

EASTGATE DAIRY FREE MENU*

Soya Milk is available for hot and cold drinks on request.

PLEASE LET US KNOW THAT YOU REQUIRE DAIRY FREE OPTIONS & ANY OTHER ALLERGEN REQUIREMENTS
If there are any menu or specials board items that we can amend, and we will try to accommodate your requests.

All Day Breakfasts & Brunches

- Traditional English Breakfast** **£8.75**
Two Sausages, two rashers of Bacon, Free Range Egg, Grilled Tomato & Fried Mushrooms, served with a Thick Slice of White or Wholemeal Toast, & Dairy Free Spread
Add Baked Beans, Black Pudding or Hash Browns £1.20 Each or Chips £2.00.
- Eastgate Full English Breakfast** **£11.75**
Two Sausages, two rashers of Bacon, Two Free Range Eggs, Grilled Tomato & Fried Mushrooms, Baked Beans, Hash Browns & Black Pudding, served with a Thick Slice of White or Wholemeal Toast & Dairy Free Spread *Add extras £1.20 each. Or Chips £2.00*
- Vegetarian Breakfast V** **£7.95**
Two Quorn Sausages, Free Range Egg, Grilled Tomato, Fried Mushrooms & Baked Beans served with a Thick Slice of White or Wholemeal Toast & Dairy Free Spread *Add Hash Browns or extras £1.20 each or Chips £2.00*
- Scrambled Eggs & Smoked Salmon** **£8.50**
Three Free Range Eggs Scrambled, without cream, with Scottish Oak Smoked Salmon, served with a Thick Slice of Warm Wholemeal or White Toast & Dairy Free Spread
- Eggs Benedict** **£6.95**
Two Poached Eggs with Ham served on a Toasted Muffin with Dairy Free Spread
- Eggs Royale** **£6.95**
Two Poached Eggs with Scottish Oak Smoked Salmon served on a Toasted Muffin with Dairy Free Spread
- Eggs Florentine V** **£6.95**
Two Poached Eggs with Wilted Spinach served on a Toasted Muffin with Dairy Free Spread
- Free Range Omelette V** **£8.50**
A Free Range Three Egg Omelette served plain or filled with Ham or Mushrooms. Served with a Dressed Salad Garnish, Coleslaw & Chips
Additional fillings £1.20 each
- Porridge V** **£4.50**
Traditional Porridge with Soya Milk served with Fresh Fruit & Honey
- Toast with Jam or Marmalade Ve** **£2.65**
Two Thick Slices of Wholemeal or White Toast served with Strawberry Jam or Marmalade & Dairy Free Spread
- Choose your own (min. 4 items)** **each £1.20**
Sausage, Bacon, Black Pudding, Free Range Egg, Grilled Tomato, Fried Mushrooms, Baked Beans, Quorn Sausage, Hash Browns, Slice of White or Wholemeal Toast



EastGate Brasserie & Café 

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



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Starters & Light Bites

- Homemade Soup of the Day V** £5.75
Please See the Board—Served with a hunk of Granary or White Bread & Dairy Free Spread
- Homemade Crab Cakes** £7.50
Served with a Dressed Salad Garnish & Sweet Chilli Dip
- EastGate Vegetarian Mezze V** £8.50
Roasted Vegetables, Olives, Hummus, Sun Blushed Tomatoes & Toasted Ciabatta Bread.
- Chicken Liver and Brandy Pate** £6.75
Served with Homemade Red Onion Marmalade, Dressed Salad Garnish & Toast
- Homemade Crumbed Chicken Goujons** £6.75
Served with a Dressed Salad & Devon Fire Chutney

