# THE WATERING CAN <br> BREAKFAST 

# Gluten Free Menu 

FULL BREAKFASTS

## Not So Full English Breakfast

Back bacon, free range fried egg,
Heinz baked beans, roast tomato, mushroom, gluten free toast (gf) - £12

## Vegetarian Breakfast

Halloumi, smashed avocado, free range fried egg, Heinz baked beans, roast tomato, mushroom, gluten free toast (v)(gf) - £13

## LIGHTER BREAKFASTS

## Breakfast Fruit Salad

Chia seed pudding, seasonal fruit, lime Greek yoghurt, honey, chopped nuts, glazed passionfruit (v)(n)(gf) - £8

Artisan Toast
Gluten free toast with butter (v)(gf) - £3
Add jam (vg)(gf) - £0.65p
(Vegan butter available)

Thanks for visiting us today at The Watering Can. We hope that you enjoy your meal. We care deeply about the food that we source and prepare for you. We take a considerable amount of time and effort to source local, seasonal, higher welfare, sustainable and free range products wherever possible.

# LUNCH 

Gluten Free Menu

## STARTERS

Mini chicken tikka skewers, sumac red onions, mango chutney, raita dressing, mooli salad (n)(gf) - £9

Cold smoked salmon, whipped goats' cheese, pickled beetroot, with thyme honey, lemon, dill, herb oil, toasted crisp breads (n)(gf) - $£ 12$

Roasted butternut squash, silky hummus, sumac spiced red onion, picked radish, dukkah, crispy sage (vg)(n)(gf) - £8

## MAINS

The Watering Can Fish Pie with parsley buttered vegetable medley (gf) - £19

Aubergine parmigiana stack (vg)(gf) - £16
Falafel salad - crispy falafel, vegan feta-style cheese, roasted peppers, sundried tomato, lambs lettuce, red onion (vg)(gf) - £15

## ALLERGEN INFORMATION

Food is prepared in an environment where all of the 14 major allergens are present. Without prejudice, it is your responsibility to advise us if you have any allergies or intolerances. Despite precautions, we can not guarantee any of our food will be free from allergens.

Vegetarian (v) | Vegan (vg) | May contain nuts (n) | Gluten free (gf)

