



The Plains

GLUTEN FREE MENU

916 WOODBOROUGH ROAD,
MAPPERLEY,
NOTTINGHAM
NG3 5GR

Tel: 0115 9609 796

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email: info@plainsfishbar.com

GLUTEN FREE MENU

Chips	reg £2.30 lge £3.00
Mini Cod	£2.40
Regular Haddock	£3.80
Large Haddock	£5.20
Regular Cod	£3.80
Large Cod	£5.20
Half Chicken	£4.10
Cod Roe	£1.40
Potato Fritter	90p
Pineapple Fritter	£1.30
Onion Ring	£1.80
Mini Fishcakes	£1.40
Jumbo Sausages	£1.70
Peas	£1.50
Beans	£1.50
Halloumi Sticks	85p each



PLEASE NOTE: Our dishes may contain one or more of the following allergens: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame seeds, Soya, Sulphur dioxide.

If in doubt please ask a member of staff for advice and information.