

GLUTEN FREE MENU

STARTERS AND SHARERS

Creamy Garlic Mushrooms & Bacon £5.45

served with warm crusty Ciabatta bread

Deep Fried Whitebait £5.45

served with dressed leaves & Tartare

Smothered Nachos- small £5.95 large £9.95

Mexican – Beef chilli, guacamole, cheddar, sour cream & jalapenos

The Thai One – Chicken, bacon, sweet chilli & cheese

Herbivore (v)- Salsa, cheese, guacamole, sour cream & jalapenos

PUB CLASSICS

Bangers & Mash £9.95

3 meaty sausages and mash with onion gravy and peas

Lambs Liver & Bacon in onion gravy £9.95

Served with creamy mash and garden peas

Homemade Beef Chilli Con Carne £9.95

With Rice, Nachos and sour cream

Hand Cut Ham & 2 eggs £9.95

With chips and dressed leaves

Sheps Brunch – £9.95

2 sausage, 2 bacon, 2 Eggs, tomato, mushroom, baked beans & chips

Battered Cod Fillet £10.95

With chips, garden peas and tartare

Deep Fried Crispy Whitebait £10.95

With chips, dressed salad and tartare

Chicken/Vegetable (v) Tikka £9.95

With rice and mango chutney

3 Egg Omelette (v) £9.95

cheese, ham or mushroom

With chips and a dressed salad

Cajun Spiced Chicken Caesar Salad £9.95

With bacon and Italian cheese

Ribeye Steak £13.95

With mushroom, tomato, chips and salad

Gammon Steak & Egg or Pineapple £12.95

With mushroom, tomato, chips and salad

Chicken, Bacon & Cheddar Stack £12.95

With mushroom, tomato, chips and peas

Mixed Grill £16.95

Ribeye steak, Gammon steak, Sausage,

Chicken breast, Fried egg

With mushroom, tomato, chips and salad

Peppercorn, Gravy or Stilton Sauce £2.50

BOOK TODAY FOR OUR SUNDAY

ROAST

JACKET POTATOES £6.50

Served with a dressed salad

Baked Beans & Cheese (v)

Tuna Mayonnaise

Chilli Con Carne

Ham & Cheese

BURGERS

Served with a portion of chips

Add an extra burger or chicken breast for

£2.00

Classic Cheeseburger £8.95

Bacon Cheeseburger £9.95

Stilton & Mushroom Burger £9.95

Spicy Bean Burger (v) £9.95

Chicken Burger £9.95

Sheps Mighty £12.95

*Beef burger topped with chicken breast,
bacon, onion rings, fried egg and cheese
with mayo*

LITE BITES

Portion of Chips (v) £3.25

Cheesy Chips (v) £4.25

Chilli 'n' Cheese Chips £5.25

KIDS CORNER

£5.25

Battered Cod, Chips & Peas

Sausage, Mash & Peas

Beef Burger, Chips & Beans

Ham, Egg and Chips

Chicken Breast, Chips & beans

FOR THE SWEET TOOTH

All £4.95

Caramel Topped Apple Pie & Custard

Bread & Butter Pudding & Custard

Warm Chocolate Brownie & Ice Cream

Pancakes with Chocolate and Cream

Pancakes with lemon & Sugar

Chocolate Ice Cream Sundae

Salted Caramel Ice Cream Sundae