

FOLLY INN

No Gluten Containing Menu

Dishes on this menu are made with ingredients that do not intentionally contain gluten. Due to the risk of cross-contamination we cannot guarantee our dishes are 100% free from gluten. Please ensure a member of the team is aware you are ordering from our No Gluten Containing Menu

Starters & Sharers

OAK SMOKED SALMON†

Served with a dressed salad garnish,
lemon & chive sour cream (194 kcal) 7.99

KING PRAWN COCKTAIL†

King prawns coated in seafood sauce with
lettuce, tomato and toasted no-gluten
containing bread (384kcal) 6.49

CHAR-GRILLED CHICKEN SKEWERS

Marinated char-grilled chicken thigh
on a skewer with char-grilled peppers,
drizzled with mango, chilli and pineapple
dressing and topped with a spicy herb
garnish (475 kcal) 6.49

CREAMY GARLIC MUSHROOMS (v)

Pan-fried mushrooms and spinach, in a
creamy garlic sauce, topped with cheese
and served with toasted no-gluten
containing bread (558 kcal) 5.99

Taste of the Tides

SEA BASS & SEARED SCALLOPS RISOTTO†

Two grilled sea bass fillets and
pan-fried scallops, served on a
mint, pea and courgette risotto
(765 kcal) 16.99

GRILLED SALMON FILLET†

Topped with a shell-on black tiger
prawn with roasted baby potatoes,
roasted butternut squash, char-
grilled peppers and courgettes,
drizzled with parsley & garlic
dressing (1019 kcal) 18.49

MUSSELS†

In a white wine sauce, with
no-gluten containing bread with
butter
(1130 kcal) 17.49

Classics

HUNTER'S CHICKEN

Char-grilled chicken breast topped with smoked
streaky bacon, melted cheese and BBQ sauce. Served
with minted, buttered baby potatoes and coleslaw
(719 kcal) 13.99

JACK 'N' GUAC BEYOND BURGER (v)

Topped with Monterey Jack cheese,
char-grilled peppers, guacamole and tomato salsa.
Served with a dressed side salad and coleslaw
(969 kcal) 14.99

ROASTED BUTTERNUT SQUASH RISOTTO (ve)

Roasted butternut squash and beetroot wedges
served on a mint, pea and courgette risotto with
toasted seeds (805 kcal) 13.99

CHAR-GRILLED SKEWERS

Served with spicy rice, dressed salad garnish, a
Greek-style yoghurt & mint sauce and ezme dip.
Chicken (871 kcal) 18.49
Halloumi (v) (997 kcal) 18.49
Prawn† (824 kcal) 19.99

BBQ JACK BURGER

Char-grilled beef burger topped with Monterey Jack
cheese, slow-cooked beef burnt ends in Texas BBQ
sauce and sautéed red onion. Served with a dressed
side salad and coleslaw (922 kcal) 15.79

VEGAN KOFTA (ve)

Served with spicy rice, dressed salad garnish,
vegan mayo and ezme dip (975kcal) 18.49

Steaks

All our steaks are served with half a grilled tomato and topped with parsley butter. Served with either minted, buttered baby potatoes (222 kcal) or dressed side salad (215 kcal)

8oz* RUMP STEAK
(424 kcal) 15.99

8oz* SIRLOIN STEAK
(468 kcal) 19.49

10oz* RIBEYE
(650 kcal) 20.99

Add two char-grilled shell-on black
tiger prawns with parsley butter†
(131 kcal) 3.79

Add flame seared, slow-cooked beef
burnt ends in BBQ sauce
(178 kcal) 2.79

Creamy Peppercorn & Brandy Sauce
(104 kcal) 1.79

Béarnaise Sauce (184 kcal) 1.79

Argentinian Steak Sauce (280 kcal) 1.79

Light Bites

Available Monday to Sunday 12-5pm

CAESAR SALAD (v)
Baby gem leaves, shaved Italian hard cheese
and Caesar dressing (399 kcal) 8.99
Add Chicken (204 kcal) 2.00

SCOTTISH SMOKED SALMON OPEN SANDWICH†
Served with dill sour cream on
toasted no-gluten containing bread,
topped with pickles, pea shoots
and a honey & mustard dressing
(555 kcal) 8.49

Sides

BREAD AND BUTTER
(v) (342 kcal) 1.49

MINTED, BUTTERED BABY POTATOES
(v) (222 kcal) 1.99

DRESSED HOUSE SALAD
(v) (215 kcal) 2.79

DRESSED HOUSE SALAD
(ve) (186 kcal) £2.79

Desserts

Eton Mess Sundae (v)
Two scoops of clotted cream ice cream
and one scoop of strawberry flavour frozen
yoghurt topped with crushed meringue,
mixed berries and cream
(509 kcal) 7.49

Luxury Ice Cream & Sorbet (v)
Your choice of three scoops from the
following delicious flavours (kcal per
scoop): chocolate with Belgian truffle (155
kcal), clotted cream (126 kcal), strawberry
(147 kcal), raspberry sorbet (88 kcal) and
vegan vanilla (113 kcal). Served with a
chocolate pencil (22 kcal) 5.29

Adults need around 2000 kcal a day

Please advise the team of any dietary requirements before ordering. (v) Suitable for Vegetarians. (ve) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. †Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tail per piece. *All stated weights are approximate before cooking. Our menu descriptions do not list all ingredients. Some dishes may contain alcohol. Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Calorie counts are correct at time of print.