Classics

- Fresh Cod in Homemade Beer Batter**
Served with Chips, Tartare sauce & Garden Peas
Small £8.95 Large £10.95
- Eastgate Original Burger** £10.50
Homemade 6oz Beef Burger topped with bacon, served in a ciabatta roll with chips, dressed salad and coleslaw
- The Vegetable Stack Burger V** £9.95
A stack of Mediterranean vegetables served in ciabatta roll with sweet potato fries, salad, coleslaw and sweet chilli dip
- Jerk Spiced Roast Chicken NEW** £9.50
Succulent Chicken Thighs covered with Jerk Paste and roasted in the oven. Served with Fries and Coleslaw
- Ham, Eggs, Chips & Peas** £9.25
Local Ham, Two Free Range Eggs, Chips & Peas
- Butternut Squash and Coconut Curry Ve NEW** £9.50
Served with Steamed Rice, Naan Bread & Mango Chutney
- Homemade Salmon Fishcakes NEW** £10.95
Served with Dressed Side Salad and Tartare Sauce Add *Chips or Garlic Ciabatta £2.00*

Pasta & Salads

- Chicken & Bacon Salad** £10.95
Crisp Lettuce Leaves & Croutons in a French Dressing topped with Warm Chicken & Crispy Bacon
- Warm Salad Niçoise with Seabass** £12.95
Fillet of Seabass served on a Warm Salad of New Potatoes, Green Beans, Boiled Egg, Tomatoes, Olives, Onions & Capers
- Deep Fried Calamari Salad** £10.95
Deep Fried Calamari set on a bed of Salad Leaves with a Lemon & Black pepper dressing
Add Chips to any of our pasta & salads £2.00



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Sandwiches & Baguettes

Freshly made to order either as a Sandwich with a choice of Freshly Sliced Wholemeal or White Bread cut thick or thin, A Granary or White baguette or a Flour Wrap. All served with Burts Hand-cooked Crisps & a Dressed Salad Garnish

Smoked Salmon	£6.25
Prawn & Marie Rose Sauce with Rocket	£7.25
Egg Mayonnaise with Cress V	£5.95
Tuna Mayonnaise with Cucumber	£6.25
Bacon	£5.95
Roasted Vegetables & Hummus V	£6.95
Steak & Mushroom	£7.95
Steak & Red Onion Marmalade	£7.95
Cajun Chicken	£7.25

Wraps

Crispy Crumbed Chicken	£8.95
Spicy Crumbed Chicken Breast, with Garlic Mayo and Salad Leaves. Served with Salad & Coleslaw	
Falafel, Hummus & Roasted Vegetables Ve NEW	£8.25
served with Salad & Coleslaw	

Add Chips to any of our Sandwiches, Baguettes or Wraps £2.00

Add Sweet Potato Fries £2.00

Side Orders

Chips or Skinny Fries Ve	£2.00/£3.25
Homemade Onion Rings Ve	£3.25
Sweet Potato Fries Ve	£2.50/£3.75
Homemade Coleslaw V	£1.20
Side Salad Ve	£3.50
Bread Board with Balsamic vinegar & oil Ve	£3.50
Mixed Olives Ve	£2.95

Jacket Potatoes

Served with a dressed Salad Garnish & Homemade Coleslaw

Prawn & Marie Rose Sauce	£7.50
Tuna & Mayonnaise	£6.95
Baked Beans Ve	£6.50
Extra toppings	£1.20



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Club Sandwiches

Served with skinny fries

The Club £9.50

A double layer of Bacon, Chicken, Lettuce, Tomato & Mayonnaise in Toasted White Bread

The Vegan Club V £9.50

A double layer of Roasted Vegetables, Hummus, Lettuce, Tomato & Olives in Toasted White Bread

Paninis

Freshly made to order with a dressed salad garnish & homemade coleslaw. Add Chips for £2.00

All £6.95

Bacon & Cranberry

Cajun Chicken & Mango Chutney

Roasted Vegetables & Hummus **Ve**

Chicken & Red Onion Marmalade

Breakfast **NEW (Bacon, Sausage, Fried Egg)**

Children's Menu

We are happy to serve our children's meals with New Potatoes and Vegetables if preferred

Fresh Cod in Batter

£5.95

Served with Chips & Garden Peas

Westcountry Sausages

£5.50

Served with Chips & Beans

Child's Roast of the Day

£6.95

Please see Today's Specials Boards

FOOD ALLERGIES & INTOLERANCES

**Please speak to our staff about the ingredients in your meal,
when making your order.**

Note; all of our salads come ready dressed with our homemade house vinaigrette, if you would prefer no dressing please let us know. All our eggs are free range from our local supplier.



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