



Gluten Free Menu

Please specify this menu when ordering

Breakfast (Available 10am-4pm Monday to Saturday)

Full English Breakfast £7.95 or 2 for £14.00

2 gluten free sausages, 2 slices of bacon, fried egg, hash brown, baked beans, grilled field mushroom, grilled tomato and toast served with your choice of tea or coffee

Small Breakfast £5.50

Sausage, bacon, egg, hash brown, beans, mushroom & toast

Eggs On Toast or Beans on Toast £2.50

Seeded gluten free bread topped with free ranged scrambled eggs, baked beans or scrambled tofu

Light bites and sandwiches (Served 12pm-9pm)

Mezze Plate £7.95

Chargrilled balsamic aubergines, hummus, semi-dried tomato, smoked sweet chilli jam, fried halloumi and warm seeded bread

Nachos £4.95

Our own gluten free tortillas smothered with melted cheese or vegan cheese, topped with spicy tomato and avocado salsa

Chilli Beef Nachos £6.95

Our own flour tortillas smothered with melted cheese and slow cooked beef chili, topped with sour cream

Portion of Fries £2.00 Sweet Potato Fries £2.50 Mixed olives £2.50 Hummus & pitta £3.95

Add dairy free cheese or a cob for 50p

Aubergine, hummus, rocket and bell peppers wrap £6.95

Served with a side salad (add chips for £1)

Sausage and caramelised onions sandwich £6.95

Served on seeded bread with a side salad (Add chips for £1)

Country Farmhouse Sandwich £7.45

Farmhouse thick sliced soft multigrain bread, grilled corn-fed chicken breast, double smoked ham, aged mature cheddar, vine-ripened tomato and pickle (add chips for £1)

Cornish Brie, rocket and cranberry Sandwich £7.95

Served with salad (add chips for £1)

Caribbean Chicken Wrap £6.95

Warm Caribbean chicken and rice wrap served with salad (add chips for £1)

Add soup to any sandwiches/wraps for £3

Mains (Served 12pm-9pm)

Sausage and mashed potatoes £9.95

gluten free sausages with homemade mashed potatoes, pan fried vegetables and a red wine jus gravy

Chilli con carne £8.95

Slow cooked bean or beef chilli served with rice

Greek Salad (v) £8.95 / Mini £4.95

Feta, heritage tomato, red onion, olives, cucumber, with mint and citrus dressing & warm gluten free pitta bread.

Gammon, Eggs & Chips £9.95 / Mini £5.95

8oz gammon steak served with two fried eggs, chips and garden peas

Pan fried salmon and avocado salad £8.95

Served with red onion, watercress and cucumber