

Gluten Free



LUNCH

Served 11:30 – 16:00 | Sunday 11:30 – 16:00

SANDWICHES

Served with a garden salad dressed in a ranch sauce.

Tuna mayo & cucumber 502 kcal **£8.95**

Coronation chicken 548 kcal **£8.95**

Prawn Marie Rose & avocado 645 kcal **£9.95**

Falafel, avocado, tomato & rocket 573 kcal **£8.65** (v)

JACKET POTATOES

Served with a garden salad dressed in a ranch sauce.

Baked beans and cheese 476 kcal **£9.45** (v)

Tuna mayonnaise 452 kcal **£9.95**

Coronation chicken 602 kcal **£9.95**

Prawns with Marie Rose sauce 575 kcal **£10.95**

TOASTIES & PANINIS

Served with a garden salad dressed in a ranch sauce.

Cheese & ham toastie 481 kcal **£8.45**

Cheese & tomato toastie 440 kcal **£8.25** (v)

Cheese & onion toastie 440 kcal **£8.25** (v)

Italian delight panini 763 kcal **£8.95** (v)

Fresh mozzarella, sliced tomato and fresh basil.

Tuna melt panini 634 kcal **£9.35**

Tuna, mayonnaise and shredded mozzarella.

Chicken club panini 815 kcal **£9.65**

Roasted chicken, crispy bacon, cheddar cheese, sliced tomato, spinach and mayonnaise.

Brie & bacon panini 671 kcal **£9.65**

Back bacon and brie served with cranberry sauce on the side.

SALADS

Caprese 457 kcal **£12.95** (v)

Creamy mozzarella, sliced tomatoes, basil, red onion and rocket, served with a balsamic glaze.

Chicken, bacon & avocado 1092 kcal **£13.95**

Chicken, bacon, avocado, mixed leaves, cherry tomatoes, honey mustard dressing and shaved parmesan.

EXTRAS

Side salad 74 kcal **£4.55** (v)

Chunky chips 428 kcal **£4.45** (v)

Soup of the day **£7.25** (v)

Served with gluten free bread

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FROM THE GRILL

Gammon, egg & chips 1064 kcal **£14.95**

Cheese burger 1411 kcal **£14.95**

Grass-fed beef burger, lettuce, tomato, onion, relish & mayonnaise served in toasted gluten free bun with a side of chunky chips.

Halloumi burger 1315 kcal **£13.95 (v)**

Grilled halloumi patty, roasted peppers, lettuce, tomato, red onion & sweet chili jam, served in toasted gluten free bun with a side of chunky chips.

PIZZA (12")

These are placed on a tray, but prepared in an area where wheat flour is present.

Margherita 1235 kcal **£13.95 (v)**

Pizza sauce topped with mozzarella.

Vegetarian 1160 kcal **£14.95 (v)**

Pizza sauce topped with mozzarella and mixed vegetables.

Ham & mushroom 1167 kcal **£14.95**

Pizza sauce topped with mozzarella, ham and mushrooms.

Meat feast 1523 kcal **£15.95**

Pizza sauce topped with mozzarella, chicken, ham, bacon and pepperoni.

Add extra topping £1.85

pepperoni 174 kcal, chicken 84 kcal, bacon 113 kcal, ham 48 kcal, mushrooms 55 kcal, peppers 42 kcal, cheese 299 kcal

BREAKFAST

Served 08:00 – 11:30 | Sunday 10:00 – 11:30

Traditional breakfast 901 kcal **£10.95**

Fried egg, bacon, sausage, baked beans, 2 hash browns, grilled tomato and gluten free toast.

Vegetarian breakfast 880 kcal **£10.95 (v)**

Fried egg, meat free sausage, baked beans, grilled tomato, 2 hash browns, half avocado, butternut squash and gluten free toast.

Bacon 601 kcal **or sausage** 751 kcal **sandwich £6.25**

Add a fried egg 120 kcal **£1.25**

Eggs your way £6.95 (v)

Choose from poached 547 kcal, fried 593 kcal or scrambled 593 kcal eggs, served on freshly toasted gluten free bread.

Avocado brunch 757 kcal **£10.95 (v)**

Avocado served on gluten free bread with poached egg, cherry tomatoes, rocket, drizzled with balsamic glaze.

Toast with butter 344 kcal **£2.95 (v)**

Add strawberry jam 67 kcal or marmalade 68 kcal **75p**

