

# Eating Gluten Free with Us!

Hi there, thanks for flagging your gluten allergy or intolerance to our servers.

We operate a very small kitchen, so unfortunately we are not able to create custom meals for your dietary requirements due to the increased risks of cross contamination.

This is our first custom, dedicated Gluten Free menu, so if you would like to contact us with any feedback we would love to hear from you.



## BREAKFAST

Last orders for breakfast are at 12pm.

### Full English Breakfast

Aigburth smoked back bacon, chorizo sausage, free range fried eggs, portobello mushroom, roasted tomato, Heinz baked beans, gluten free toast (gf) - £10.5

### Vegan Breakfast

Falafel, smashed avocado, vegan feta, Heinz baked beans, roasted tomato, mushroom (vg)(gf) - £8.95

### Fruit Salad

Seasonal fruit, Greek yoghurt, berry compote, honey, chopped nuts, glazed passionfruit (v)(gf)(n) - £6.95

### GF Toast

GF toast, butter and jam (v)(gf) - £2.65

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All items are prepared in a kitchen where all of the major food allergen groups are present.

Please inform your server if you have any allergies, or, intolerances.

(Key: (v) Vegetarian, (vg) Vegan, (g) gluten free, (n) contains nuts



# Gluten Free Lunch Menu

## LUNCH LIGHT BITES

Lunch orders are taken from 1pm, depending on how busy breakfast has been.

### Soup of the day

Homemade soup of the day served with bread (v)(gf) - £5.95

### Tandoori chicken thighs

Tandoori glazed chicken thighs, rainbow slaw and pickled raisins (gf) - £8.95

### Prawn Bloody Marie Rose

Sauteed king prawns, spicy chilli tomato salsa,  
bloody marie rose sauce (gf) - £9.95

### Roasted Cauliflower and Hummus

Roasted cauliflower, ras-el-hanout spice, hummus,  
pomegranate, pickled red onion (vg)(gf) - £7.5

### Whipped Feta

Whipped cave aged feta, crudites, dukkah (v)(gf)(n) - £7.5

## LUNCH BIGGER PLATES

### Hot Smoked Salmon Salad

Loch Lomand hot smoked salmon, soft free range boiled egg, new potato, lambs lettuce, soya beans, cherry tomato, red onion in a horseradish creme fraiche dressing (gf) - £13.95

### Grapefruit & Mango Salad

Grapefruit, mango, lambs lettuce leaf, shallot, corriander, toasted peanuts, sesame and rice wine vinegar dressing (vg)(gf)(n) - £12.50

### Beetroot Risotto

Salt-baked beetroot, candied beetroot, candied walnuts and vegan feta cheese (vg)(gf)(n) - £13.95

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