

# Non-Gluten Ingredient Menu


The items on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee our dishes are 100% gluten-free.

Please ensure you make our staff aware when ordering from this menu.

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## Breakfast

### Fresh Fruit Salad (102 kcal)

Sweet honeydew and cantaloupe melon with juicy pineapple and red grapes finished with a dollop of Greek style yogurt from the Little Town Dairy. (The fruit salad can be served without yogurt  (44 kcal))

### Smoked Salmon with Scrambled Eggs (226 kcal)

Smoked Scottish salmon served with scrambled eggs and a wedge of lemon.

### Bacon Roll (367 kcal)

Thick cut smoked British bacon on a brown seeded gluten free roll.

## Rest of the day

### BBQ Crunchy Corn Nibbles (100 kcal)

### Sea Salt Crisps (109 kcal)

Deliciously thick handmade crisps.

### Chips & Dips (204 kcal)

Crunchy corn chips with a selection of dips.

### Luxury Chocolate Bar (87 kcal)

Premium, smooth single origin 41% milk chocolate. Made by local chocolatiers in Stoke-on-Trent.

### Cheese & Crackers (358 kcal)

Red Fox and Blackstone Vintage Cheddar cheeses, sun-blushed tomatoes, plum & ginger chutney, and a juicy balsamic pickled onion served with GF Crackers & cultured butter.

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Adults need around 2000 kcal a day.

Kcal information provided is per serving/portion.

 **Vegetarian**

 **Vegan**

If you're making a short trip with us, we may not have the full menu available but you will have time for a drink. All items on the menu are subject to availability.

**View calories, allergens and ingredients online [here](#).**

If you need assistance viewing our allergens and ingredients menu, then please speak with a member of the onboard team who'll be happy to help.

