

GLUTEN FREE MENU

NIBBLES, SHARERS & STARTERS

Artisan Bread Board (v) £5.50

A selection of gluten free breads served with marinated olives, homemade hummus & oils

Smoked Salmon & Prawn Roulade £6.00

Discs of smoked salmon & prawns bound with cream cheese, served on a bed of pickled cucumber ribbons

Warm Potted Flookborough Shrimps £7.50

Gluten free roll with dressed watercress

Button Mushrooms & Stilton Bruschetta (v) £5.50

Button mushrooms in a creamy Garstang blue cheese sauce, served on gluten free toast

Chicken & Cognac Pate £5.50

Gluten free toast & salted butter

Chef's Soup of the Day (v) £4.50

Served with gluten free bread & salted butter

THE KEYS CLASSICS

6oz Minute Steak £11.00

Served pink with Skinny Fries & Peppercorn Sauce

North Sea Fish Pie £13.00

A tasty mix of salmon, cod, haddock & prawns bound in a creamy parsley sauce & topped with mashed potato & a sprinkling of creamy Lancashire cheese served with seasoned kale

Sizzling Vegetable Fajitas (v) £11.00 or Sizzling Chicken Fajitas £13.00

A sizzling plate of either chicken or vegetable fajita mix with gluten free soft tortillas, sour cream & Lancashire cheese

Bowland Beef Steak & Real Ale Pie £13.00

Tender beef slow cooked in real ale topped with mashed potato, served with skin on chips, spring vegetables & red wine jus

Classic Beef Liver & Onions £9.50

Served with pink peppercorn sauce, creamed mash potatoes & glazed baby carrots

Traditional Fish & Chips £12.50

Neves of Fleetwood North Sea gluten free battered Haddock Fillet served with Skin on Chips, garden peas & Tartare Sauce

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CHEF'S SIGNATURE DISHES

Pan Seared Haunch Venison £19.50

Roasted butternut squash mash served with beetroot & vanilla puree with seasonal veg

Pan Fried Fillet of Seabass £15.50

Served on a bed of sticky puy lentils & seasoned kale

BUILD YOUR OWN SALAD

Greek £9.00

Roasted vine tomatoes, cucumber, peppers, red onion, Kalamata olives, marinated feta; oregano dressing

Super Food £9.00

Broccoli, peas, Kale, edamame beans, quinoa, roasted squash, beetroot & lemon dressing

Thai £9.00

Crunchy Asian salad, roasted peanuts, Lentils, soy, ginger & chilli dressing

ADD ON OF THE FOLLOWING:

Grilled Free Range Chicken Breast £3.00

Garlic King Prawns £4.00

Grilled Rump Steak £4.00

Grilled Halloumi Cheese £3.50

FROM THE GRILL

All our steaks are locally sourced from renowned butchers Cornvale & are aged for a minimum of 28 days to provide a mature and full flavour for your enjoyment. All our Beef Steaks are served with Skin On Chips, Field Mushroom & Vine Cherry Tomatoes

10oz Rump Steak £16.00

*Lean cut of Beef with a firm and full flavour,
recommended Medium*

8oz Sirloin £18.00

*A delicate flavour balanced with a firmer texture
& a rind of fat, recommended medium rare*

8oz Ribeye £19.50

*Bursting with flavour & almost as tender as a fillet,
this steak benefits from generous marbling
throughout, recommended medium*

Steak Sauces All £2.00

*Garlic Butter/Pink Peppercorn or Red Wine Jus
Add Surf & Turf with 5 King Prawns
in Garlic Butter for £4.00*

The Keys Mixed Grill £23.00

*A fantastic feast of rump steak, gammon steak,
chicken fillet, served with a poached duck egg, field
mushroom, skin on chips & vine cherry tomatoes*

10oz Gammon Steak £13.50

*Served with a soft poached duck egg, skin
on chips & homemade pineapple relish*

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THE BURGER BAR

All burgers are served in gluten free toasted bread, skin on chips, side salad & chilli jam

8oz Prime Beef Burger £12.00

Crispy Buttermilk Free Range Chicken Breast Burger £12.00

Homemade Vegetarian Bean Burger (v) £10.50

ADD TOPPINGS - £1.50 Each

Lancashire Cheese, Garstang Blue Cheese, Back Bacon

SIDES

Skin On Chips £3.50 / Skinny Fries £3.00 / Newies £3.00 / Mash £2.50
Sweet Potato Wedges £3.50 / Watercress Salad £3.00 / Tomato & Red Onion Salad £3.00
2 Baby Corns On The Cob £3.00 / Glazed Carrots £2.50 / Fave Beans £2.50

SANDWICHES

Served 12-3 Everyday

All Of Our Sandwiches Are Served On Gluten Free Bread With A Side Salad & Vegetable Crisps

Egg Mayo (v) £5.50

Free range devilled egg mayonnaise

Lancashire Cheese £6.00

Creamy Lancashire bound with spring onions in mayonnaise

Grilled Chicken £6.50

Simply marinated chicken breast & salad

DESSERTS

Passion Fruit Crème Brûlée £4.50

Rhubarb & Strawberry Cheesecake £5.50

With strawberry compote & pouring cream

Chocolate Pot with Strawberry Compote £6.00

Selection of Gluten Free Ice Creams £5.00

3 scoops of local luxury ice cream from Wallings Farm Dairy