

ALLERGEN MENU

GLUTEN FREE

WE HAVE GLUTEN FREE BREAD AVAILABLE - PLEASE ADVISE WHEN ORDERING - THIS CAN BE SUBSTITUTED FOR ALL OUR SANDWICHES & TOASTIES OR TO SERVE WITH SOUP/SALADS.

NB/ SAUSAGES ARE NOT GLUTEN FREE

DAIRY FREE/VEGAN

OUR CREAMY PORRIDGE IS MADE WITH OAT MILK.

SWAP DAIRY FREE SPREAD FOR BUTTER.

SWAP OAT OR SOYA MILK FOR DAIRY MILK.

SWAP VANILLA ICE-CREAM FOR VEGAN VANILLA ICE-CREAM.

THIS CAN BE USED WITH NON-DAIRY MILK IN OUR MILKSHAKES.

SAVOURIES

ARE VERY OFTEN VEGAN & GLUTEN FREE - PLEASE CHECK THE BOARD FOR OUR SALAD BOWL CAN BE GLUTEN FREE IF YOU SWAP FOR GF BREAD & OUR LENTIL DHAL IS GLUTEN, DAIRY FREE & VEGAN.

VEGAN CHEESE CAN BE SWAPPED OUT IN PLACE OF MOZZARELLA IN OUR TOASTIES - PLEASE INDICATE WHEN ORDERING.

CAKES

OUR FIG & ORANGE CAKE IS DAIRY & GLUTEN FREE.

OUR DOUBLE CHOCOLATE BROWNIE IS GLUTEN FREE.

OUR DATE SLICE IS VEGAN & WE'RE WORKING ON MORE!

ALLERGENS; FOR INFORMATION ABOUT ALLERGENS WITHIN OUR MENU, PLEASE ASK A MEMBER OF STAFF. WE HANDLE ALLERGENS IN OUR SMALL KITCHEN AND WHILST WE OPERATE TO BEST PRACTICES WE CAN NOT GUARANTEE THAT ALLERGENS WILL NOT BE PRESENT. PLEASE BEAR THIS IN MIND WHEN ORDERING. WE COOK TO ORDER SO YOUR PATIENCE IS APPRECIATED AT BUSY TIMES.



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