

# 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

<b>Gluten Free Breakfast</b>	<b>£8.95</b>
<i>Two Rashers of Bacon, Free Range Egg, Griddled Tomato, Fried Mushrooms &amp; Baked Beans, served with Two Slices of Gluten Free Toast</i>	
<b>Gluten Free Vegetarian Breakfast</b>	<b>£8.25</b>
<i>Free Range Egg, Griddled Tomato, Fried Mushrooms, Spinach &amp; Baked Beans served with Two Slices of Gluten Free Toast</i>	
<b>Scrambled Eggs &amp; Smoked Salmon</b>	<b>£8.95</b>
<i>Three Scrambled Free Range Eggs served with Scottish Oak-Smoked Salmon and Gluten Free Toast</i>	
<b>Eggs Benedict</b>	<b>£7.95</b>
<i>Two Poached Eggs with Ham served on Gluten Free Toast &amp; topped with Hollandaise Sauce</i>	
<b>Eggs Royale</b>	<b>£7.95</b>
<i>Two Poached Eggs with Scottish Oak-Smoked Salmon served on Gluten Free Toast &amp; topped with Hollandaise Sauce</i>	
<b>Eggs Florentine</b>	<b>£7.95</b>
<i>Two Poached Eggs with Spinach served on Gluten Free Toast &amp; topped with Hollandaise Sauce</i>	



*EastGate Brasserie & Café*

3 Market Road, Tavistock, PL19 0BW - 01822 615665 - [www.eastgatetavistock.co.uk](http://www.eastgatetavistock.co.uk)



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## Free-Range Omelette

£8.95

*A Three Free Range Egg Omelette served plain or with your choice of one of the following fillings: Cheese, Ham or Mushrooms. Served with a Salad Garnish, Coleslaw & Chips. Extra fillings £1.25 each*

## Toast with Jam or Marmalade

£2.95

*2 Slices of Gluten Free Toast served with Strawberry Jam or Marmalade and Butter*

## Light Bites and Starters

### Soup of the Day

£5.95

*Our Soup of the day is usually Gluten Free but please check with your server regarding today's Soup. Served with Gluten Free Bread*

### Homemade Soup and Sandwich

£8.95

*Please check if our soup is gluten free, if so, please also choose a Sandwich from the list overleaf*

### Garlic Mushrooms on Gluten Free Toast

£6.95

*A selection of Mushrooms cooked in Cream and Garlic served on toasted Gluten Free Bread*

### Vegetarian Mezze Board

£8.95

*Roasted Vegetables, Olives, Hummus, Sun Blushed Tomatoes, Salad Leaves and Toasted Gluten Free Bread. Add Haloumi for £2.00*

### Chicken Liver Pate

£6.95

*Served with Homemade Red Onion Marmalade, Dressed Salad Garnish & Gluten Free Toast*



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## Main Courses

**Large Grilled Cod, Chips and Garden Peas** £10.75

**Ham, Eggs, Chips and Peas** £9.75

*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*

**Minute Steak & Chips *NEW*** £9.95

*Minute Steak cooked Rare, topped with Garlic & Parsley Butter, Served with Skinny Fries.*

**Homemade Curry**

*Please see our Specials Board, our Curry is usually Gluten Free but please check with your server regarding today's Curry, which may be adapted to be Gluten Free.*

**Fish of The Day**

*Please see our Specials Board, and check with your server regarding today's Fish Dish, which may possibly be adapted to be Gluten Free.*

**Butternut Squash, Chickpea, Cauliflower & Coconut Curry *V*** £8.95

*Served with Steamed Rice & Mango Chutney*

**Homemade Vegetarian Lentil Cottage Pie *V NEW*** £10.95

*Served with a selection of Fresh Vegetables (Please let your server know that you require a Gluten Free option)*

Add Chips to any of Classics for £2.00



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## Salad

### Chicken & Bacon Salad

£11.95

*Mixed Lettuce Leaves, Cucumber and Tomatoes served with warm Chicken Breast, crispy Bacon and Parmesan Cheese shavings*

## Sides

*Chips or Skinny Fries £2.00 / £3.25 Cheesy Chips £3.25/4.50 Sweet Potato Fries £2.75/ £3.95*

*Homemade Coleslaw £1.25*

*Side Salad £3.50*

*Mixed Olives £2.95*

## EastGate Club Sandwiches

*served with skinny fries*

£9.95

### The Club

*Fried Bacon, Chicken, Lettuce, Tomato and Mayonnaise in Toasted Gluten Free Bread*

*Or*

### The Veggie Club

*Halloumi, Hummus, Lettuce, Tomato and Olives in toasted Gluten Free Bread*

## Sandwiches

*Made with gluten free bread and served with a dressed Salad garnish and Burts Hand Cooked Crisps*

### Cheddar Cheese & Tomato

£5.95

### Egg Mayonnaise & Cress

£6.25

### Tuna & Mayonnaise with Cucumber

£6.25

### Prawn & Marie Rose Sauce with Rocket

£7.50

### Smoked Salmon with Cream Cheese

£7.50



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*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 or Panini.*

<b>Bacon</b>	<b>£5.95</b>
<b>Bacon &amp; Brie</b>	<b>£7.20</b>
<b>Bacon, Brie &amp; Cranberry</b>	<b>£8.50</b>
<b>Spicy Cajun Chicken with Mango Chutney &amp; Mozzarella Cheese</b>	<b>£8.50</b>
<b>Roasted Vegetables, Pesto and Goats Cheese</b>	<b>£8.50</b>
<b>Sliced Steak &amp; Mushrooms</b>	<b>£8.25</b>
<b>Steak, Stilton &amp; Red Onion Marmalade</b>	<b>£8.75</b>
<b>Roasted Mediterranean Vegetables &amp; Hummus</b>	<b>£6.95</b>
<b>Chicken, Red Onion Marmalade and Mozzarella Cheese</b>	<b>£8.50</b>
<b>Toasted Ham &amp; Cheese Sandwich</b>	<b>£7.50</b>
<b>Croque Rosemary V <i>NEW</i></b>	<b>£7.95</b>

## 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 server 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, Mustard & Honey.  
We usually 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 OR ANY OTHER FOOD ALLERIGES OR INTOLERANCES**



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