

40 Henley Street, SUA.  
 Tel 01789 415572

## GLUTEN FREE MENU

### 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  
 8.95

#### SIDE DISHES

Mixed Salad	2.75
Bread Selection	1.50
French Fries	2.95
Half Portion Home Made Soup	2.75

## MAIN COURSES

### SALMON BENEDICT

Smoked salmon with poached eggs served on a toasted gluten free bread & drizzled with hollandaise sauce  
 8.95

### 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  
 9.95

### 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

## LIGHTER DISHES

### HOME MADE SOUP

Served with toasted gluten free bread  
 4.50

## 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

**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

### CROQUE MADAME\*

The famous ham & cheese toastie on gluten free bread topped with a fried egg  
 Served with French Fries  
 9.50

### TOASTED ABLT\*

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

## 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