



GLUTEN FREE MENU - SUMMER 2026

GLUTEN FREE STARTERS

Haloumi

Deep fried haloumi on dressed leaves and a spicy tomato dip - £9.95

Sharing Bread

Gluten Free dipping bread with virgin olive oil and balsamic vinegar - £7.50

Caesar Salad

Baby gem Lettuce tossed with gluten free crispy croutons, shaved Parmesan and Caesar dressing - £9.00

Mexican Dirty Fries

Crispy fries topped with salsa, sour cream, pickled red onions & spring onions - £11.50

With Chicken - £14.50

Nachos

Loaded with salsa & melted cheese served with guacamole & soured cream - £11.50

Garlic Bread - £5.50

Garlic Bread with Cheese - £6.95

GLUTEN FREE MAINS

Caesar Salad

Baby gem lettuce tossed with gluten free crispy croutons, shaved parmesan & Caesar dressing - £14.00

With Chicken - £17.50

Chicken & Stilton

Grilled butterflied chicken breast with creamy stilton sauce, crispy bacon, rosemary salted fried new potatoes and mixed green vegetables - £21.50

Fish & Chips

Beer battered local fish with chips and mushy peas - Sml £13.75 / Lg £18.75

Add Curry Sauce £2.95

Teriyaki Stir-fry

Stir fried vegetables with garlic and ginger, teriyaki sauce & Rice - £16.75

With Chicken - £19.75

Steak Sandwich

Char-grilled steak on toasted bread with herb and mustard butter, mixed salad and fries - £18.95

Add stilton - £20.95

Catch of the Day

with crushed new potatoes, herb and mustard butter and a medley of green Veg - £POA

GLUTEN FREE GRILLS

Gammon

10 oz Gammon steak with egg & pineapple, garden peas and chips - £19.75

Philip Warrens Rump Steak

Served with mushrooms, tomato, garden peas, and chips - 5 oz - £19.95 / 10 oz £28.50

Add a Sauce

Peppercorn sauce £3.50 Stilton sauce £3.50

Onion Rings £4.95

GLUTEN FREE BURGERS

(In a Gluten Free roll with salad leaf and tomato served with coleslaw, fries and an onion ring)

6 oz Philip Warrens steak burger with cheese & smoked bacon - £19.75

Double up your burger - Add £5.50

6oz Philip Warrens steak burger with Bacon & stilton - £21.50

Double up your burger - Add £5.50

Haloumi Burger, with a Garlic mushroom & spicy tomato Dip - £19.75

Chargrilled Chicken Burger with Bacon & Cheese - £19.75

GLUTEN FREE SIDES

Fries - £4.75

Side salad - £4.50

Fries with cheese - £5.75

Jug of gravy - £1.95

Chips - £4.75

Onion rings - £4.95

Chips with cheese - £5.75

Coleslaw - £3.25

Sweet potato fries - £4.95

Curry Sauce - £2.95

Sweet potato fries with cheese - £5.95

GLUTEN FREE DESSERTS

Vanilla crème brulee with gluten free biscuits - £8.75

Strawberry & Chocolate Pavlova, with chocolate shards - £8.75

Chocolate brownie with chocolate sauce and Vanilla Ice cream - £9.75

Contains nuts (ground Almonds)

Selection of cheese & biscuits with chutney - £12.50

Selection of Dunstaple Farm Ice Creams:

Clotted cream vanilla

Coconut & vanilla

Coconut & chocolate

Coconut & strawberry

1 scoop - £2.50 2 scoops - £4.95 3 scoops - £7.00

Extras:

Cheese biscuits (6) - £2.70

Chocolate sauce - 30p

GLUTEN FREE CHILDREN'S MAINS

£9.75 Choose from

Sausages

Chicken strips

Fried Fish

Cheeseburger

Served with Fries and a choice of Peas, Beans Or salad

Childs sides available:

Salad - £1.50

Baked beans - £1.50

Garden peas - £1.50

Bread and butter - £1.95

GLUTEN FREE SANDWICHES - LUNCHTIME ONLY

served with a salad garnish

Cheese & Chutney - £9.95

Tuna Mayonnaise - £10.00

BLT - £10.50

Bacon & Brie - £11.50

Fish Finger Sandwich - £16.50

2 jumbo fish fingers in thick cut bread, served with mushy peas, salad & fries

Club Sandwich - £17.95

Chicken, smoked bacon, lettuce, tomato and mayonnaise in a triple layered toasted sandwich with salad & Fries

Cheese Ploughmans - £14.95

Mature Cheddar, Brie, Stilton with pickles, coleslaw, salad, Gluten Free roll with butter.

Add Chips or Fries - £2.50

GLUTEN FREE JACKET POTATOES - LUNCHTIME ONLY

served with a salad garnish

Cheese & Beans - £9.75

Cheese & Coleslaw - £9.75

Tuna Mayonnaise - £10.50

Bacon & brie - £11.25

PLEASE NOTE:

Much of our menu may be adjusted to suit other allergies. Please ask your server for details.

The Rydon Inn uses exceptional efforts in sourcing, preparing & handling foods to avoid the introduction of a named allergen. However, we cannot guarantee that allergens have not been introduced during another stage of the food chain process.

While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur outside of our control.

Please make your server aware of any dietary requirements or allergies when ordering food.