



Gluten Free

Starters

Soup of the Day £4.95

Homemade soup of the day served with gluten free bread
(Please check with your server that today's soup is Gluten Free)

Homemade Chicken & Duck Liver Pâté £6.45

With a red onion confit & toasted gluten free bread

Cockles, Bacon & Laverbread £7.25

Cockles cooked in a laverbread, bacon & white wine cream with gluten free bread

Stuffed Field Mushrooms £6.45

Topped with ratatouille and grilled goats cheese with a rich tomato sauce and basil oil

(v) Nachos £4.95

Crisp salted corn tortillas smothered with melted cheese,
served with sour cream, salsa & guacamole dips, with a choice of jalapeños

Add Jack Daniel's BBQ Pulled Pork £1.95

(v) Nachos to Share £7.95

A larger portion of our nachos, ideal for
two to share, served with sour cream,
salsa & guacamole dips, with a choice of jalapeños

Add Jack Daniel's BBQ Pulled Pork £1.95

*Please advise your server
that you are ordering from
the Gluten Free Menu or
if you have any other
food allergies*



Fountain Classics

Fountain Fajitas £15.45

Chicken strips cooked in a blend of mixed spices with onions & peppers, served with all the traditional accompaniments. Will include rice instead of wraps

Add Steak Strips for £3.55

Baked Fish Of The Day £12.95

Baked fillet of fish with peas, homemade tartare sauce and hand cut chips

(v) The Fountain House Salad £5.45

A mixed salad served with your choice of the

Following homemade dressings: -

Balsamic, Mixed Herb or Caesar

Add a Chicken Breast for £3.45

(v) Goats Cheese for £3.25

Salmon Fillet for £4.75

King Prawns for £5.25

Potato options are chips, jacket, new or sautéed

(Please note that the chips are cooked in a fryer next to the use of flour so we cannot 100% guarantee any cross contamination)

Please note, some of the sauces or ingredients may be substituted

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Main Dishes

Baked Fillet of Salmon £16.75

Served with marsh samphire and a lemon & parsley butter

Pan Fried Fillets of Seabass £17.95

Served with a laverbread, prawn & dill sauce

Blackened Cajun Hake £16.45

Served with sweet pepper & mango salsa

Braised Belly Pork £16.95

Served with a cider, apple and sage cream

Roast Breast of Barbary Duck £16.95

With a red wine and blueberry jus

Fillet of Beef Medallions £19.95

Pan fried to your liking and served with a peppercorn sauce

**All Mains above are served with either a side salad or mixed vegetables and your choice of potato
Potato options are chips, jacket, new or sautéed**

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Grills

8oz Fillet Steak £24.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

8oz Sirloin Steak £17.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

8oz Rump Steak £15.95

Grilled to your liking served with a field mushroom,
grilled tomato & your choice of potato

Why not add extras to your steak?

Garlic butter 75p

Or a fried egg 75p

Peppercorn Sauce £2.25

Sweet chilli or garlic butter king prawns (x4) £3.75

Fountain Mixed Grill £18.95

A mixed grill consisting of a 4oz rump steak, 5oz gammon steak,
A full chicken breast, grill garnish, fried egg
& your choice of potato

Grilled Gammon Steak £12.95

Served with a slice of fresh grilled pineapple,
fried egg, peas, salad garnish & your choice
of potato

Breast of Chicken £12.95

Choose from Plain, Cajun Spice Rub,
BBQ & Cheese, or Peppercorn sauce,
accompanied by a salad garnish
& your choice of potato

Potato options are chips, jacket, new or sautéed

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Vegetarian & Vegan Dishes

(V) The Fountain Fajitas £12.95

A selection of vegetables cooked with a blend of mixed spices & served with all the traditional accompaniments. Served with rice instead of wraps

(V/VE) Baked Stuffed Pepper £12.95

Filled with vegetable rice and served with tomato sauce, basil oil and a side salad

(V/VE) Homemade Cauliflower & Red Pepper Curry £9.95

Served with rice / chips or half & half

For more Vegan options, please ask your server
for our Chef's recommendations

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Sauces & Side Orders

Peppercorn Sauce	£2.25
Mixed Vegetables	£2.95
Hand Cut Chips	£2.50
Side Salad	£3.25
Garlic Butter	£0.75

Potato options are chips, jacket, new or sautéed
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Desserts

The Fountain Fondue

£5.95 for 1 person, £10.95 for Two to Share

Melted chocolate with fruit & various
dipping delights

White Chocolate and Raspberry

Crème Brulee £5.95

Served with raspberry coulis

Joe's Ice-Cream £4.95

Choose from Strawberry, Vanilla, Chocolate or
Mint Choc Chip

**Please ask our server if there are any
gluten free options available in our
dessert counter**

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Tea & Coffee

Pot of Tea for 1 £1.95

Pot of Flavoured Tea £2.45

Espresso £2.05

A short, invigorating shot of coffee

Macchiato £2.15

A shot of espresso "marked" with a little frothed milk

Americano £2.45

A shot of espresso mixed with hot water
to create a long black coffee

Cappuccino £2.95

A luxurious mix of espresso, steamed milk & frothed milk,
finished with a sprinkling of chocolate

Caffè Latte £2.85

A delicious mixture of espresso & steamed milk
crowned with a smooth layer of frothed milk

Add a flavoured syrup shot for just 35p extra –
Vanilla, Hazelnut, Cinnamon or Caramel

Mocha £2.95

A wonderful fusion of espresso, steamed milk & chocolate

Hot Chocolate £2.95

A delightful combination of chocolate & frothed milk

Floater Coffee £3.25

Coffee topped with double cream

Liqueur Coffees £4.75

Choice includes Whiskey, Brandy,
Grand Marnier, Tia Maria,
Cointreau, Amaretto

Baileys Latte £4.95

Please advise your server
if you or any of your
party have any food allergies.

