



BORN FROM A DREAM, BUILT WITH HARD WORK, DELIVERED WITH PASSION

Welcome to The Knox – a pub that brings together friends and family in one great space! Our ethos is simple, to provide the perfect community pub for everyone – old friends coming together, families creating lasting memories, or new faces looking for a place to relax and have an enjoyable evening. Hopefully, you will enjoy what we cook and serve you, enjoy a relaxing time and leave happy.

GLUTEN FREE MAIN MENU

SMALL PLATES

Chicken Liver Pate

Our homemade pate made with green peppercorns and brandy, red onion marmalade and gluten free toast

£7.95

Baked Camembert

A whole camembert lightly baked until gooey, red onion marmalade and gluten free toasted bloomer, great to share

£13.50

Louisiana Chicken Wings

Jumbo chicken wings deep fried and coated with our rich Louisiana sauce with more on the side for dipping

£8.50

Buffalo Cauliflower Wings

Baked Cauliflower florets with a rich, zesty buffalo dipping sauce



£7.50

Mixed Olives

Garlic, herbs and peppers



£4.25

Please be aware that our gluten free and Vegan menu items are prepared and cooked in the same kitchen as all our dishes. We work hard to ensure there is no cross contamination by using separate work stations and fryers however we **cannot 100% guarantee** this. There is a chance that trace amounts may cross over from other kitchen areas.

Thank you for understanding our kitchen limitations and please speak to our staff and let them know that you are gluten free or coeliac so they can tell the kitchen

MAINS

In addition to the items below we also have weekly specials running. Please ask for today's menu.

Parmesan Crusted Cod

Baked cod loin with a parmesan, parsley and zesty lemon crust on a bed of Mediterranean rice. Finished with a drizzle of pesto

£15.95

The Knox Fish and Chips

Sustainable line caught haddock deep fried in our own crispy gluten free batter with gluten free triple cooked chips, homemade tartare sauce and mushy peas.

£15.95

FROM THE GRILL

10oz SIRLOIN PAVE STEAK £21.95

Our special 10oz incredibly lean pave steak. Cooked to your liking accompanied by grilled tomato, portobello mushroom, gluten free battered onion rings, gluten free triple cooked chips or fries and a jug of our legendary peppercorn sauce

GAMMON STEAK £13.20

8oz gammon steak, free range fried egg, grilled pineapple ring, gluten free triple cooked chips and garden peas,

MEXICAN NACHOS

£9.95 / £13.50

If you haven't tried these yet then you're in for a treat. Tortilla chips loaded with melted cheese, spicy tomato salsa, sour cream and jalapeños then choose your topping or keep them plain

BBQ PULLED PORK

SPICY CHILLI BEEF

FIERY MEXICAN CHICKEN

VEGAN JACK FRUIT



Available in two sizes and great to share

SALADS

Glow Bowl

£13.50

A heavenly nutritious mix of grains, feta cheese, jalapeño hummus, za'atar roasted squash, avocado and pickled sweet red onions served with gluten free bread

Chicken & Avocado

£13.95

A classic combination of warm chicken, bacon and avocado. gluten free bloomer and balsamic dressing

Grilled Seabass

£14.95

Pan-fried mildly spiced seabass with mango, pink grapefruit sliced new potatoes and a light citrus dressing





BURGERS

Our burgers are served in a gluten free bun, with iceberg lettuce, beef tomato, gluten free onion rings and choice of gluten free triple cooked chips or fries

The Knox Burger £14.50

Our signature burger, delicately seasoned beef pattie with grilled bacon, melted cheese and spicy tomato burger relish on the side

Nidd 'Gorge'ous £13.95



Spiced bean and lentil burger topped with avocado and a side of sweetcorn relish

PIZZA

Our pizzas can be glutenfree using our gluten free bases, they are loaded with toppings of your choice and baked in our stone base pizza oven.

We only use the finest ingredients to make our tomato sauce and our mozzarella is sourced from Italy. We serve our pizzas in two sizes, (medium 9" and large 12". Pizza sizes are approximate as they are hand made). Please specify which size when you order. **Our Pizza Kitchen is open Wednesday to Saturday from 5pm**

Margherita

The classic Margherita, our own special recipe tomato sauce scattered with lots of Italian mozzarella and baked until bubbling

£10.95 / £8.95

Hawaiian

Chunks of home cooked ham and wedges of sweet pineapple makes this a firm favourite.

£12.25 / £10.25

The Americano

Loaded with spicy pepperoni and firey roquito red peppers

£12.25 / £10.25

New Yorker

Pastrami, pickled gherkin, and paprika spiced sauce

£13.25 / £10.95

Honey BBQ Chicken

Chicory smoked chicken breast, smoked bacon and sweet red onions topped with our sweet and sticky honey BBQ sauce

£12.95 / £10.50

Super Vegan



Artichoke, caramelised red onions, olives, roasted red peppers, vegan mozzarella, topped with crispy kale and pine nuts

£14.25 / £12.95

Dough Sticks

£7.50

Sourdough pizza dough sticks with melted mozzarella and a side of fresh garlic butter,

LOAD UP YOUR DOUGH STICKS WITH PEPPERONI, JALAPEANOS AND RED ONIONS FOR £2

CHILDRENS

All Children's meals £7.50

Battered Fish Goujons

Gluten free Battered Haddock Goujons, with a choice of beans or garden peas and gluten free chips or fries

Cheeseburger

Juicy gluten free beef burger topped with melted cheddar in a gluten free bun with gluten free chips or fries

ADD A VANILLA OR CHOCOLATE ICECREAM TO ANY CHILDRENS MEAL FOR £1.50

Chicken Nuggets

Chicken Breast in gluten free batter and deep fried, with a choice of beans or garden peas and gluten free chips or fries

SIDES

Triple Cooked Chips

£3.70

Skinny Fries

£3.70

Dressed House Salad

£3.50

Gluten free Onion Rings

£4.00

Peppercorn Sauce or

£2.00

Gravy

ADD GRILLED CHEESE FOR £1.50

DESSERT

If you have room we have a delicious selection of gluten free desserts. Most can be seen in our dessert fridge. We like to change them regularly so please see our dessert menu for today's choices

ALLERGENS

All food is prepared in our kitchen where nuts, gluten and other allergens could be present. If you have a food allergy please let us know before ordering. Our staff will be happy to help you choose a suitable dish. All our food is homemade and freshly prepared in the Knox Kitchen.

Whilst we endeavour to serve food quickly some dishes may take longer to prepare and cook, this may cause a delay especially during busy periods.



Vegan

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www.theknoxharrogate.co.uk