

Eastgate Dairy Free Menu*

**PLEASE LET US KNOW THAT YOU REQUIRE DAIRY FREE OPTIONS
& ANY OTHER ALLERGEN REQUIREMENTS**

If there are any items on our specials board or main menu that you would like and we can amend, we will do our best to accommodate your requests.

Dairy Free Milkshakes

Made with Soya or Oat Milk and Vegan Ice Cream

Vanilla, Banana, Caramel, Strawberry, Chocolate, Chocolate Orange,
Chocolate, Hazelnut or Raspberry.

All £3.95

Dairy Free Smoothies

Made with Soya or Oat Milk

Pash 'N' Shoot – Passionfruit, Mango and Pineapple
Berry Go Round – Paspberry, Blackberry and Strawberry
Breakfast – Blueberry, Muesli, Wheat Flakes and Banana

All £3.95

Soya or Oat Milk is available for hot and cold drinks on request

All Day Breakfasts & Brunches

Traditional Westcountry Breakfast

£8.95

Two Sausages, Two Rashers of Bacon, Free Range Egg, Griddled 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 Brasserie & Café 

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



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Full Westcountry Breakfast	£12.25
Two Sausages, Two rashers of Bacon, Two Free Range Eggs, Griddled Tomato & Fried Mushrooms, Baked Beans & Black Pudding, served with Two Thick Slices of White or Wholemeal Toast & Dairy Free Spread. <i>Add extras £1.20 each. Or Chips £2.00</i>	
Vegetarian Breakfast V	£8.25
Two Free Range Eggs, Griddled Tomato, Wilted Spinach, Fried Mushrooms & Baked Beans served with a Thick Slice of White or Wholemeal Toast & Dairy Free Spread. <i>extras £1.25 each or Chips £2.00</i>	
Scrambled Eggs & Smoked Salmon	£8.95
Three Free Range Eggs Scrambled, without Cream, with Scottish Oak Smoked Salmon, served with a Thick Slice of Wholemeal or White Toast & Dairy Free Spread	
Poached Eggs & Ham	£6.75
Two Poached Eggs with Ham served on a Toasted Muffin with Dairy Free Spread	
Poached Eggs & Salmon	£6.75
Two Poached Eggs with Scottish Oak Smoked Salmon served on a Toasted Muffin with Dairy Free Spread	
Poached Eggs & Spinach V	£6.75
Two Poached Eggs with Wilted Spinach served on a Toasted Muffin with Dairy Free Spread	
Free Range Omelette V	£8.95
A Three Free Range Egg Omelette served plain or filled with Ham or Mushrooms. Served with a Dressed Salad Garnish, Coleslaw & Chips. <i>Additional fillings £1.25 each</i>	
Toast with Jam or Marmalade V	£2.95
Two Thick Slices of Wholemeal or White Toast served with Strawberry Jam or Marmalade & Dairy Free Spread	
Choose your own (min. 4 items)	each £1.25
Sausage, Bacon, Black Pudding, Free Range Egg, Griddled Tomato, Fried Mushrooms, Baked Beans, Slice of White or Wholemeal Toast	



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Starters & Light Bites

- Homemade Soup of the Day V** £5.95
Please see our Specials Board – Our soup is usually Dairy Free but please check with your server for the Ingredients in today's Soup. Served with a hunk of Granary or White Bread & Dairy Free Spread
- Homemade Soup & Sandwich NEW** £8.95
Please check today's Soup is Dairy Free then choose a sandwich from our list of Dairy Free Sandwiches overleaf
- Homemade Crab Cakes** £7.95
Served with a Dressed Salad Garnish & Sweet Chilli Dip
- EastGate Vegetarian Mezze V** £8.95
Roasted Vegetables, Olives, Hummus, Sun Blushed Tomatoes & Toasted Ciabatta Bread
- Dairy Free Homemade Crumbed Chicken Goujons** £7.25
Served with a Dressed Salad & Devon Fire Chutney
- Deep Fried Calamari NEW** £7.25
Served with Dressed Salad Leaves & Garlic Mayonnaise

Classics

- Fresh Cod in Homemade Beer Batter** *Small £9.50 Large £11.50*
Served with Chips, Tartare sauce & Garden Peas
- EastGate Original Burger** £10.55
Homemade 6oz Beef Burger topped with Bacon, served in a Ciabatta Roll with Chips, Dressed Salad and Coleslaw
- Ham, Eggs, Chips & Peas** £9.25
Local Ham, Two Free Range Eggs, Chips & Peas
- Butternut Squash, Chickpea, Cauliflower & Coconut Curry Vegan** £9.50
Served with Steamed Rice, Naan Bread & Mango Chutney



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Homemade Salmon Fishcakes £10.95
Served with Dressed Side Salad and Tartare Sauce Add *Chips* £2.00

Minute Steak & Chips *NEW* £9.95
Minute Steak cooked Rare served with Skinny Fries

Chicken & Bacon Salad £10.95
Crisp Lettuce Leaves & Croutons topped with House Vinaigrette, Warm Chicken & Crispy Bacon

Chicken Arrabiatta *NEW* £10.95
Chicken in a spicy Tomato Sauce served with Linguini Pasta

Vegetable & Hummus Stack £10.95
Mediterranean Vegetables & Hummus served in a toasted Ciabatta Roll with Sweet Potato Fries, Salad Garnish, Coleslaw & Sweet Chilli Dip

Lentil Bolognese served with Linguini Pasta *NEW* £10.95

Beef Bourguignon *NEW* £12.95
Slow braised Beef in Red Wine with Mushrooms and Bacon served with Linguini Pasta

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 £6.50

Prawn & Marie Rose Sauce with Rocket £7.50

Egg Mayonnaise with Cress **V** £6.25

Tuna Mayonnaise with Cucumber £6.25

Bacon £5.95

Roasted Vegetables & Hummus **V** £6.95

Steak & Mushroom £8.25

Steak & Red Onion Marmalade £8.25



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Wraps

Crispy Crumbed Chicken

£8.95

Spicy Crumbed Chicken Breast, with Garlic Mayo and Salad Leaves. Served with Salad & Coleslaw

Falafel, Hummus & Roasted Vegetables **Vegan**

£8.50

served with Salad & Coleslaw (or Crisps with Vegan Option)

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

Add Sweet Potato Fries £2.00

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 £7.50

Bacon & Cranberry

Cajun Chicken & Mango Chutney

Roasted Vegetables & Hummus **Vegan**

Chicken & Red Onion Marmalade



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Side Orders

Chips or Skinny Fries	£2.00/£3.25
Homemade Onion Rings	£3.25
Sweet Potato Fries	£2.75/£3.95
Homemade Coleslaw	£1.25
Side Salad	£3.50
Bread Board with Balsamic vinegar & oil or Dairy Free Spread	£3.50
Mixed Olives	£2.95

Children's Menu

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

Fresh Cod in Batter served with Chips & Garden Peas	£5.95
Westcountry Sausages served with Chips & Beans	£5.50
Child's Roast of the Day	£6.95

Dairy Free Desserts

We try to have one dairy free cake in our cabinet, however this is subject to change and availability. We are happy to amend any desserts if possible to be Dairy Free

Fresh Fruit Pavlova topped with Vegan Ice Cream and Seasonal Fruits	£5.95
Fruit Salad & Ice Cream freshly prepared Seasonal Fruit and Vegan Ice Cream	£5.95
Hot Raspberries on Vegan Ice Cream	£5.95



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