



GLUTEN FREE MENU

BREAKFAST

Continental Breakfast

Yoghurt and fruit
Seasonal fruit platter
A selection of breakfast cereals
Toast with preserves and spreads

GF French Toast

Your choice of white or fruit toast served with grilled bananas and maple syrup

Cooked Breakfast of the Day

Scrambled or poached eggs served with toast and your choice of:

- Grilled tomato
- Field mushrooms
- Bacon
- Salmon

or

GF Baked beans on toast

MORNING and AFTERNOON TEA

One of the following will be available daily with your morning and afternoon tea

GF Muffin of the Day

Rice Crackers and Cheese

Fresh Fruit

LUNCH and DINNER

your choice of half, regular or large servings

Quinoa

With roast chicken or roast vegetables

Toasted Panini

GF Panini filled with your choice of:

- Roasted vegetables, sundried tomato and mango chutney
- Bacon, spinach and sundried tomato

Classic Omelette

Traditional 3 egg omelette with tomato salsa and cheese.

GF Pasta Spiral

With spinach, cheese and tomato sauce.

Poached Chicken Salad

Sliced poached chicken tossed with seasonal vegetables.

Traditional Beef Cottage Pie

Lamb Rack

Seared and served with mashed potato, gravy and seasonal vegetables.

Skinless Chicken Breast

Rubbed in seeded mustard and glazed with honey, ginger and garlic, pan fried and finished in the oven. Served with steamed basmati rice. Accompanied by a light thai curry coconut sauce.

Pan Fried Gurnard

Fish fillet dusted with corn flour and pan seared. Served with creamy mashed potato, roasted vegetables and a tangy lemon sauce.

All products on this menu use gluten free variants