



# GLUTEN FREE & VEGAN

Some of these menu items are available on our main menu but will be adapted to ensure that they are Gluten Free. Please ensure your server is aware of your dietary requirements.  
(ve) - Vegan (gf) - Gluten Free

## STARTERS



### CHICKEN LIVER PATE (GF) 8

A Knox favourite - smooth, rich chicken liver pate, made with brandy and herbs, served with a sweet and smoky bacon jam - toasted sourdough for spreading

### GARLIC MUSHROOMS (GF) 8.5

Sautéed button mushrooms in a rich garlic butter sauce, finished with a touch of cream and fresh herbs

### BURRATA CAPRESE (GF) 10.5

Creamy burrata nestled over burst baby plum tomatoes, lightly roasted with lemon and thyme oil, finished with toasted pistachio for a rustic crunch

### TURKISH MEZZE (VE) 11.5

Olives, hummus, feta, falafel, traditional turkish flatbread

### FINGER LICKIN' CHICKEN WINGS (GF) 8

Coated in sciracha and tomato sauce

### MOULES MARINIÈRE (GF) 12

½ kg of fresh mussels in a white wine, garlic and onion sauce, finished with a splash of cream - Served with gluten free bread for dipping

### DUKKA CRUSTED CAMEMBERT (GF) 14

A whole camembert baked until gooey, topped with toasted nuts seeds and spices, finished with hot honey - Warm gluten free bread for dipping, great to share

## FROM THE GRILL



### 8OZ SIRLOIN PAVE STEAK (GF) 21

### 10OZ RUMP STEAK (GF) 23

### BUTTERFLY CHICKEN BREAST (GF) 18

Our steaks are served simply with rocket garnish, new potatoes, gf chips or fries and a choice of sauce

Peppercorn (gf) Blue cheese sauce (gf)

Chimichurri (gf) Garlic butter (gf)

Dont forget to order your sides

## BURGER BAR



### THE KNOX BURGER (GF) 14.5

Our signature gluten free 6oz Aberdeen Angus beef burger in a toasted gluten free bun, dressed with salad and burger sauce. Served with gluten free triple cooked chips or fries and chefs own gluten free onion rings. Make it your own with any toppings below depending on your dietary requirements

Meat - 2 each

BACON

PULLED PORK

PEPPERONI

CHORIZO

BACON JAM

Cheese - 1.5 each

CHEDDAR

BLUE CHEESE

GOATS CHEESE

VEGAN CHEESE

Veg - .75 each

MUSHROOM

FRIED ONION

ONION RINGS

JALAPEÑOS

### BAD BOY THAI BURGER (VE) 16

Thai spiced Vegan burger, on a vegan brioche bun topped with lettuce and tomato, sweet chilli sauce on the side and chips or fries

## SHARING



### MEXICAN NACHOS (GF) (VE) 10 / 15

Our staple and ever popular nachos, in two sizes, to share or not! Tortilla chips, loaded with melted cheese, jalapeños, spicy tomato salsa, sour cream and guac then choose your topping.

BBQ PULLED PORK / SPICY CHILLI BEEF / VEGAN CHILLI AND VEGAN CHEESE OR CHEDDAR - YOU DECIDE

GET IN TOUCH

The Knox, Knox Lane, Harrogate. HG1 3AP

01423 525284

[www.theknoxharrogate.co.uk](http://www.theknoxharrogate.co.uk)





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## THE CLASSICS

### TRADITIONAL FISH & CHIPS 17.5 (GF)

Crispy battered golden haddock, served with triple cooked thick cut chips cooked in our gluten-free fryer, classic mushy peas, chef's tartare sauce and a wedge of lemon

### TRIO OF SAUSAGE (GF) / (VE) 17

Three hearty gluten free Cumberland sausages or vegan quorn Cumberland sausages, pan seared and served over a bed of mashed potatoes. Finished with a rich slow cooked onion gravy and a side of garden peas.

NOTE: quorn sausages are NOT Gluten free

## MAINS



### MOULES FRITES (GF) 20

1kg of mussels cooked in a white wine, onion, garlic and parsley cream sauce. Served with gluten free fries and gluten free warm bread

### GRILLED SEABASS (GF) 19.5

On a bed of wilted greens, sauteed new potatoes lemon caper butter and herb oil

### CHICKEN ASPARAGUS (GF) 17.5

Pan-fried chicken with asparagus and a lemon creme fraiche sauce on a bed of crushed new potatoes with tender stem

### SQUASH TART TATIN (VE) 17.5

Whisky glazed butternut squash and pearl onion tart tatin with new potatoes potatoes, seasonal vegetables and vegan gravy

### MEDITERRANEAN VEGETABLE 17

### MOUSSAKA (VE)

Homemade mousakka, layers of aubergine, courgette, peppers, onion with a tomato sauce, topped with vegan cheese. Served with salad and chips

### SESAME & GINGER TOFU 15

### SALAD (VE)

Cubes of marinated tofu tossed with quinoa, garden peas, cucumber, avocado, spinach and coriander. Finished with crunchy roasted chickpeas, pickled radish and a ginger tahini dressing

## SUNDAY LUNCH

### TRADITIONAL HOMEMADE SUNDAY LUNCH (GF)

Choose from

**ROAST TOPSIDE OF BEEF**

**ROAST TURKEY BREAST**

**HONEY ROAST HAM**

All served with roasted and mashed potatoes, sage and onion stuffing, seasonal vegetables, and topped off with a gluten free Yorkshire pudding with rich homemade gluten free beef gravy. Don't forget to order your gluten free cauliflower cheese.

**SMALL £13.95**

**1 MEAT CHOICE**

**STANDARD £17.5**

**2 MEAT CHOICES**

**EXTRA LARGE £20**

**3 MEAT CHOICES**

**PLUS AN EXTRA YORKIE**

## SIDES - ALL AVAILABLE AS GF

CHIPS / FRIES	4.25
PARMESAN TRUFFLE FRIES	5.50
CAULIFLOWER CHEESE	4.50
GARLIC BREAD	4.95
HOUSE SALAD	4.95
ONION RINGS	4.50
MAC & CHEESE	6.50
ROCKET TENDERSTEM & RED	5.50
ONION SALAD WITH PARMESAN	

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