

EASTGATE GLUTEN FREE MENU*

*To the very best of our knowledge the following choices are made from products without gluten. We make every effort to prepare gluten free food away from any food containing gluten with appropriate utensils BUT they are made in an environment where gluten is present.

All Day Breakfasts & Brunches

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| Gluten Free Breakfast | £8.75 |
| Two rashers of bacon, free range egg, grilled tomato, fried mushrooms & baked beans, served with two slices of gluten free toast | |
| Vegetarian Breakfast | £7.45 |
| Free range egg, grilled tomato, fried mushrooms, spinach & baked beans served with two slices of gluten free toast | |
| Scrambled Eggs & Smoked Salmon | £8.50 |
| Three free range eggs scrambled served with Scottish oak-smoked salmon and gluten free toast | |
| Eggs Benedict | £7.95 |
| Two poached eggs with ham served on gluten free toast & topped with hollandaise sauce | |
| Eggs Royale | £7.95 |
| Two poached eggs with Scottish oak-smoked salmon served on gluten free toast & topped with hollandaise sauce | |
| Eggs Florentine | £7.95 |
| Two poached eggs with spinach served on gluten free toast & topped with hollandaise sauce | |
| Free-Range Omelette | £8.50 |
| A three free range egg omelette served plain or with your choice of one of the following fillings: cheese, ham or mushroom. Served with a salad garnish, coleslaw & chips. Extra fillings £1.10 each | |
| Toast with Jam or Marmalade | £2.65 |
| 2 Slices of gluten free toast served with strawberry jam or marmalade and butter | |



EastGate Brasserie & Café



3 Market Road, Tavistock, PL19 0BW - 01822 615665 - www.eastgatetavistock.co.uk

Starters & Light Bites

Soup of the Day **£5.75**

Our soup of the day is usually gluten free but please check with your server regarding today's soup. Served with gluten free bread

Garlic Mushrooms on Gluten Free Toast **£6.75**

A selection of mushrooms cooked in cream and garlic served on toasted gluten free bread

Vegetarian Mezze Board **£8.50**

Roasted Vegetables, olives, hummous, sunblushed tomatoes, salad leaves and toasted gluten free bread

Chicken Liver Pate **£6.75**

Served with homemade red onion marmalade, dressed salad garnish & gluten free toast

Classics

Homemade Butternut Squash and Coconut Curry **£9.50**

Served with steamed rice and mango chutney

Ham, Eggs, Chips and Peas **£9.25**

Local ham, two free range eggs, chips and peas

'Naked' EastGate Burger **£10.50**

Homemade 6oz beef burger, topped with bacon and melted cheese served with chips, salad and coleslaw

Vegetable and Halloumi Stack **£9.95**

A stack of Mediterranean vegetables & halloumi served with sweet potato fries, salad and coleslaw

Grilled Cod, Chips and Peas **£9.95**



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Jerk Spiced Roast Chicken **£9.50**

Succulent Chicken Thighs covered in jerk Paste and roasted in the oven.
Served with Fries and Coleslaw

Pasta & Salads

Warm Salad Nicoise with Seabass **£11.95**

Fillets of Seabass served on a warm salad of new potatoes, green beans, boiled egg, tomatoes, olives, onions and capers

Chicken & Bacon Salad **£10.95**

Mixed lettuce leaves, cucumber and tomatoes served with warm chicken breast, crispy bacon and parmesan cheese shavings

Sandwiches & Baguettes

Sandwiches

Made with gluten free bread and served with salad and Burts hand cooked crisps

Cheddar cheese & pickle **£5.95**

Egg mayonnaise & cress **£5.95**

Tuna & mayonnaise with cucumber **£6.25**

Prawn & Marie Rose sauce with Rocket **£7.25**

Smoked salmon with cream cheese **£7.25**

Hot fillings: We are happy to put any of the hot fillings from our main menu either in your bread or on top of it but we do not currently have gluten free baguettes and although the result will taste delicious it will not hold together like a baguette

Bacon **£5.95**

Bacon & brie **£7.20**

Bacon, brie & cranberry **£7.95**

Spicy Cajun chicken with mango chutney & mozzarella cheese **£7.95**

Roasted vegetables, pesto and goats cheese **£7.95**

Sliced steak & mushrooms **£7.95**

Steak, stilton & red onion marmalade **£8.25**

Roasted Mediterranean vegetables & hummous **£6.95**

Chicken, red onion marmalade and mozzarella cheese **£7.75**



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EastGate Club Sandwiches served with skinny fries **£9.50**

Fried bacon, chicken, lettuce, tomato and mayonnaise in toasted gluten free bread

or

Halloumi, hummous, lettuce, tomato and olives in toasted gluten free bread

Jacket Potatoes

Served with a salad garnish and coleslaw

Cheddar cheese **£6.50**

Baked beans **£6.50**

Tuna & mayonnaise **£6.95**

Prawn & Marie Rose sauce **£7.50**

Warm brie and red onion marmalade **£6.95**

Extra toppings **£1.20**

Sides

Chips or Skinny Fries £2.00/3.25, Cheesy Chips £3.00/£4.25, Sweet Potato Fries £2.50/£3.45 Homemade Coleslaw £1.20, Side Salad £3.50, Mixed Olives £2.95

*GENERAL NOTES

Some of our 'Daily Specials' may also be suitable for a gluten free diet or can be adapted to be so. Please ask your server and they will be happy to advise you.

Our soup will usually be suitable for a gluten free diet (our stock contains corn flour) and can be served with gluten free bread but please check with your waitress as our soups change daily and some recipes may require wheat flour

Our chips are gluten free and cooked in separate oil from the one that is used to cook batter

Our mayonnaise is gluten free

Our salad dressing is made from extra virgin olive oil, white wine vinegar and mustard

We always have at least one cake in our cake cabinet, and one dessert that is gluten free

PLEASE ALWAYS TELL OUR WAITING STAFF IF YOU HAVE COELIAC DISEASE



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