

GLUTEN FREE MENU

£5 BREAKFAST MENU
Served until 12pm
every day

GLUTEN FREE BREAKFAST

Locally sourced bacon rasher, two free range eggs, a grilled tomato & mushrooms & a hash brown Served with a slice of gluten free toast & butter Bottomless Filter Coffee or Tea (PF)
5.00

BACON & EGGS

Three rashers of bacon with two free range eggs. Served with two slices of gluten free toast & butter
Bottomless Filter Coffee or Tea (PF)
5.00

BACON & FRIED EGG SANDWICH

Two locally sourced bacon rashers with a free range fried egg on gluten free bread
Bottomless Filter Coffee or Tea (PF)
5.00

POACHED/FRIED OR SCRAMBLED EGGS ON TOAST

Two eggs on two slices of gluten free toast, served with grilled mushrooms & tomato
Bottomless Filter Coffee or Tea (PF)
5.00

Discounts cannot be used in conjunction with the Bensons 5.00 Breakfast Menu

EGGS BENEDICT

Poached eggs & freshly carved ham on a toasted gluten free bread drizzled with hollandaise
7.95

LIGHTLY SCRAMBLED EGG WITH BACON or SALMON

Served on a toasted gluten free bread with cherry tomatoes
9.95

SIDE DISHES

Mixed Salad	2.95
Bread Selection	1.75
French Fries	2.95
Half Portion Home Made Soup	2.95

MAIN COURSES

SALMON BENEDICT

Smoked salmon with poached eggs served on a toasted gluten free bread & drizzled with hollandaise sauce
9.95

SEA FOOD PLATTER

Our famous sea food platter, a trio of fine seafoods, crayfish, smoked salmon & prawns, served with a crisp lemon crème fraiche on a bed of mixed leaves
11.95

FLORIDA CRAYFISH CLUB

Crayfish, avocado, rocket, Florida cocktail sauce on toasted gluten free bread with fries
9.95

ASPARAGUS & SMOKED SALMON ROSTI

Pan fried asparagus on a rosti potato cake with smoked salmon & lemon crème fraiche
10.95

HOME MADE

CORNED BEEF HASH

Pan fried baby new potatoes with corned beef and onion, served with fire roasted tomatoes and topped with a poached egg
9.95

ASPARAGUS BENEDICT

Asparagus with poached eggs served on a toasted muffin & drizzled with hollandaise sauce
8.95

EGGS BENEDICT

Poached eggs & freshly carved ham on a toasted gluten free bread drizzled with hollandaise
7.95

HOME MADE SOUP

HOME MADE SOUP

Served with toasted gluten free bread
5.50

SALADS

CARVED HAM SALAD

Freshly carved ham served with mixed leaves & seasonal salad
7.95

FRENCH BRIE SALAD

French Brie served with mixed leaves & seasonal salad
7.95

GOURMET SANDWICHES

Served on gluten free bread.

PRAWNS in Ginger & Lime Mayo
5.50

CRAYFISH TAILS with Lime Mayonnaise
6.95

SMOKED SALMON with Lemon & Ground Black Pepper
5.75

CARVED HAM with Brie & Home Made Honey Mustard
5.50

TUNA with Cucumber & Mayonnaise
4.95

FRENCH BRIE with onion chutney
4.95

CHEDDAR CHEESE and Onion
4.95

HOT TOASTIES

TUNA & CHEESE MELT

Tuna and Cheddar on toasted gluten free bread served with a salad garnish
5.95

CHEESE & TOMATO OR ONION TOASTED SANDWICH

on toasted gluten free bread served with a salad garnish
5.50

SPECIALITIES

BACON & BRIE MELT

Bacon and Brie on toasted gluten free bread served with a salad garnish
Served with French Fries
8.95

CROQUE MONSIEUR

The famous ham & cheese toastie on gluten free bread. Served with French Fries
8.95

TOASTED ABLT

Avocado, Bacon, lettuce, tomato & mayonnaise on toasted gluten free bread
Served with French Fries
8.95

£5 CAKE & COFFEE
Chocolate Brownie with any regular tea or coffee
Available all day

AFTERNOON TEA

All of our cream teas and afternoon teas are available for gluten free customers, served on gluten free bread with gluten free scones
Full afternoon teas are served from 3pm

£5 SOUP & TOASTIE
Soup and a cheese, cheese & tomato OR cheese & onion half toastie
Available from 12pm
Monday to Friday

£5 CREAM TEA
Home made scone with clotted cream, jam and a pot of tea
Available all day