

THE BIELDSIDE INN

NO GLUTEN CONTAINING INGREDIENTS

Our kitchen has adapted dishes on our menu to accommodate guests who are gluten intolerant or coeliac; all of the dishes below are prepared using no gluten containing ingredients. (DF) - Dairy Free

TO START

CHICKPEA FALAFEL (DF)

tomato & cucumber salad | tahini

6.50

SALT & PEPPER CALAMARI (DF)

curried aioli | spring onion salad

7.00

BREAD & MIXED OLIVES

hand baked gluten free bread | mixed olives
balsamic vinegar | olive oil

4.50

ANTIPASTO PLATTER

selection of cured meats | gluten free bread | olives
artichoke hearts | baby mozzarella | gherkins

8.00

MAINS

SUPER FOOD SALAD (DF)

Asparagus | broccoli | mixed nuts | sweet potatoes | quinoa | roast
beetroot | spinach | avocado | wholegrain vinaigrette

10.50

BRAISED FEATHER BLADE RAGU

Rolled feather blade | slow roasted tomatoes | sweet potato fondant
roast vegetables | sweet & sour balsamic, tomato reduction

17.00

SALMON FILLET

asparagus | crushed new potatoes | hollandaise
lemon & parsley butter

17.50

CHILLI BOWL

white rice | cheese | sour cream | slow roast tomatoes

11.00

BIELDSIDE GLUTEN FREE BURGER

cheese | chilli & tomato jam | gluten free burger bun | lettuce
red cabbage slaw | gherkins | gluten free tortilla chips

14.00

SEABASS NICOISE

new potatoes | sun blushed tomatoes | green beans
hen's egg | olives

14.00

THE GRILL

200G CHUCK EYE 19.00 240G RIB-EYE 27.00

200G SIRLOIN 29.00 220G FILLET 36.00

All steaks served with:

sautéed wild mushrooms | choice of sauce | slow roast tomatoes | creamed potatoes

SAUCES PEPPERCORN, LEMON & PARSLEY BUTTER, RED WINE JUS (DF)

DESSERTS

SCOTTISH CHEESEBOARD

blue, brie, cheddar and goats cheese | fruit chutney | quince jelly
gluten free biscuits

8.50

MIXED FRUIT PLATTER (DF)

summer berries | raspberry granita | green apple | orange

6.50

SELECTION OF ICE CREAM

Choose 3 scoops of the following ice creams: raspberry ripple | mint
choc chip | salted caramel | vanilla bean | chocolate | strawberry

4.95

NB. While every care has been taken to ensure these dishes are free from gluten, our kitchen prepare and serve other dishes that contain gluten so we cannot guarantee that items on this menu will be completely free of allergens.

Executive Chef: Paul Mair / @SoulChefPaul

Head Chef: Simon Robertson

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