



ELEPHANT & CASTLE

PUB AND RESTAURANT

Gluten Free Menu

Please inform your server that you have a gluten allergy so we can take special care preparing your meal. Take note that we fry our breaded foods and fries separate to prevent cross contamination, however there is a risk of gluten contamination.

Starters

Crab Dip
Chicken Wings
Served no sauce and unseasoned.
Super Nachos

Salads

Any salad on our regular menu with unseasoned grilled meat and a vinaigrette dressing can be specially prepared.
Must ask for no croutons or Chow Mein.

Entrees

Any grilled meat must be unseasoned, mashed potatoes and vegetable of the day are fine however, Baked beans and BBQ sauce are not gluten free.

Smothered Chicken

Char-grilled chicken breast loaded with caramelized onions, sautéed mushrooms, and crisp bacon, smothered in melted cheddar and jack cheeses. Served with garlic mashed potatoes and seasonal vegetables.

Steak & Chips

10oz. Top sirloin grilled to your liking, served with mashed potatoes and seasonal vegetable.

Salmon

Char-grilled salmon topped with our homemade Bruschetta mix, served with lemon aioli, jasmine rice, and seasonal vegetables.

Burgers & Chicken Sandwiches

Any burger or chicken sandwich unseasoned without a bun or BBQ sauce on our regular menu can be specially prepared.

Consumption of raw or under cooked meat, poultry, seafood, shellfish, or eggs may lead to increased risk of food-borne illness.