

GLUTEN FREE BREAKFAST

Since 2008

Full English

Smoked chicken sausage, smoky bacon, scrambled egg, beans, mushrooms, roasted vine toms, hash brown & GF toast

£14.30

Low Carb

Smoked chicken sausage, smoky bacon, scrambled egg, mushrooms & roasted vine toms

£12.00

Veggie Full English (V)

2 Linda McCartney sausages, scrambled egg, beans, hash brown, mushrooms, roasted vine toms, GF toast & a pot of jam

£14.30

** Grilled & roasted, not fried **

Vegan Full English (Vg)

2 Linda McCartney vegan sausages, scrambled tofu, beans, avocado, roasted vine tomatoes, hash brown, GF toast & a pot of jam

£14.30

Scrambled Egg on Toast (V)

Three eggs scrambled, roasted vine tomatoes & GF toast

£9.60

Chilli Cheese Egg (V)

Three eggs scrambled, melted cheddar, piquante peppers, jalapenos, chilli flakes, roasted vine tomatoes & GF toast

£11.60

LIGHTER BITES

Breakfast Roll

Smoked chicken sausage & fried egg on a GF roll

£7.30

Veggie Breakfast Roll (V)

Linda McCartney sausage & fried egg on a GF roll

£7.30

Beans on Toast (V)

Baked beans on GF toast

£6.60

Bacon Roll

Smoked bacon on a GF roll

£6.00

ADD-ONS

Chicken Sausage

£2.50

Smoked Streaky or Back Bacon

£2.00

Vegan Sausage (Vg)

£2.00

Avocado 1/2 (Vg)

£2.00

Grilled Halloumi (V)

£4.00

Baked Beans (Vg)

£1.50

** Please order & pay at the counter **



Scan for
Allergy &
nutritional
information

Please inform your server of any allergies or intolerances before placing your order. Not all Ingredients are listed on the menu and we cannot guarantee the total absence of allergens from our kitchen.

Our kitchen handles gluten containing ingredients. Cross contamination is possible and we cannot guarantee that any dish is completely free of gluten. Customer with severe gluten allergies should exercise caution.

GLUTEN FREE LUNCH

Since 2008

SOUP, TOASTIES & CLUB SANDWICHES

Soup of the Day (V)

Freshly made & served
with a gf roll

£7.30

SOUP & TOASTIE DEAL

Any toastie & a bowl of our freshly
made soup of the day

£10.60

New Yorker Toastie

Mature cheddar, Pastrami,
gherkin & mild mustard

£7.30

Cheese & Tom Toastie (V)

Mature cheddar & vine ripened
tomatoes

£6.60

Chicken Chipotle Toastie

Mature cheddar, chicken, smoky
bacon, tomatoes & chipotle sauce

£7.30

Tuna Melt Toastie

Mature cheddar, tuna flakes, mayo
& paprika

£7.10

Club Sandwich

Triple stacked on GF toast, chicken, ham, cheese,
guacamole, tomato, leaves, mustard & mayo

£9.90

Veggie Club Sandwich (V)

Triple stacked on GF toast, Quorn ham, cheese,
guacamole, tomato, leaves, mustard & mayo

£10.90

BAKED POTATOES

Cheddar & Beans (V)

With a garden salad & dressing

£9.00

Tuna Mayo

With a garden salad & dressing

£9.50

Chicken & Avocado Mayo

With a garden salad & dressing

£10.50

SALADS

Halloumi & Avocado (V)

Grilled halloumi, avocado, tomatoes, cucumber,
red onion, pomegranate & walnuts

£11.00

Cajun Chicken & Tuna Salad

Cajun chicken breast, tuna, boiled egg, edamame
beans, cucumber, tomatoes & mixed leaves

£10.00

DRESSINGS

Olive oil & balsamic
or Honey & mustard

Grilled Halloumi (V)

£4.00

SIDES & ADD-ONS

Sliced Chicken Breast

£3.00

Golden Veg Rice (V)

£3.50

Cajun Spiced Fries (Vg)

£4.00

Sweet potato Mash (V)

£4.00

SOMETHING SWEET ?

Maple flapjack (Vg) - £4.25

Almond Brownie (V) £4.25

**** Please order & pay at the counter ****



Scan for
Allergy &
nutritional
information

Please inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens from our kitchen.

Our kitchen handles gluten containing ingredients. Cross contamination is possible and we cannot guarantee that any dish is completely free of gluten. Customer with severe gluten allergies should exercise caution.