

Gluten intolerance breakfast guidance

This menu has been arranged based on popular requests from customers. It distinguishes between a **LOW** gluten containing ingredient meal (lgci) and a **NO** gluten containing ingredient meal (ngci). You can also build your own breakfast with gluten free or without bread.



(underlined items contain gluten)

Hearty English lgci

Pork sausage, 2 bacon rashers, fried egg, 2 ngci buttered bread, beans, mushrooms, cherry tomatoes & hash brown £7.65

Hearty Veggie lgci

Linda McCartney sausage, grilled halloumi, fried egg, beans, mushrooms, 2 ngci buttered bread, cherry tomatoes & hash brown £7.65

Hearty Vegan lgci

Linda McCartney sausage, deep fried tofu, beans, mushrooms, 2 ngci plain bread, vegan spread, spinach, cherry tomatoes & hash brown £7.65

Diddy English or Veggie lgci

Pork sausage, bacon rasher, fried egg, ngci bread & beans £5

Linda McCartney sausage, halloumi, fried egg, ngci bread & beans £5



NGCI Breakfast

2 bacon rashers, grilled Halloumi, 2 fried eggs or scrambled, beans, mushrooms, 2 ngci buttered bread, cherry tomatoes, hash brown £7.65

NGCI Veggie Breakfast

Grilled Halloumi, 2 fried eggs or scrambled, beans, mushrooms, 2 ngci buttered bread, cherry tomatoes, spinach, hash brown £7.65

Please note that we use flour in our kitchens and therefore cannot guarantee an entirely gluten free atmosphere. However, we will endeavour to prevent cross contamination for those who alert us of their serious intolerance so everyone can have a nice time. Thank you.

Unfortunately, we can't offer NGCI bread Toasted because of cross contamination