

DAIRY FREE MENU

All dishes on this menu are suitable for dairy free and therefore lactose intolerant customers. For those customers who also choose not to eat eggs, we have also highlighted where they form part of the dish

£5 BREAKFAST MENU

Served until 12pm every day

PLEASE NOTE: toast is served using dairy free spread

DAIRY FREE & EGG FREE BREAKFAST

Locally sourced bacon rasher, locally sourced sausage, a grilled tomato & mushrooms & a hash brown Served with a slice of toast
Bottomless Filter Coffee or Tea (PF)
5.00

GLUTEN FREE BREAKFAST

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

VEGETARIAN BREAKFAST V

Grilled tomato, mushrooms, hash brown, baked beans and **two free range eggs**. Served with a slice of toast
Bottomless Filter Coffee or Tea
5.00

BACON & EGGS

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

BACON & FRIED EGG SANDWICH

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

POACHED/FRIED OR SCRAMBLED EGGS ON TOAST

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

Lunch dishes are available from 12pm onwards

GOURMET SANDWICHES

All sandwiches are made using dairy free spread

PRAWNS with lemon

5.50

CRAYFISH TAILS with lemon

6.95

SMOKED SALMON with Lemon & Ground Black Pepper

5.75

CARVED HAM SALAD

5.50

TUNA with Cucumber

4.95

MAIN COURSES

SEA FOOD PLATTER

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

ASPARAGUS & SMOKED SALMON ROSTI

Pan fried asparagus on a rosti potato cake with smoked salmon
10.95

HOME MADE CORNED BEEF HASH

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

HOME MADE SOUP & SALADS

HOME MADE SOUP V

Served with bread and dairy free spread
5.50

CARVED HAM SALAD

Freshly carved ham served with mixed leaves & seasonal salad
7.95

HOT TOASTIES

TUNA & TOMATO

Tuna and Tomato on toasted bread, served with a salad garnish
5.95

HAM & TOMATO

on toasted bread, served with a salad garnish
5.95

AFTERNOON TEAS

HOME BAKED DAIRY FREE SCONE V

Served with dairy free spread & strawberry preserve
3.25

£5 CREAM TEA V

A home baked gluten free/dairy free scone served with Dairy free spread & strawberry preserve, together with a pot of English breakfast tea
5.00

DAIRY FREE SCONE WITH CHAMPAGNE V

Home baked gluten free/dairy free scone with dairy free spread & strawberry preserve, accompanied by a glass of chilled champagne
10.00

FULL TRADITIONAL AFTERNOON TEA 12.95

LUXURY AFTERNOON TEA 14.95

CHAMPAGNE LUXURY AFTERNOON TEA 19.95

**PLEASE ADVISE THE TEAM
WHEN ORDERING THAT
YOU REQUIRE DAIRY FREE**

www.bensonsrestaurant.co.uk