AND A MUSTARD DRESSING

TUNA NIÇOISE 13,50

CHARGRILLED FRESH TUNA STEAK (SERVED MEDIUM
RARE) ON CLASSIC NIÇOISE SALAD WITH FRENCH BEANS,
CHERRY TOMATOES, BLACK OLIVES, PEPPERS, NEW
POTATOES, EGG, BABY GEM LETTUCE AND RED ONION

SPINACH AND MUSHROOM CRÊPES 10,50

BAKED CRÊPES WITH WILD MUSHROOMS, SPINACH
AND GRUYÈRE CHEESE

WE USE FLOUR AND OTHER INGREDIENTS CONTAINING
GLUTEN IN OUR KITCHENS. HOWEVER PROCESSES AND
TRAINING ARE IN PLACE TO ENSURE THAT ALL OPTIONS
ON THE GF MENU ARE GLUTEN-FREE.

MEAT & FISH

POULET GRILLÉ 11,95

CHARGRILLED BUTTERFLIED CHICKEN BREAST WITH
WILD MUSHROOM, CRÈME FRAÎCHE AND THYME SAUCE,
SERVED WITH GRATIN POTATO

MOULES FRITES 12,50

MUSSELS COOKED WITH WHITE WINE, GARLIC, SHALLOTS,
PARSLEY AND FRESH CREAM, SERVED WITH FRITES

STEAK FRITES 11,50

CHARGRILLED THINLY BEATEN OUT MINUTE STEAK
WITH FRITES AND GARLIC BUTTER
(SERVED PINK)

ROASTED PORK BELLY 13,50

PAN ROASTED PORK BELLY WITH GRATIN POTATO, BRAISED
SAVOY CABBAGE, APPLES, THYME AND CALVADOS JUS

ROAST DUCK BREAST 14,50

ROASTED DUCK BREAST (SERVED PINK) WITH
GRATIN POTATO AND A GRIOTTINE CHERRY SAUCE

HADDOCK 14,50

PAN ROASTED HADDOCK FILLET WRAPPED IN
SMOKED FRENCH BACON WITH PEA PURÉE
AND TOMATO AND CHIVE VINAIGRETTE

FISH PARMENTIER 12,50

COD, HADDOCK, PRAWN AND SALMON IN A CREAMY
WHITE WINE AND LEEK SAUCE, TOPPED WITH MASH
POTATO AND GRUYÈRE CHEESE

BRETON FISH STEW 13,95

TRADITIONAL BRETON FISH STEW OF SEA BASS,
MUSSELS, CLAMS, PRAWNS AND
SQUID WITH TOMATO, WHITE WINE AND CHILLI

SALMON 13,50

CHARGRILLED SALMON WITH RATATOUILLE AND A
LEMON JUICE AND OLIVE OIL DRESSING

GRILLS

POULET 'BRETON'

CORN FED CHICKEN REARED IN THE HEART OF
RURAL BRITTANY IN THE WEST OF FRANCE WHICH IS
RENOWNED FOR ITS POULTRY

HALF CHARGRILLED 'BRETON' CHICKEN 11,50

SERVED WITH FRITES

CHOICE OF SAUCES

GARLIC BUTTER 1,25

NORMANDY BUTTER WITH GARLIC, LEMON AND PARSLEY

PROVENÇALE SAUCE 1,60

CHERRY TOMATO, BASIL, GARLIC, CARAMELISED ONIONS
AND BLACK OLIVES

WILD MUSHROOM SAUCE 2,35

WILD MUSHROOM, CRÈME FRAÎCHE AND THYME

STEAKS

ALL OF OUR STEAKS ARE FROM 30 DAY AGED GRAIN FED
CATTLE AND SERVED CHARGRILLED WITH FRITES

10OZ RIBEYE 16,95

10OZ SIRLOIN 18,50

7OZ FILLET 19,95

CHOICE OF SAUCES

ROQUEFORT BUTTER 1,60

NORMANDY BUTTER WITH ROQUEFORT CHEESE

GARLIC BUTTER 1,25

NORMANDY BUTTER WITH GARLIC, LEMON AND PARSLEY

BÉARNAISE SAUCE 1,95

TARRAGON, EGG, SHALLOT AND BUTTER SAUCE

PEPPERCORN SAUCE 1,95

GREEN PEPPERCORN, COGNAC AND CREAM

SIDES

FRITES 2,95

GREEN SALAD 2,75

TOMATO, SHALLOT AND BASIL SALAD 2,95

GLAZED CARROTS WITH PARSLEY 2,75

FRENCH BEANS 2,95

BRAISED MINTED PEAS 2,95

GRATIN POTATO 2,95

CREAMED SPINACH 3,75

DESSERTS

CRÈME CARAMEL 5,75

TRADITIONAL SET VANILLA POD CUSTARD WITH
DARK CARAMEL AND CREAM

FROZEN BERRIES WITH WHITE CHOCOLATE SAUCE 4,95

FROZEN SUMMER BERRIES WITH
WARM WHITE CHOCOLATE SAUCE

CHOCOLATE MOUSSE 4,95

DARK CHOCOLATE MOUSSE

CRÈME BRÛLÉE 5,95

CLASSIC CARAMELISED VANILLA CUSTARD

ICE CREAMS & SORBETS 4,75

VANILLA, CHOCOLATE AND STRAWBERRY ICE CREAM
AND LEMON SORBET

CHOCOLATE POT 3,70

DARK CHOCOLATE POT WITH CRÈME FRAÎCHE

CHEESE 6,75

ROQUEFORT, REBLOCHON AND COMTÉ SERVED
WITH TOASTED GLUTEN-FREE BREAD AND GRAPES

AN OPTIONAL GRATUITY OF 12.5% WILL BE ADDED TO YOUR BILL ALL
GRATUITIES GO DIRECTLY TO THE STAFF IN THIS RESTAURANT
FIND OUT MORE: WWW.COTE.CO.UK/SERVICECHARGE