

# THE FAMILY TREE

## GLUTEN FREE

Daytime Restaurant and Bed & Breakfast



### BRUNCH (SERVED ALL DAY)

#### GLUTEN FREE BREAKFAST

£9

GF sausage, Bacon, fried egg, hash brown, tomato, baked beans, GF toast.  
Includes a free tea or filter coffee

#### GLUTEN FREE SANDWICHES

£4.50

GF sausage or bacon, add egg £1.30 (v)

#### EGGS BY THE TREE

£9.50

GF toast, poached eggs, hollandaise sauce served with  
Bacon or smoked salmon  
or mushrooms & wilted spinach (v)

#### ON GLUTEN FREE TOAST

from £5.50

Baked beans or scrambled or poached eggs £5.50  
Scrambled eggs & smoked salmon £9.50

#### OMELETTES

£9.50

Three egg omelette with cheese  
and the choice of two fillings:  
GF sausage, bacon, ham, mushroom, spinach  
or tomato  
Served with a pot of baked beans and mini  
hash brown bites

#### GREEK YOGHURT

£5.20

Greek yoghurt served with fresh berries,  
sliced banana, mixed seeds & honey

### LUNCH

#### HOMEMADE SOUP OF THE DAY

£5.50

Served with gluten free bread

#### GF SANDWICHES OR TOASTIES

£7

Ham, cheese & tomato chutney  
Egg mayonnaise & cress  
(CBLT) Chicken, bacon, lettuce, tomato & mayo  
Tuna crunch - tuna, red peppers, sweetcorn & mayo  
Brie, red onion chutney & spinach (v)  
Served with dressed salad garnish & crisps

#### GF CIABATTAS

£10.50

Steak, Stilton, tomato & mixed leaves  
Chicken tikka, cucumber, mint yoghurt, iceberg  
Halloumi, roast peppers, tomato chutney & spinach  
Tuna crunch - tuna, red pepper, sweetcorn & mayo  
Served with dressed salad, slaw & skin on fries

#### JACKET POTATOES

£9

Beans & cheese (v)  
Chicken tikka mayo  
Tuna crunch - tuna, red peppers, sweetcorn & Mayo  
Chilli con carnies & cheese  
Five bean chilli (v)  
Served with dressed salad & slaw

#### SALAD BOWLS

£12

Chicken, brie & bacon  
Steak, blue cheese & new potatoes  
Halloumi & mixed roast peppers (v)  
Salad leaves, grated carrot, mixed peppers,  
tomato, cucumber, mixed seeds, balsamic dressing

ALL OUR FOOD IS PREPARED FRESH TO ORDER AND THEREFORE  
DURING OUR BUSY PERIODS PLEASE UNDERSTAND THAT ORDER  
TIMES MAY TAKE LONGER THAN USUAL

BEFORE PLACING YOUR ORDER, PLEASE INFORM US OF ANY  
FOOD ALLERGIES  
ALLERGEN INFORMATION AVAILABLE ON REQUEST

#### PLOUGHMANS PLATTER

£14

British cheese selection, ham, slaw,  
pickled onions, salad garnish, apple,  
grapes, red onion chutney & GF bread

#### ANTIPASTO PLATTER

£14

Cured Mediterranean meats, manchego  
cheese, houmous, antipasti olives, olive  
oil & balsamic vinegar, salad garnish, GF  
bread

#### SNACKS

SKIN ON FRIES £3.50  
GOURMET CHIPS £3.50  
SKIN ON FRIES & CHEESE £4.50  
GOURMET CHIPS & CHEESE £4.50

**HOMEMADE CAKES & TRAYBAKES**  
PLEASE SEE OUR CAKE COUNTER FOR  
TODAYS  
SELECTION FROM £3.50