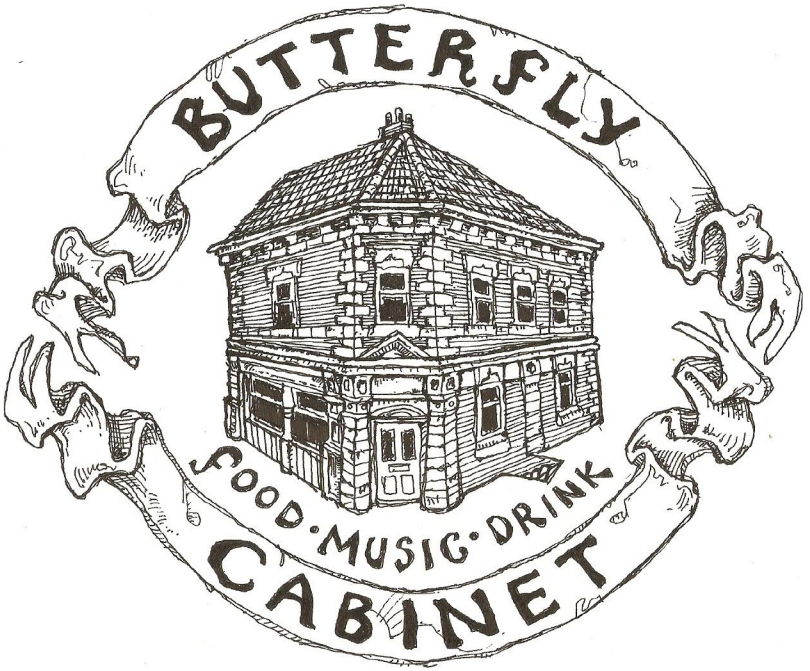




OUR GUIDE TO GLUTEN-FREE DINING





About The Guide



We try our best to cater for all diets and have produced this guide with the best intentions of ensuring that a diner should be able to comfortably and confidently order their meal with as much information available as possible. As such, please feel welcome to adapt dishes or create your own using our safe ingredients to your liking.

We shall endeavour to prepare your meal away from gluten-produce however, sadly, cannot guarantee against cross-contamination.

The law on the labelling of gluten-free foods states that:

Only goods that contain 20 parts per million or less can be labelled as 'gluten-free'.

Whilst some foods can confidently be identified as gluten-free, others (either as a result of modified ingredients or risk of cross-contamination) cannot be so - and in such instances we shall provide note of our concern as to their suitability for special dietary requirements.

Naturally, an individual will have a better understanding of their tolerance levels than we can assume and, as such, we ask diners to consider the following content as guidance (ultimately deferring to their own knowledge before making a decision):

Diners with gluten allergies or coeliac disease should follow their healthcare provider's advice regarding the inclusion of any foods or drinks as part of their diet.



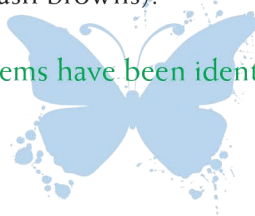


The Breakfast Menu



We suggest making your own breakfast if ordering a fry-up from our menu or being creative with modifications (such as, when ordering a benedict, replacing the muffin with hash browns).

The following items have been identified as gluten-free:



- Smoked Salmon
- Grilled Tomatoes
- Mushrooms
- Eggs - all varieties (note: our butter, vinegars and oils are gluten free)
- Hash Browns
- Beans (note: contains modified maize)
- Fried Bread
- Red Onion Jam
- Hollandaise Dressing
- Tabasco
- Salsa
- Cheese (all - cheddar, goats, brie, feta, mozerella, parmesan)
- Coleslaw
- Salad Dressing
- Mixed Leaf Salad
- Korean Dressing
- Maple Syrup
- Yoghurt
- Fruit Jam (apricot; berry); Honey; Butterscotch



The following items have been identified as small risk of gluten:

- Chips (these are fried in the same oil as quorn products which contain gluten - hence a risk of cross contamination)
- Porridge (note: the oats themselves are gluten-free but risky as they have been grown adjacent to wheat and barley - hence a risk of cross contamination)
- Bacon (contains small traces of gluten)

