



GLUTEN FREE MENU

BREAKFAST

SERVED UNTIL 11 AM

Fried Egg Roll (×2 free range eggs) - £4.05

Bacon Roll - £4.75

Bacon & Egg Roll - £5.55

Gluten Free & Vegan Overnight Oats - £6.95

Gluten Free oats steeped overnight in soya milk, served cold with blueberries and honey or agave nectar

MAIN MENU

Soup of the Day served with gluten free bread £6.95

Snack Gluten Free Haddock and chips - £10.95

Standard Gluten Free Haddock and chips - £14.20

Large Gluten Free Haddock and chips - £15.20

Plant Based Tofish & Chips - £14.10

(Tofu seasoned with mara seaweed, GF soya sauce, wrapped in nori, battered and deep fried)

SALADS

Hot Smoked Salmon Salad - £16.50

Side Salad - £5

SIDES

Standard Chips - £3.85

Large Chips - £4.85

Mushy Peas - £1.70

Homemade Tartare Sauce - £0.80

All vinegar used at the Real Food Cafe is gluten free