



## Gluten Free Menu

We were one of the first eateries on the Island to introduce a Gluten Free Menu many years ago.

We ensure there is no cross contamination, separate Fryers & utensils are used.

Your Meal will come with a Flag if it doesn't please question it!

Please ensure you tell your server you would like a gluten free meal.

<b>Homemade Soup of the Day</b>	£5.50
Served with Warm Gluten Free Crusty Bread	
<b>Creamy Garlic Mushrooms</b>	£6.95
Served with Warm Gluten Free Crusty Bread	
<b>Freshly Battered Deep Fried Brie</b>	£7.00
Served with Cranberry Sauce	

## Mains

<b>'Quirkies' Famous Gluten Free Freshly Battered Deep Fried Cod</b>	£14.50
In our own Homemade Batter, served with Mushy Peas & Tartare Sauce	
<b>The Famous Creg's 'Moby Dick' Deep Fried Cod</b>	£17.50
As above but for really BIG appetites!	
<b>100z Manx Gammon Steak</b>	£13.75
Served with Egg, Pineapple or both (50p extra)	
<b>Creg-ny-Burger</b> (Minced Steak Burger, Contains Onions)	£13.50
Served with Tomato Relish & Cheese in a Gluten Free Brioche Bun & Onion rings	
Add your toppings: Fried Onions, Egg, Bacon, Mushrooms, Pineapple add 50p	
<b>Chef's Spicy Chicken</b>	£13.95
Breast of Chicken Goujons coated in a Lightly Spiced Gluten Free Batter with a Salad Garnish	
<b>Adult Portion Chicken Nuggets</b> Add 75p for Beans or Peas	£9.25
Made from 100% Breast of Chicken & Homemade Chips	
<b>The Creg's Chicken Stroganoff or Mixed Vegetable Stroganoff</b>	£15.95
Served with Rice & Garlic Bread (Peppers, Onions, Cream, Brandy & Wholegrain Mustard Sauce)	
<b>Homemade Veggie/ Vegan Burger topped with Cheese</b> (Vegan without cheese)	£13.50
On a Vegan Bun, topped with Onion Rings, Tomato Relish, Cheese & Salad Garnish (Contains Nuts)	

## Salads

Our Salads are served with a mix of Salads, Coleslaw, Boiled Egg and drizzled in a Balsamic Glaze

Choose your Salad: Honey Roast Ham | Cheese | Tuna Mayo | Chicken & Bacon **£13.50**

See Specials Board for Gluten Free options of the Day

All the Light Bites and Side Orders from the Main Menu are available as Gluten Free, please ensure you tell your server you would like the Gluten Free option.

Gluten Free Peroni is available

Please ask for our Gluten Free Desserts



Served until 5pm

## Light bites

Served until 5pm

**Soup and a Sandwich Special served with a Salad Garnish (GF) £9.50**

Homemade Soup and a choice of Cheese, Ham or Tuna Sandwich

### The Famous Creg Sandwiches

Our Traditional Sandwiches are served with a Salad Garnish & Coleslaw

Choose Brown or White Bread (GF Bread Available)

Choose your fillings: 1 Filling - £7.50 (Additional Fillings - 50p)

Cheddar Cheese, Onion, Tomato, Cucumber, Lettuce, Honey Roast Ham, Tuna Mayo, Coleslaw

### Freshly Made Omelettes

(GF)

All served with a Salad Garnish & Coleslaw and a choice of Chips , Jacket or Salad

Choose from Ham, Cheese, Onion, Tomato, Mushrooms, Peppers, Sweetcorn

Choose your fillings: 1 Filling £10.25 Additional Fillings 50p

### Jacket Potatoes

(GF)

Served with a Salad Garnish & Coleslaw

Choose your fillings: 1 Filling £7.95 Tuna Mayo, Cheese, Coleslaw, Onion, Beans, Sweetcorn

( Add 50p for Additional Fillings)

## Side/Smaller Dishes/Extras

Portion of Homemade Chips (GF)	£3.50
Homemade Onion Rings (GF)	£4.50
Garlic Ciabatta Bread (3 pieces) (GF)	£4.00
Cheesy Garlic Ciabatta Bread (3 Pieces) (GF)	£4.50
Crusty Bread Roll & Butter (GF)	£1.50
Bread & Butter (2 slices)(GF)	£1.50
Chips, Cheese & Gravy (GF)	Sml £4.75 Lg £6.75
Chip Bap	£4.00
Portion Mixed Vegetables (GF)	£3.00
Side Salad (GF)	£3.50
Pepper Sauce/ Diane Sauce (GF)	£2.75
Gravy Boat for 1/Beans/Mushy Peas/Garden Peas/Coleslaw/Cheese	£0.75

## Children's Menu

Older Kids may prefer our Senior Citizen Menu

(All Kid's meals are £6.25)

**Homemade Chicken Nuggets (GF)** Served with Homemade Chips 100% Breast of Chicken

**Sausage & Chips or Mash (GF)** Served with Homemade Chips

**Fish & Chips (GF)** Served with Homemade Chips

**Homemade Beef Lasagne** Served with Chips & Garlic Bread

(Add Peas, Beans, Sweetcorn Carrots or Gravy)

Please ask for our Children's Desserts of The Day





## Starters

<b>Homemade Soup of the Day</b>	£5.50
Served with Warm Crusty Bread	
<b>Freshly Battered Brie Wedge</b>	£7
Served with Cranberry Sauce	
<b>Creamy Garlic Mushrooms</b>	£6.95
Served with Warm Crusty Bread	

