

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.

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

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

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

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. *Add extras £1.20 each. Or Chips £2.00*

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.

extras £1.25 each or Chips £2.00

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



EastGate Brasserie & Café 

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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	
<i>Starters & Light Bites</i>	
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 <i>NEW</i>	£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 <i>NEW</i>	£7.25
Served with Dressed Salad Leaves & Garlic Mayonnaise	



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Classics

Fresh Cod in Homemade Beer Batter

Served with Chips, Tartare sauce & Garden Peas

Small £9.50 Large £11.50

Eastgate Original Burger

Homemade 6oz Beef Burger topped with Bacon, served in a Ciabatta Roll with Chips, Dressed Salad and Coleslaw

£10.55

Ham, Eggs, Chips & Peas

Local Ham, Two Free Range Eggs, Chips & Peas

£9.25

Butternut Squash, Chickpea, Cauliflower & Coconut Curry **Vegan**

Served with Steamed Rice, Naan Bread & Mango Chutney

£9.50

Homemade Salmon Fishcakes

Served with Dressed Side Salad and Tartare Sauce Add *Chips £2.00*

£10.95

Minute Steak & Chips **NEW**

Minute Steak cooked Rare served with Skinny Fries

£9.95

Chicken & Bacon Salad

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

£10.95

Chicken Arrabiatta **NEW**

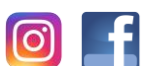
Chicken in a spicy Tomato Sauce served with Linguini Pasta

£10.95

Vegetable & Hummus Stack

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

£10.95



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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	£6.50
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
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**



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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

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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