

# 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**

## **The Eating House**

**Inform Your Server If you Require a  
Gluten Free Meal**

**PLEASE DO NOT REMOVE FROM THE CAFÉ  
Photocopies available on request**

## **BREAKFAST – SERVED 9- 11.30am**

<b>Gluten Free Full Breakfast</b> – Bacon, Eggs, Baked Beans, Fried Tomatoes and Mushrooms, Fried Potatoes and Toasted Gluten Free Bread Roll	<b>£7.95</b>
<b>Kedgerree</b> – Spiced Basmati Rice, Boiled Egg, Smoked Haddock and Cream	<b>£7.95</b>
<b>Vegeree</b> – Spiced Basmati Rice, Eggs, Roast Vegetables and Cream	<b>£7.95</b>
<b>Gluten Free Bacon Roll</b>	<b>£4.75</b>
<b>Gluten Free Breakfast Roll</b> – Bacon, Mushrooms, Tomato and Egg	<b>£6.95</b>
<b>Smoked Haddock and Poached Eggs</b> – on a Toasted Gluten Free Roll	<b>£7.95</b>
<b>Smoked Salmon and Scrambled Eggs</b> – on a Toasted Gluten Free Roll	<b>£7.95</b>
<b>Eggs Benedict</b> – With Ham or Smoked Salmon. On a Gluten Free Roll	<b>£7.50</b>
<b>Omelettes – Cheddar, Tomato and Ham</b>	<b>£4.95</b>
<b>Cheddar and Mushroom</b>	<b>£4.95</b>
<b>Smoked Salmon and Samphire</b>	<b>£6.50</b>
<b>Smoked Haddock and Chive</b>	<b>£6.75</b>
<b>Goats Cheese and Mushroom</b>	<b>£5.95</b>
<b>Crushed Avocado on toasted Gluten Free Roll with Poached Egg</b>	<b>£7.50</b>
<b>Fresh Fruit Salad with Greek Yogurt and Honey</b>	<b>£4.95</b>

## **LUNCH – SERVED FROM 11.30**

<b>Cottage Pie</b> – With Braised Savoy Cabbage and Celery and Peas	<b>£9.75</b>
<b>Mushroom Pepperpot</b> – Mushrooms in a creamy cheese sauce, with salad and gluten free bread	<b>£8.50</b>
<b>Crushed Avocado and Poached Egg</b> – On a toasted gluten free roll. Served with salad	<b>£8.50</b>
<b>Quinoa* Salad</b> – Dressed quinoa with roast pears and stilton on a bed of mixed salad	<b>£8.50</b>
<b>Grilled Goats Cheese Salad</b> – With homemade onion marmalade and pistachios	<b>£8.50</b>
<b>Baked Camembert</b> – Whole camembert baked with onion marmalade, with salad, apple and pear chutney and gluten free bread	<b>£8.50</b>

**Prawn Cocktail Salad** – With smoked salmon and avocado **£9.50**

**Mussels with White Wine and Chilli** – With gluten free roll **£9.50**

**Ploughman’s Lunch** – Home baked ham, 3 cheeses, Bramley apple jelly, boiled egg, homemade chutney, salad and gluten free bread roll **£9.25**

**Eating House Meze** – Homemade falafel\*, humous, house marinated olives, roast vegetables and gluten free bread **£9.25**

**Moroccan Chicken Salad** – Chicken with a creamy Moroccan dressing on a bed of mixed salad. Topped with fried almonds **£8.50**

**Jacket Potatoes** – Served with salad and coleslaw **£6.95**

- 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 **£7.75**

**Sandwiches** – on a gluten free roll with salad and coleslaw

**£6.25: -**

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

**£7.25: -**

- Roast vegetables and goats cheese
- Falafel\* and humous
- House marinated olives and humous
- Roast pear and stilton
- Baked ham, brie and chutney
- Creamy Moroccan chicken and fried almonds
- Grilled bacon, brie and onion marmalade
- Tuna, red onion and cheddar melt
- Avocado and humous
- Bacon and avocado

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

**Marinated Olives and Gluten Free Bread £3.75    Salted Edamame £3.25**

**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**