



GLUTEN FREE

Breakfast & Brunch

option

Breakfast Roll £4.50 **M E**
buttered gluten free bread with bacon or fried egg. add extras +£1.50



Brunch Add-ons £1.50

choose from: bacon, avocado, egg, homemade beans, mushrooms, hash browns

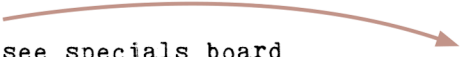


Baked Butter Beans on Toast £6.95
toasted gluten free bread with homemade baked butter beans make it cheesy +£1.50 **M Vg** cheese available

option

Turkish Eggs £9.95 **M E**
poached eggs served with dill yoghurt, side of toasted gluten free bread and a drizzle of chorizo oil. make it **V** with garlic oil

Soup of the Day
ask your server for details or see specials board with gluten free toast £6.95 without toast £5.95



Monty Club

our set brunch menu. select your drink option and pick your monty

dry includes juice or tea/coffee of your choice

boozy includes a single shot Bloody Mary **C** or Mimosa

Full Monty dry £12.95 boozy £15.95 **E**
hearty plate of fry-up goodness - bacon, eggs, homemade baked butter beans, hash browns, mushrooms, tomatoes and toasted gluten free bread

Vegan Monty dry £11.95 boozy £14.95 **S**
no meat - no problem! lightly curried tofu scramble, avocado, homemade baked butter beans, hash browns, mushrooms, tomatoes and toasted gluten free bread

option

Mini Monty dry £9.95 .95 boozy £12.95
sometimes you're just not that hungry - pick between full or vegan monty option and we'll fix you a smaller plate

ALLERGEN INFO

Some of our foods contain allergens which are noted next to them on the menu. Please speak to a member of staff if you have an allergy or intolerance and we can suggest some safe substitutes for you where possible.

- G** Gluten
- S** Soya
- C** Celery
- L** Lupin
- E** Eggs
- N** Nuts
- Mu** Mustard
- Ms** Molluscs
- F** Fish
- P** Peanuts
- Se** Sesame
- Su** Sulphites
- V** Veggie
- Vg** Vegan
- M** Milk
- Cr** Crustaceans



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Bagel Sandwiches

lightly toasted gluten free bagels with a choice of filling. also available as an open sandwich on gluten free bread.



add a mug of soup to any sandwich +£3.95

Vg **Lox Bagel** £8.90 **S**
generous spread of vegan cream cheese topped with homemade smoked carrot "salmon"

Vg **Peanut Butter & Banana** £8.90 **N**
smooth peanut butter with sliced banana and a sprinkle of cinnamon sugar

Vg **Garlic Mushroom** £8.95 **Su**
roasted garlic mushrooms, rocket, balsamic glaze drizzle

Parma Ham, Avocado & Egg £10 **E**
parma ham, avocado and poached eggs

Cheesy Eggs & Bacon £10 **M E**
melted cheese, fried eggs, topped with bacon crumb and crispy onions

Breakfast Bagel £12 **M E**
melted cheese, fried egg, bacon, hash brown and crispy onions

V **Pesto Egg** £12 **M E N Mu**
basil pesto fried eggs served with sliced avocado and toasted almonds, rocket, honey dressing, chilli flakes and lime

New Yorker £12 **Mu E**
melted cheese, mustard mayo, pastrami, sauerkraut

Mini Krafties!

Kids Breakfast £6.95 **E**
egg and bacon served with toasted gluten free bread

Vg **Kids Vegan Breakfast** £6.95 **S**
scrambled tofu, homemade beans, served with toasted gluten free bread

Vg **Kids Grilled Cheese** £7.95 **M**
sliced gluten free bread with melted cheese

option

