

GLUTEN FREE MENU*

ORDER AT TILL

BREAKFAST

(UNTIL 11.00 AM)

GLUTEN FREE (GF) TOAST

with butter / jam / marmalade / nutella / honey

PORRIDGE

with honey on side
- add hot mixed berries
- add banana / walnuts
- add cream

POACHED EGG BREAKFAST

on gf toast

SMASHED AVOCADO & EGGS

poached on gf toast

SMOKED SALMON & EGGS

poached / scrambled / fried on gf toast

EGGS BENEDICT

with bacon on gf toast

GF YARD FRY

egg, bacon, tomato, mushroom,
2 gf toast

LUNCH

(AFTER 11AM)

SOUP OF THE DAY

with gf bread

SOURDOUGH GRILLED CHEESE

with gf bread
add / bacon / kimchi

- ADD A TEACUP OF SOUP

to anything on the menu

*** WE DO HAVE ALLERGENS ON THE PREMISES SO CANNOT GUARANTEE ITEMS LISTED ARE COMPLETELY ALLERGEN FREE - SEE ALLERGEN LIST IN STORE FOR FULL DETAILS.**

Please speak to our cashier about the severity of your allergy.

ALL DAY

BACON TOASTED SANDWICH

-made with gluten free bread

OMELETTE SOLO / DUO

- add bacon

FRENCH GF TOAST SOLO / DUO

with lemon & sugar / nutella /
maple syrup / honey
-add bacon

BREAKFAST GF TOAST WITH

nutella & banana
scrambled egg
bacon
bacon & scrambled egg

GF TOAST & CREAM CHEESE

with bacon
with rocket, smoked salmon, capers & lemon

BRUSCHETTA

on gf toast with olive tapenade

YARD CIABATTA ROAST

-on GF bread

GF DIPS

DIPS: Ballymaloe relish / ketchup / hollandaise /
/ plain mayo / jalapeno relish / olive tapenade/ chilli jam

SUMMER SPECIALS

ACAI BOWL

blended superfruit topped with banana,
strawberries, walnuts & honey

SALAD WITH GF BREAD

House salad, rocket, cucumber, olives, tomato & chives
add halloumi
add feta

goat's cheese, strawberry & walnut salad

- pick a gf dressing

raspberry vinaigrette / maple mustard

KID'S LUNCH

KID'S GF SANDWICH / TOASTIE

cheese / bacon / banana /

- ADD A KID'S LUNCHBOX

fruite / strawberries & crisps

ICE CREAM SUNDAES

TWO SCOOP VANILLA SUNDAE

with raspberry / choc sauce / dime bar / crunchie

TREATS

RANGE OF TREATS IN BAKERY CABINET

GLUTEN FREE DRINKS*

ORDER AT TILL

COFFEE

(FAIRTRADE)

AMERICANO
CAPPUCCINO
FLAT WHITE
CAFFE LATTE
LONG BLACK
MOCHA LATTE
CORTADO
ESPRESSO
FILTER COFFEE
MILK STEAMER

*available as decaf, skinny,
extra skinny or soya

- add natural syrup

vanilla / hazelnut / caramel
gingerbread / mint / cinnamon

HOT CHOC

CLASSIC
MINT
CARAMEL

- add marshmallows
- add whipped cream

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TEA

(LOOSE LEAF)

BLACK

BELFAST BREW
EARL GREY
MANGO TANGO

GREEN

CHINESE JASMINE
GREEN TEA WILD GREY
JAPANESE CHERRY

FRUIT

RED BERRY

HERBAL

MINT

APPLE LOVES MINT

CHAMOMILE

LEMONGRASS & GINGER TWIST

DECAF TEA

MILKSHAKE

VANILLA / STRAWBERRY
RASPBERRY / BANANA / CHOC
ESPRESSO & VANILLA
DIME / CRUNCHIE

SUMMER SPECIALS

AUSSIE ICED COFFEE
VIETNAMESE ICED COFFEE
ICED MOCHA
ICED LATTE
ICED TEA
any tea flavour



SMOOTHIE

STRAWBERRY
ACAI
STRAWBERRY & BLUEBERRY
BLUEBERRY & RASPBERRY

ORANGE JUICE

freshly squeezed

VEG JUICE

GREEN

spinach, broccoli, parsnip

ORANGE

carrot, yellow pepper, celery, ginger

RED

red pepper, tomato, carrot, parsnip,
beetroot