## Mains

<b>'Quirkies' Famous Freshly Battered Deep Fried Cod</b>	£14.50
In our own Homemade Batter, served with Mushy Peas & Tartare Sauce	
<b>The Famous Creg's 'Moby Dick' Deep Fried Cod</b>	£17.50
As above but for really BIG appetites!	
<b>Chef's Homemade Pie of the Day</b>	(See Specials Board)
Homemade Pie served with Seasonal Vegetables & Gravy	
<b>Curry of the Day</b>	(See Specials Board)
Served with Rice, Chips or Half & Half & Naan Bread	
<b>Creg's Steak Specials (Evenings Only)</b>	(See Specials Board)
<b>Vegan Dish of the Day</b>	(See Specials Board)
<b>Homemade Beef Lasagne</b>	£13.50
Served with a Salad Garnish & Garlic Bread	
<b>10oz Manx Gammon Steak</b>	£13.75
Served with Egg, Pineapple or both (50p extra)	
<b>Homemade Veggie/ Vegan Burger topped with Cheese</b> (Vegan without cheese)	£13.50
On a Vegan Bun, topped with Onion Rings, Tomato Relish, Cheese & Salad Garnish (Contains Nuts)	
<b>Chef's Spicy Chicken</b>	£13.95
Breast of Chicken Goujons coated in a Lightly Spiced Batter with a Salad Garnish	
<b>Creg-ny-Burger</b> (Homemade Minced Steak Burger, Contains Onions)	£13.50
Served with Tomato Relish & Cheese in a Brioche Bun & Onion rings	
Add your own toppings: Fried Onions, Egg, Bacon, Mushrooms, Pineapple add 50p	
<b>Adult Portion Chicken Nuggets</b> Add 75p for Beans or Peas	£9.25
Made from 100% Breast of Chicken & Homemade Chips	
<b>The Creg's Chicken Stroganoff or Mixed Vegetable Stroganoff</b>	£15.95
Served with Rice & Garlic Bread (Peppers, Onions, Cream, Brandy & Wholegrain Mustard Sauce)	

Choose from our Famous Homemade Chips, Mash, Salad or Jacket Potato to accompany your meal

## Salads

Our Salads are served with a mix of Salads, Coleslaw, Boiled Egg and drizzled in a Balsamic Glaze

**Choose your Salad:** Honey Roast Ham | Cheese | Tuna Mayo | Chicken & Bacon **£13.50**





(SC)

## Senior Citizens Menu

(SC)

### Homemade Soup of the Day (GF)

Served with Warm Crusty Bread

### Creamy Garlic Mushrooms (GF)

Served with Warm Crusty Bread

### Cheesy Garlic Bread (Available as GF)

Two pieces

Reduced Portions - Reduced Prices - suitable for a smaller appetite or older kids!  
Please ensure you tell your server you would like the senior citizens size when ordering .  
If you DO NOT state this then the regular size will be ordered and charged for.

## Mains

### Our Famous Freshly Battered Deep Fried Cod (GF)

In our own Homemade Batter, served with Mushy Peas, Homemade Chips & Tartare Sauce

### Chef's Homemade Pie of the Day

Homemade Pie served with Seasonal Vegetables & Gravy

(See Specials Board)

### Homemade Beef Lasagne

Served with a Salad Garnish and Garlic Bread

### 5oz Manx Gammon Steak (GF)

Served with Egg, Pineapple or both (50p extra)

### Chef's Spicy Chicken (GF)

Breast of Chicken Goujons coated in a Lightly Spiced Batter with a Salad Garnish

(Choose from our Famous Homemade Chips, Mash, Salad or Jacket Potato to accompany your meal)

### Honey Roast Ham Salad (GF)

A mix of Salads served with Coleslaw and a Boiled egg

### Soup and a Sandwich Special served with a Salad Garnish

Homemade Soup and a choice of Cheese, Ham or Tuna Sandwich

## Freshly Made Omelettes

All served with a salad garnish & coleslaw and a choice of Chips , Jacket or Salad

Choose from Ham, Cheese, Onion, Tomato, Mushrooms, Peppers, Sweetcorn

### Choose your fillings: 1 Filling

Additional Fillings 50p

See Specials Board with (SC) Options

Please ask for our Senior Citizens Desserts of the Day

Main Course £9.50 - 2 Courses £13.50 - 3 Courses £16.95





## **Welcome to The Famous Creg-Ny-Baa situated on The World Famous TT Course.**

**We cater for everyone from Senior Citizens to Children!**

**We have a menu to suit everyone, smaller portions are available on certain dishes for our Senior Citizens, we have a superb Gluten Free Menu serving all your Pub Favourites just let us know of any other dietary requirements and we will do our very best to cater for you.**



**We have colours for the kids and smaller knives & forks.**

**We welcome Dogs in our lower bar area and there's dog biscuits too!**

**We are an excellent venue for all types of gatherings small or large such as birthdays, christenings, funeral wakes, all our menus are on our website and a senior member of staff can always discuss your requirements.**

**We have the perfect function room with fantastic views, its own private bar and seating for up to 70 people and there's no need to worry about car parking as we have plenty of space for that too!**

**We pride ourselves with our freshly cooked to order food and our famous homemade chips, not forgetting our excellent selection of desserts.**



**We don't always get it right so please let us know if something wasn't satisfactory as we can only learn by our mistakes!**

**TEAM CREG**