

Coeliac Menu

Due to Government Legislation

(EU Food Information for Consumers Regulation 1169/2011)

Many manufacturers are unable to commit to an absence of specific allergens and therefore use disclaimers that food

“has been packed in an environment with”

Or “may contain traces of” certain allergens

Whilst we take every precaution in our kitchens, we can therefore no longer guarantee our food is free from many of these allergens.

All ingredients used in this Coeliac menu have no Gluten listed in their ingredients.

However, traces may be present from packing environments, production lines and equipment at source.

We apologise for any inconvenience caused.

If you have any queries please ask to speak to the management.

* Some of our Ingredients come from a Factory where Gluten Containing Ingredients are Processed

Every Dish May Contain Traces of Gluten as the Manufacturer States all Herbs and Spices May Contain Gluten from the Growing Environment

The Eating House

Inform Your Server If you Require a Gluten Free Meal

Please See Our Cake cabinet for Todays Gluten Free Cakes and Puddings

**When placing your order please inform you server you
require your
meal to be Gluten Free**

PLEASE DO NOT REMOVE FROM THE CAFÉ

Photocopies available on request

BREAKFAST – SERVED 9- 11.30am

Gluten Free Full Breakfast – Bacon, Eggs, Baked Beans, Fried Tomatoes and Mushrooms, Fried Potatoes and Toasted Gluten Free Bread Roll	£8.95
Kedgerree – Spiced Basmati Rice, Boiled Egg, Smoked Haddock and Cream	£7.95
Vegeree – Spiced Basmati Rice, Eggs, Roast Vegetables and Cream	£7.95
Gluten Free Bacon Roll	£4.95
Gluten Free Breakfast Roll – Bacon, Mushrooms, Tomato and Egg	£7.25
Smoked Haddock and Poached Eggs – on a Toasted Gluten Free Roll	£8.95
Smoked Salmon and Scrambled Eggs – on a Toasted Gluten Free Roll	£8.95
Eggs Benedict – With Ham or Smoked Salmon. On a Gluten Free Roll	£8.50
Omelettes – Cheddar, Tomato and Ham	£5.95
Cheddar and Mushroom	£4.95
Smoked Salmon and Samphire	£7.50
Smoked Haddock and Chive	£7.75
Goats Cheese and Mushroom	£6.95
Fresh Fruit Salad with Greek Yogurt and Honey	£5.25

LUNCH – SERVED FROM 11.30

Tandoori Chicken Salad – Fresh mixed salad with tandoori spiced chicken, poppadum shards, yogurt dressing and fresh coriander. Served with flatbread	£9.50
Meze – Sundried tomatoes and mozzarella, homemade falafel, humous, marinated olives, boiled egg, Greek style giant beans, yogurt dip, cherry tomatoes, cucumber and flatbread	£9.95
Roast Mediterranean Vegetable and Quinoa* Salad – on a bed of fresh salad	£9.50
Chicken Casserole with Nutty Crumble Topping – Salad and new potatoes	£9.50

Baked Camembert – Whole camembert baked with onion marmalade, with salad, apple and pear chutney and gluten free bread **£9.25**

Halloumi and Vegetable Skewers – Salad, yogurt dressing and flatbread **£9.75**

Italian Meatballs – Topped with mozzarella and served with flatbread **£9.95**

Moroccan Orange Chicken Salad – Chicken in a creamy Moroccan inspired sauce. Topped with fried almonds and fresh coriander **£8.95**

Spinach Roulade – With fresh mixed salad and pistachios **£9.25**

Jacket Potatoes – Served with salad and coleslaw **£7.20**

- Tuna and cheddar melt
- Humous and olives
- Beans and cheddar cheese
- Prawn Marie rose
- Grilled brie and chutney
- Creamy Moroccan chicken and almonds

Soup of the Day – With gluten free bread **£5.50**

Soup and a Sandwich – Choose from sandwich marked ● below **£7.95**

Sandwiches – on a gluten free roll with salad and coleslaw

£6.35: -

- Egg mayonnaise
- Baked ham
- Prawn Marie rose
- Cheddar and homemade chutney
- Tuna mayonnaise
- Smoked salmon and cream cheese

£7.50: -

- Meatballs and tomato sauce
- Falafel* and humous
- House marinated olives and humous
- Baked ham, brie and chutney
- Creamy Moroccan chicken and fried almonds
- Grilled bacon, brie and onion marmalade
- Tuna, red onion and cheddar melt
- Mozzarella, sundried tomato and olives

Twice Cooked Potato Wedges £2.75 Coleslaw £2.00 Dressed Salad £2.75

Marinated Olives and Bread £3.75

Gluten free bread and infused oil £3.25

Humous and flatbread £3.50