



TRADERS ARMS

MELLOR

**NON-GLUTEN
CONTAINING INGREDIENTS**

STARTERS

Soup of the day..... **£6.75**
Homemade soup served with
gluten free bread

Garlic mushrooms (v) (vga)..... **£8.25**
Pan fried button and chestnut mushrooms with
white wine and garlic, finished with a splash of
cream and served with gluten free bread

Halloumi fries (v) **£9.85**
Served with a sweet chilli jam
and a salad garnish

Prawn cocktail..... **£9.50**
Plump and juicy Royal Greenland prawns
served in a homemade Marie Rose sauce on
a crisp leaf salad with gluten free bread

Chip shop bites (v) (vg) **£8.75**
A croquette filled with potato and crushed
peas, encased in a cider vinegar batter

MAIN COURSES

Caesar salad..... **£14.00**
Juicy grilled chicken breast served on top
of traditional salad with crisp gem lettuce,
Parmesan, anchovies and bacon
in a classic dressing

Traders curry
Mild and creamy coconut curry
served with basmati rice

Chicken £15.50 **King prawn** £15.95
Vegetable (v) £12.25 **Plant based (vg)** £12.25

ADD CHIPS FOR £1.50

Fish and chips..... **£16.75**
Cooked in a light crispy Thwaites Original beer
batter served with proper chips
and mushy peas

Chicken and bacon melt..... **£17.45**
Tender grilled chicken breast topped with
bacon and melting Garstang blue cheese,
served with proper chips, crisp dressed salad
and a jug of homemade pepper sauce

Gammon steak **£17.25**
8oz gammon steak, grilled to perfection
and topped with a fried egg and a grilled
pineapple slice, served with crisp leaf salad,
proper chips and garden peas

**Roast ham, egg, proper chips
and beans**..... **£14.85**
Something simple... Frank Littler and Sons roast
ham, proper chips, a fried hen's egg
and baked beans

Homemade stroganoff
Sautéed mushrooms, onions and peppers in
a creamy French mustard and paprika sauce,
served with basmati rice

Chicken £15.50 **Vegetable (v)** £12.25
Plant based (vg) £12.25

ADD CHIPS FOR £1.50

Scampi and chips (va) (vga)..... **£15.95**
Whitby scampi fried to perfection served with
proper chips, crisp leaf salad and garden peas

DESSERTS

Syrup sponge pudding..... **£6.50**
A gluten free sponge pudding with a light syrup sauce topping

Moo2you ice cream pot..... **£3.00**
choose from: chocolate, strawberry, vanilla, mint chocolate chip or salted caramel

v vegetarian, vg vegan, va vegetarian option available on request, vga vegan option available on request.

All weights are approximate before cooking. Some dishes may contain traces of nuts or nut derivatives. Dishes with fish may contain bones. The Traders Arms avoids the use of G.M. foods within their ingredients and so is confident that this menu is free from any genetically modified foods. All our products are subject to availability as our ingredients are locally sourced. Food Allergies & Intolerances: Please speak to our staff about the ingredients in your meal, when placing your order. Thank you.