



# The Plains

## GLUTEN FREE MENU

916 WOODBOROUGH ROAD,  
MAPPERLEY,  
NOTTINGHAM  
NG3 5QR

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## GLUTEN FREE MENU

<b>Chips</b>	<b>reg £3.95 lge £4.95</b>
<b>Large Fish</b>	<b>£10.20</b>
<b>Regular Fish</b>	<b>£7.90</b>
<b>Mini Fish</b>	<b>£5.70</b>
<b>Cod Bites</b>	<b>£1.90</b>
<b>Cod Roe</b>	<b>£2.90</b>
<b>Plaice</b>	<b>£9.95</b>
<b>Cod Roe</b>	<b>£1.40</b>
<b>Potato Fritter</b>	<b>£1.00</b>
<b>Pineapple Fritter</b>	<b>£3.60</b>
<b>Onion Rings</b>	<b>£4.60</b>
<b>Mushrooms</b>	<b>£4.20</b>
<b>Sausage</b>	<b>£3.10</b>
<b>Battered Sausage</b>	<b>£3.20</b>
<b>Halloumi</b>	<b>£1.70</b>
<b>Sauces</b>	<b>sml £2.30 lge £2.80</b>



**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.