

Win!

**FOR YOUR CHANCE TO WIN
A GLUTEN FREE HAMPER
SCAN THE QR CODE**



Why Gluten Free Fortnight?

We first started serving gluten free food in 2007 after witnessing the struggles of a close family member with coeliac disease navigating a world with limited dining options. We resolved to bring back the joy of dining out into his life and to create a place where everyone can enjoy eating out, regardless of their dietary requirements.

8 years ago, we gained Coeliac UK GF accreditation and we've been an A-grade GF accredited caterer since. Coeliac disease affects an estimated 1 in 100 individuals worldwide. Over the years, we've seen many people travel considerable distances to enjoy our gluten free food, many of whom haven't eaten fish & chips in years!

Gluten Free Fortnight is a two week long celebration of our dedication to serving safe gluten free food.

The menu you're holding is an expanded version of our regular gluten free menu available all year round. It is a testament to our ongoing commitment to inclusivity and education.

member of



Gluten Free
FORTNIGHT

11-25 April &
11-27 October 2024



**SPECIAL
GLUTEN FREE MENU**

Win!

Share your feedback to
win a hamper full of gluten free goodies.
Scan the QR code on the back of this menu.

therealfoodcafe.com

We are an official
coeliac UK
accredited caterer.



Gluten Free Fortnight
is supported by



our official
training partner



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Gluten Free Fortnight

GLUTEN FREE MENU



Breakfast

Fried Egg Roll

2 x free range High Bellochautuy farm eggs

£3.95

Bacon Roll

3 rashers of freshly grilled bacon

£4.75

Pork Sausage Roll

GF sausage from Mcwhinney's

£4.75

Overnight Oats

Served cold with blueberries and honey

£6.95

Hot Smoked Salmon Scrambled Egg

Free range High Bellochautuy Farm eggs and Letterfinlay hot smoked salmon

£8.25



Meat

Macsween Battered Haggis and Chips

A Scottish classic now gluten free

£9.95

Battered Mcwhinney's Sausage and Chips

A delicious sausage coated in Goldensheaf batter

£9.95

Scottish Cheese and Salami Pot

A melted brie from Ballochmyle, Great Glen venison salami, salad, Nairn's GF oatcakes and chips

£17.85

Homemade Beef Chilli and Chips

Served with sour cream on the side

£13.95



Salads

Hot Smoked Salmon Salad

From Letterfinlay smokehouse

£16.50



Famous Fish & Chips and Salmon



Snack Haddock and Chips

£10.95

Standard Haddock and Chips

£14.20

Large Haddock and Chips

£15.20

Baked Salmon with Curried Yoghurt, Cucumber Salad & Chips

Fresh Scottish salmon from Letterfinlay

£21.50



Vegetarian and Vegan

Soup of the Day Served with a Gluten Free Roll

Our freshly prepared healthy soup served with a GF roll

£6.95

Homemade Spiced Bean Casserole Served with Chips

A healthy and hearty vegan option. Recipe courtesy of one of our customers

£12.25

Vegetarian Cheese Pot

A melted brie from Ballochmyle, salad, Nairn's GF oatcakes and chips

£15.55

Tofish & Chips

Tofu wrapped in nori seaweed shony flakes and lightly battered, served with chips

£14.10



Cakes/Desserts

Chocolate Fudge Cake

Add ice cream for £2

£4.50

Salted Caramel Brownie

£4.25

Bakewell Tart

£4.25

Rocky Road

£4.25

Chocolate Coconut Macaroons

£1.75



Sides

Small Salad

£5.00

Chips

£4.10

Mushy Peas

£1.75

Homemade Tartare Sauce

£0.80



Our vinegar is gluten free

We also stock gluten free oat milk