



THE
KINGS ARMS
PUBLIC HOUSE & DINING ROOM

GLUTEN FREE LUNCH MENU

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GLUTEN FREE LUNCH MENU

NIBBLES

- Houmous, nocellara green olives, silverskin onions & chickpeas - vg 3.95
- Feta cheese, green olives & sun-blushed tomatoes - v 3.95
- Wasabi peas - vg 3.00

SANDWICHES

All at 6.95 each and served with dressed salad & skinny fries

- Crispy bacon, brie and red onion chutney
- Halloumi, roasted pepper, tomato and pesto - v
- Chicken, chorizo and Cajun mayo
- Fish finger with tomato, baby gem and tartare sauce
- Grilled chicken BLT with dijon mustard mayo
- Crushed chickpea, smashed avocado, roasted pepper, lime, coriander and harissa mayo - vg

CLASSICS

- Fish & chips 6X Gold beer battered haddock fillet with chunky chips, mushy peas, tartare sauce and grilled lemon - 13.50
- 8oz Chargrilled rump steak with fries, grilled tomato, mushrooms, crispy fried onions & winter slaw - 15.95
Add peppercorn or stilton sauce – 2.00
- Sausage and mash with seasonal greens and gravy - 11.50

SIDES

- Chunky chips - v 4.00
- Cheesy chunky chips - v 4.75
- Fries - v 4.00
- Rocket, vegan cheese and sun-blushed tomato salad - vg 4.50

£10 TUESDAYS
All pizzas at £10 each

SALADS

- Grilled chicken caesar salad with crispy bacon - 12.50
- Niçoise salad with green beans, potatoes, olives, baby gem, tomato, red onion and a soft boiled free-range egg - v 11.50

Looking for a little more for your salad?
Add grilled chicken or smashed avocado for 3.00 each

BURGERS

- All served in a toasted bun with shredded iceberg, tomato, dill pickle, crispy fried onions, house seasoned fries and winter slaw
- 6oz Beef burger with bacon, cheese and pepper relish - 12.95
- Grilled halloumi and roasted pepper burger with pesto sour cream - v 12.50
- Cajun chicken burger with tomato salsa and garlic mayonnaise - 12.95

PIZZA

- Mozzarella with slow-roasted tomato & basil pesto - v 10.95
- Parma ham, rocket, slow-roasted tomato & mozzarella - 13.50
- Spicy salami, jalapeño with fresh chilli & mozzarella - 12.50
- Mushroom, halloumi, roasted peppers, olives, pine nuts & rocket - v 12.50
- Cajun spiced chicken with chorizo, red onion, peppers & goat's cheese - 12.95
- Vegan cheese, beetroot purée, smashed avocado, spinach, spring onion & pine nuts with garlic oil - vg 11.95
- Charcuterie with fresh basil, mozzarella, olives, balsamic pickled onions and cornichons - 13.50

DESSERTS

- All at 5.95
- Sticky toffee pudding served in a rich toffee sauce and salted caramel ice-cream - v
- Chocolate brownie with chocolate sauce and vanilla ice cream - v

IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE LET US KNOW BEFORE ORDERING AND ASK FOR OUR ALLERGY MATRIX. Although we take all reasonable precautions to prevent cross contamination of allergens, this is not always possible as we handle and prepare a variety of open foods that contain allergens. **Our menu descriptions do not include all ingredients.** (v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association.

