



## GLUTEN FREE MENU

### SOUP

Half portion of Soup - £3.50

Full Portion of Soup - £4.50

- Add a Gluten Free Roll or 2 Oatcakes for £1 -

### PANINI WITH SALAD AND CRISPS

Cheese or Ham - £5.95

*(Add tomato, onion or pineapple)*

Cheese, Sunblaze Tomato & Pesto - £6.25

Brie & Redcurrant Jelly - £6.75

Brie & Bacon - £6.75

Tuna - £6.75

Chicken Tikka or BBQ - £6.95

Vegetable Melt - £5.95 *(Chargrilled Vegetable and Cheese)*

Chargrilled Vegetable - £6.50 *(with a balsamic glaze)*

### BAKED POTATOES

- Served with Salad, Crisps & Coleslaw - £6.75

Cheese & Onion Mayonnaise

Baked Beans & Cheese

Chicken Tikka or BBQ

Chilli Con Carne

### SUMMER SALADS

- add a gluten free roll for £1.00 -

Fruit Salad - £5.95

Goats Cheese Salad - £7.95

*Onion, Roasted Nuts, Sunblaze Tomato & Redcurrant Jelly or Chilli Jam*

Ham & Pineapple Salad - £7.95

*Onion, Cucumber, Carrot, Tomato & Chilli Pineapple Chutney*

Tapas -£7.95

*Sunblaze tomato, Brie, Cured Meats, Olives, Hummus & Gluten Free Pita Bread*

### GLUTEN FREE TRAYBAKES

Shortbread - £2.25

Ginger Truffle Slice - £2.25

### GLUTEN FREE TARTS

Strawberry Tart - £3.50

Lemon Tart - £3.50

Raspberry Frangipane Tart - £3.50

Chocolate and Coconut Tart - £3.50



## VEGAN MENU

**Brown Multi Seed Open Sandwich Served with Crisps, Lebanese Freekeh Salad, Pearl Couscous & Bean Salad - £6.95**

**- Hummus, Mixed Leaf & Chargrilled Veg**

**Guacamole, Mixed Leaf, Onion & Cherry Tomato**

**Vegan Cheese, Pesto and Sunblaze Tomato**

**Toasted Pita Bread- £6.95**

**with Falafel, Hummus & Spinach**

**served with Salad, Crisps, Lebanese Freekeh Salad, Pearl Couscous & Bean Salad**

**Spiced Butternut Squash, Spinach & Quinoa Burger - £6.95**

**served with Salad, Crisps, Lebanese Freekeh Salad, Pearl Couscous & Bean Salad  
+ Vegan Cheese for £0.50**

**Tapas - £6.95**

**Couscous, Hummus, Guacamole, Artichoke Hearts, Sunblaze Tomato, Olives, Tapenade, Gherkins, Bell Peppers, Whole Borettane Onions in Balsamic Vinegar & Pita Bread**

## DESSERT

**Vegan Traybakes - £2.25**

**Shortbread**

**Ginger Truffle Slice**

**Vegan Tarts - £3.50**

**Chocolate and Coconut Tart**

**Raspberry Frangipane Tart**

**Ice Cream Sundae - £5.95**

**with Soya Ice Cream, Fresh Fruit & Sauce**

**£5.95**