



THE  
**AVENUE**  
BAR & RESTAURANT

## GLUTEN FREE MENU

### STARTERS

**PRAWN COCKTAIL (g/f) £7.95**

North Atlantic prawns, marie rose sauce, dressed leaves, G/F bread

**LENTIL SOUP (g/f) £4.95**

Warm G/F bread

**CHICKEN LIVER PATE (g/f) £7.95**

Charred G/F bread,  
caramelised red onion chutney

**SHETLAND MUSSELS(g/f) £9.95**

Warm G/F bread, aioli

### MAINS

**MUSHROOM RISOTTO (v)(g/f) £12.95**

Roasted Mushrooms, topped with  
Grana Padano Cheese

**SMOKED HADDOCK RISOTTO (g/f) £15.95**

Smoked Haddock & Peas Topped with Parmesan  
And Poached Egg

**PAN ROASTED SEA BASS (g/f) £12.95/£17.95**

Truffled Herb Potatoes, Smoked Paprika Sauce,  
Charred Lemon

**SHETLAND MUSSELS (g/f) £16.95**

White Wine & Cream Sauce, Warm Artisan Bread,  
Aioli, Fries

**GOATS CHEESE SALAD(v)(g/f) £12.95**

Goat's Cheese, Beetroot, Toasted Walnut,  
Sourdough Crouton, Mixed Leaf, House Dressing

**CLASSIC CHICKEN BURGER (g/f) £11.95**

Little gem lettuce, red onion, tomato, pickle,  
burger sauce, coleslaw, G/F brioche bun

**8oz SIRLOIN STEAK (g/f) £22.95**

Served with skin on chips, roasted Portobello  
mushroom & plum tomatoes

**8oz FILLET STEAK (g/f) £27.95**

Served with skin on chips, roasted Portobello  
mushroom & plum tomatoes

**MACARONI (g/f)(v) £13.95**

Mature White Cheddar & Aged Parmesan Cheese  
Sauce, Parsley, G/F Pasta

**NAPOLETANA (g/f)(ve) £10.95**

Served in a Plum Tomato and Fresh  
Herb Sauce, G/F pasta

**ARRABBIATA (g/f)(ve) £11.95**

G/F Pasta Served in a Plum Tomato Sauce Spiced  
with Fresh & Dried Chillies

**ITALIAN SAUSAGE (g/f) £14.95**

G/F Penne, Creamy Tomato Sauce,  
Italian Sausage, Basil

**ORTELANA PASTA (g/f)(ve) £12.95**

G/F Penne, Mushrooms, Red Onions & Peppers in  
a Plum Tomato and Fresh Herb Sauce

**CAJUN CHICKEN PENNE (g/f) £14.95**

Tomatoes, capers, olives, fresh basil,  
G/F pasta

**GAMBERI PASTA £16.95**

King Prawns, Plum Tomato Sauce, Fresh Herbs,  
Lemon Butter, Chilli Oil, G/F pasta

**CHILLI CON CARNE £14.95**

Steamed Basmati Rice, Sour Cream & Chive



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