

THE CAFE AT MONTALTO

Gluten Sensitive Menu

Food items from this menu are prepared without gluten-containing ingredients. All menu items are freshly prepared in our artisan kitchen, which is not free of gluten. Cross-contact with other food items containing gluten is possible. We aim to accommodate the dietary needs of our guests, therefore please inform our team of any allergies before placing your order.

Maple & Pecan Granola (7,10) £6.50

With seasonal berries, Greek yoghurt and home made gluten free granola.

Eggs Benedict

2 poached Cavanagh eggs on a toasted gluten free bread with hollandaise sauce.

With a choice of:

*-Kennedy back bacon (4,7,14) **£11.00***

*-Smoked salmon (4,6,7) **£12.60***

*-Sautéed spinach (4,7) **£9.90***

Salad Bowls

-Roast Chicken Caesar**, crispy bacon, gem lettuce and parmesan. (4,6,7,14) **£13.50

-Roasted Herb Marinated Chicken**, feta, baby leaves, cherry tomatoes, tear drop peppers, red onion and honey mustard dressing (7,9,14) **£12.50

-Roasted Butternut Squash**, red & yellow peppers, rocket, red onion, baby gem, chickpeas, cherry tomatoes with a tahini & lemon dressing (12,14) **£12.50

Montalto Fry (4,7,14) £14.50

Kennedy's back bacon (2), pork sausage (2), roast tomatoes, sautéed mushrooms, hash brown, gluten free toast, fried Cavanagh egg.

Veggie Fry (4,7) £13.00

Halloumi, hash browns (2), roast tomato, sautéed mushrooms, gluten free toast and two fried eggs.

Bacon Bap (4,7,14) £8.20

Kennedy's back bacon, onion relish, Cavanagh free range fried egg, and tomato on a gluten free bun.

Happy Chicken (7,14) £15.50

Buttermilk chicken in a Parmesan crumb, served with proper chips, lime butter and salad.

Local Seafood Chowder (1,3,6,7) £14.00

Haddock, salmon, cod and prawn chowder with home made gluten free bread.

Sides

Hand-cut Proper Chips **£5.00**

Skinny Fries **£4.00**

Fresh Seasonal Berries **£3.30**

Avocado (each) **£4.00**

Please see reverse side for allergens.