The following dishes are either gluten free or small risk without modification:

FRENCH OMELETTE. Classic three-egg cheese omelette with chips, a soft leaf salad and house coleslaw. £6.00

SALMON OMELETTE. Three-egg salmon and cheese omelette with chips, a soft leaf salad and house coleslaw. £7.00

BLUE CHEESE OMELETTE. Three-egg blue cheese omelette with chips, a soft leaf salad and house coleslaw. £6.50

AMERICAN OMELETTE. Three-egg cheese omelette filled with red onion, red and yellow peppers, chilli (just a little) and a sweet tangy purée. Served with chips, a soft leaf salad and House Coleslaw. £7.50

FRUIT, YOGHURT & HONEY.

Fresh fruit, berries, natural yoghurt and clear honey. £5.00

PORRIDGE. Served with either fruit jam, honey or maple syrup on the side. £3.50

CHIPS. Bowl o' chips. £2.50





The Lunch Menu



With the 'Proper Lunches' section of our menu, we have detailed which elements of a dish are either not gluten-free or considered a small risk (should you wish to substitute them).

SOUP	(Please enquire as this changes daily)	£4.50
BANGERS & MASH	(Not gluten free due to sausage)	£6.50
VEG BANGERS & MASH	(Not gluten free due to quorn)	£6.50
ALL PASTA AND NOODLE DISHES	(Not gluten free due to pasta)	
SPARTAN SALAD	(Gluten free)	£5.50
CLASSIC CAESAR SALAD	(Not gluten free due to bacon and croutons)	£6.50
GREEK SALAD	(Hold the bread and gluten free!)	£6.50



Burgers



All of our beef and veggie burgers contain gluten (breadcrumbs).

Two of our chicken burgers can be adapted, however, to suit a gluten free diet.

THE CAESAR BURGER	(Hold bun and bacon to make gluten free)	£7.50
THE FAJITA BURGER	(Hold bun to make gluten free)	£8.50

Burger Sauce and Chilli Jam are both gluten-free.

BBQ sauce is not gluten-free.

Please note that chips are fried in the same oil as quorn products and may become cross contaminated.



Sandwich / Additional Ingredients



Whilst containing bread, we thought it still useful to detail which ingredients are safe here - your server will be happy to include these in any dish you are formulating.

The following are gluten-free:

Chicken; Steak; Chorizo; Pepperoni; Salmon; Anchovies; Tuna; Capers; Roasted Vegetables; Fresh Vegetables (tomato; onion; cucumber; courgette; peppers); Mixed leaf lettuce; Romaine lettuce; Rocket; Olives; Sundried Tomatoes; Gherkins; Jalapeños; Pesto; Tapenade; Chutney; Stuffing; Cranberry Sauce; Chilli Jam.



Side Dishes



NACHOS. Not really a side!

Heaps of Nachos grilled with cheese and topped with salsa, sour cream, jalapeños and coriander.

£6.00

CHIPS. Bowl of home-made chips.

£2.50

CHIPS & DIPS. Homemade chips with bbq dip, chilli jam and garlic mayo (please ask to hold or substitute bbq dip - we suggest with sour cream or burger sauce!)

£3.50

SIDE SALAD. A light mix-leaf salad of tomato, cucumber, onion and house dressing.

£2.50



Drinks



The following drinks are suitable for a gluten-free diet:

All Coffee

All Iced Tea (including syrups)

Hot Chocolate (note: marshmallows should be avoided)

All Milkshakes

All Fruit Juices

All Pop

All Wine

Our ales, unfortunately, are not gluten free (they contain gluten barley), however, do ask your server as we shall source a suitable beer.



We hope that it won't be an inconvenience to yourself to adapt our menu to suit your diet and are always happy to take suggestions for future menu revisions.

We will do our best to ensure that your meal is prepared away from other ingredients containing gluten, however cannot guarantee against possible cross contamination.

We hope that you enjoy your meal :-)