



Drinks & Cakes Menu

All of our dishes, bread and cakes are made daily on the premises and everything is gluten free

Drinks:

Fresh fruit and vegetable juices	£4.00
<i>(Apple, Orange, Carrot, Kale, Spinach, Cucumber, Courgette, Celery)</i>	
Pot of Tea	£2.50
<i>(English breakfast, Earl Grey and a range of herbal teas available)</i>	
Americano	£2.30
Single Espresso (extra shot – 25p)	£1.90
Cappuccino / Latte / Flat White	£2.75
Mocha	£2.75
Hot chocolate	£2.75

Cakes and pastries: (Please also see our daily display)

Afternoon tea (served from 3pm until 5pm)	£10
<i>Treat yourself to a pot of tea, 1 scone served with Jam & Cream and a sandwich of your choice</i>	
Fruit Scone	£3.75
A choice of the following cakes:	£4.75
<i>Carrot, Banana, Blueberry Cheesecake, Red Velvet, Chocolate Velvet, Lemon Polenta, Fresh Fruit Tart, Almond Tart</i>	
Vegan chocolate cake	£4.75
Chocolate Brownie	£4.75
Granola bar	£2.75



Breakfast Menu

(served until 12pm Monday to Friday and all day Saturday & Sunday)

All of our dishes, bread and cakes are made daily on the premises and everything is gluten free

GFB toast and jams *	£3.50
<i>Choose from our range of daily baked breads and jam selection</i>	
GFB Viennoiserie	£3.75
<i>Choose a croissant, Danish pastry or chocolate twist</i>	
Eggs Benedict, Royale or Florentine	£8.50
<i>Free range poached eggs with bacon, smoked salmon or spinach served on toast with Hollandaise sauce</i>	
GFB breakfast sandwiches *	£3.75
<i>Dry cured British bacon in bread or toast</i>	
<i>Two locally produced GF sausages in bread or toast</i>	
Granola, yoghurt and fruit *	£4.00
<i>GFB made oat granola, Greek yoghurt and seasonal fruits</i>	
A stack of our own made sweet or savoury pancakes *	£5.75
<i>Dry cured British bacon with maple syrup, spinach & ricotta cheese or fresh fruit & Greek yoghurt</i>	
Avocado with chili and lemon oil on toast	£5.90
<i>Diced avocado infused with our GFB chilli lemon oil served on toast</i>	
Eggs on toast *	£6.00
<i>Two free range eggs on toast, cooked just the way you like them.</i>	
Smoked salmon & scrambled egg *	£8.50
<i>Free range scrambled egg served on toast</i>	
GFB Full English breakfast *	£9.50
<i>1 locally produced GF sausage, 2 slices dry cured British bacon, 2 free range eggs, baked beans, tomato, Portobello mushrooms and toast</i>	
GFB Vegetarian breakfast *	£9.00
<i>Grilled asparagus, baked beans, tomato, 2 free range eggs, Portobello mushrooms and toast</i>	
All extras:	£1.00



Lunch Menu

All of our dishes, bread and cakes are made daily on the premises and everything is gluten free

GFB quiche of the day * (see the board for today's choice) £7.80

Our own made pastry with a seasonal filling, served with salad

GFB Pie of the day (see the board for today's choice) £7.80

Our own made pastry topped pie, served with salad or mash & gravy

Sausage & Mash * £6.95

Two locally produced GF sausages, served with mash and gravy

GFB Sausage or Spinach & Feta Roll £3.75

Our own made flaky pastry roll served with salad

GFB Lasagne * £7.95

A choice of our own made meat or vegetarian Lasagne served with salad

The GFB Cheeseburger £7.80

Our own made Cheeseburger served in a GFB burger bun with salad

Soup of the day (Please see the board for today's choice) £5.95

Our own made soup served with two slices of bread of your choice

The GFB Pizza £9.50

A choice of vegetarian (mushrooms, mixed peppers and onions) or Pepperoni

SANDWICHES * - served with salad

Choose from our selection of fresh breads and other fillings at the counter

BLT £4.25

Roast Beef and Horseradish £4.95

Brie, tomato and basil £4.50

Smoked salmon and cream cheese £4.95

Chicken, Bacon and Avocado £4.95

Egg mayonnaise £4.00

** A selection of our dishes, sandwiches and cakes are available as half portions for children up to the age of 10. Please ask the waiter for further details.*