



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 visit. Hopefully, you will enjoy what we cook and serve you, enjoy a relaxing time and leave happy.

GLUTEN FREE SUNDAYS AT THE KNOX

SMALL PLATES

Chicken Liver Pate	£7.95
Our homemade pate made with green peppercorns and brandy, red onion marmalade and gluten free toast	
Avocado Gamberetti	£9.95
.Crispy iceberg lettuce cup topped with avocado prawns, fresh tomato and cucumber in a marie rose sauce with gluten free toast	
Garlic Mushroom Crostini	£7.95
Homemade creamy garlic mushrooms on gluten free bloomer	
Roasted Red Pepper, Tomato and Basil Soup	£6.25
with gluten free pesto croutons	
Mixed Olives	£4.25
Garlic, herbs and peppers	

Please be aware that our gluten free 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. If you are Coeliac please inform a member of staff.

ADD AN EXTRA SLICE OF MEAT TO YOUR LARGE SUNDAY LUNCH FOR £3.00

SUNDAY LUNCH

Sunday Roast	£14.50 / £9.50	
Choose from tender roast topside of beef, roast turkey breast or roast ham. All served with roast and mashed potato, seasonal vegetables and topped off with a gluten free Yorkshire pudding with rich homemade gluten free beef gravy. All available in two sizes for the smaller appetite		
Roast Vegetable Slice	£14.50 / 9.50	
Our vegan sunday lunch, served with mashed potato, roast potatoes seasonal vegetables our own rich vegan gravy and a gluten free Yorkshire pudding for vegetarians,		

MAINS

The Knox Fish and Chips	£15.95	Chicken & Avocado Salad	£13.95
Sustainable line caught haddock deep fried in our own gluten free batter with triple cooked chips, homemade tartare sauce and mushy peas.		A classic combination of warm chicken, bacon and avocado. Freshly toasted gluten free bloomer drizzled with balsamic dressing	
Chestnut Mushroom Bourguignon	£14.50		
Chestnut mushroom bourguignon with pearl onions in a rich red wine sauce with a swede and butterbean mash an crispy kale			



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

BURGERS

Our gluten free burgers are served in a toasted 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 patty 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



CHILDRENS

All Children's meals £7.50

Battered Fish Goujons

Battered with our gluten free batter our homemade Haddock Goujons, come 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

Chicken Nuggets

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

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

SIDES

Triple Cooked Chips

£3.70

Skinny Fries

£3.70

ADD GRILLED CHEESE FOR £1.50

Dressed House Salad

£3.50

Gluten Free Onion Rings

£4.00

Peppercorn Sauce or

£2.00

Gravy

DESSERT

save room for our 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

PLEASE ASK FOR OUR GLUTEN FREE MENU



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www.theknoxharrogate.co.uk