



The Plains

GLUTEN FREE MENU

916 WOODBOROUGH ROAD,
MAPPERLEY,
NOTTINGHAM
NG3 5QR

Tel: 0115 9609 796

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GLUTEN FREE MENU

Chips	reg £2.50 lge £3.30
Mini Cod	£2.50
Regular Haddock	£4.00
Large Haddock	£5.50
Regular Cod	£4.00
Large Cod	£5.50
Half Chicken	£4.10
Cod Roe	£1.40
Potato Fritter	90p
Pineapple Fritter	£1.30
Onion Ring	£1.80
Mini Fishcakes	£1.40
Small Sausages	£1.40
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.