

FREE FROM MENU

GF - gluten free DF - dairy free SF - soya free EF - egg free

For other allergens please speak to a member of staff. All food is prepared here in our kitchen which handles allergen containing ingredients. A few products may contain traces of NUTS.

ADULT LIGHT BITES

Soup of the Day **GF DF SF EF**

GF roll available

Ham or Tuna Salad

Roves Sausage & Chips **SF EF**

Beans on Toast **DF SF EF**

Basket of Chips **GF DF SF EF**

Cheesy Chips **GF SF EF**

BREAD ROLL **GF DF SF**

OR TOASTED CIABATTA **GF DF EF**

(GF DF SF EF spread available)

All fillings **GF SF** EXCEPT Sausage & Pickle- see main

Tuna Mayo **GF DF SF**

menu

Cheese & Ham **GF SF EF**

BLT **GF DF SF EF**

DRINKS

Soya milk for tea & coffee

Veg Smoothies **GF DF SF EF** .

Fruit Smoothies **GF SF EF**

Milkshakes (except S. Caramel) **GF SF EF**

(milkshake ingredients processed in a factory handling nuts)

CHILD LIGHT BITES

Roves Sausage & Chips **SF EF**

Ham & Chips **GF DF SF EF**

Beans on Toast **DF SF EF**

Small Chips **GF DF SF EF**

Chips & Beans **GF DF SF EF**

CHILDREN'S LUNCHBOX

can be made **GF DF SF EF** please ask

JACKET POTATOES

Adult or Child portions

(**GF DF SF EF** spread available)

All jacket fillings **GF SF** - see main menu

Cheese & Beans **GF SF EF**

Ham **GF DF SF EF**

Tuna Mayo **GF DF SF**

HOMEMADE CAKES

Flapjack **DF SF EF**

Brownie **GF***

Chocolate Muffin **GF DF SF***

* The chocolate used in our Brownies & Choc Muffins may contain traces of milk, nuts, soya, sesame seeds and wheat.