

GLUTEN FREE LUNCH MENU

SERVED DAILY FROM 11.30AM

TRADITIONAL ENGLISH BREAKFAST

2 grilled bacon, hash browns, grilled tomato, baked beans, pan fried mushroom, fried egg, buttered gf toast

£9.95

HAM, EGGS & CHIPS

Thick cut home cooked ham served cold, double fried eggs, skin on fries

Small £9.50 Regular £11.50

HOLDEN WOOD BURGER

Homemade beef burger, bacon, melted cheddar cheese gf bun, lettuce, tomato skin on fries, homemade coleslaw & red onion chutney

£12.95

add fried egg £1

HALLOUMI BURGER (v)

Toasted gf bun, lettuce, tomato, skin on fries, homemade coleslaw & sriracha mayo

£11.95

CROQUE MONSIEUR

Home cooked ham on gf toast, smothered in a mature cheese & Dijon mustard sauce.

Served with house dressed side salad

£10.95

Add fried egg £1

THREE CHEESE PLOUGHMANS LUNCH

Procter's vintage Cheddar, Blacksticks Blue & Kick Ass Rioja & Red Onion Cheddar Cheeses, Home cooked ham, pickled onions, homemade piccalilli, apple. gf bread

£11.95

CHICKEN CAESAR SALAD

Home cooked chicken breast, parmesan cheese, anchovies, house salad bowl with homemade Caesar dressing

£11.95

add bacon or fried egg £1

TUNA NICOISE SALAD

Tuna, boiled egg, green beans, sliced apple, house balsamic dressing, salad bowl

£11.95

JACKET POTATOES & SALAD

Choose from

Tuna

Cheddar Cheese

Butter

Baked Beans

Prawn Mayonnaise (Add £1)

Extra Topping (Add £1)

£7.25

SANDWICHES

On gluten free bread

with homemade coleslaw and house dressed salad

EGG MAYO £6.95

NORWEIGAN PRAWN MAYO £7.95

HOMECOOKED HAM & PICCALILLI £7.50

CHEESE & ONION £6.75

CHEESE & TOMATO £6.75

TUNA MAYO £6.95

HOME COOKED CHICKEN £7.50

ADD A BOWL OF SOUP TO ANY SANDWICH INSTEAD OF SALAD & COLESLAW

£8.95

Add £1 for prawn sandwich

GLUTEN FREE TOASTIES

With homemade coleslaw and house dressed salad

HOMECOOKED HAM, MATURE CHEDDAR & WHOLEGRAIN MUSTARD

CHICKEN, PESTO & MOZZARELLA

MATURE CHEDDAR, RED ONION & CHIVE

TUNA & MOZZARELLA

ALL £8.95

ADD A BOWL OF SOUP TO ANY TOASTIE INSTEAD OF SALAD & COLESLAW

£10.50

FOOD ALLERGENS & INTOLERANCES

Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients.

GLUTEN FREE BREAKFAST MENU

AVAILABLE FROM 9.30 TO 11.30 EVERY DAY

COOKED BREAKFAST

2 grilled bacon, hash brown, grilled tomato,
fried mushrooms, baked beans,
eggs how you like them, buttered gf toast
£9.95

HOLDEN WOOD VEGGIE BREAKFAST

Pan fried mushrooms, 2 grilled tomatoes,
baked beans, hash browns, halloumi
eggs how you like them, buttered gf toast
£9.75

EGGS BENEDICT

Toasted gf muffin, poached eggs & hollandaise sauce
with bacon £7.95
with smoked salmon £9.50
with mushroom £7

CROQUE MONSIEUR

Home cooked ham on gf toast with a
mature cheddar & Dijon mustard sauce
£8.95
add fried egg £1

SMOKED SALMON & SCRAMBLED EGG

w/ gf toast & butter
£9.50

SMASHED AVOCADO WITH CHILLI & LEMON

gf toast, 2 poached eggs
£8.95
add bacon £2 / add smoked salmon £3

SMOKED SALMON & CREAM CHEESE TOASTIE

£8.25

EGGS ON TOAST

Poached, fried or scrambled
£4.95

BREAKFAST SANDWICHES

on GF roll or bread

Choose from

Grilled bacon, Grilled Tomato

Fried egg, Mushrooms,

1 Filling £3.95 / 2 Fillings £4.95 / 3 Fillings £5.95

TOAST - gluten free bread toasted

w/ butter and Reedy's of Blackburn

jam or marmalade

£2.95

GREEK YOGURT

£3.00

add topping

honey, nuts, dried fruit & seeds,
strawberry or cherry compotes

£1 each

HOME MIXED MUESLI

£3.95

HOT DRINKS

White Coffee £2.90

Long Black £2.80

Americano £3

Double Espresso £2.70

Cappuccino £3.20

Caffe Latte £3.

Flat White £3

Cafetiere £3

Mocha £3.50

Extra Shot £0.75p

Breakfast Tea £2.50

Decaf Tea £2.60

Loose Leaf teas

Breakfast £3

Darjeeling £3

Earl Grey £3

Peppermint £3

Gunpowder Green £3

Guava Passionfruit &

Mango £3.25

DECAF

Strawberry & kiwi £3.25

Red Berry £3.25

Hot Chocolate £3.20

+ Marshmallows 60p

+ Whipped Cream 60p

COLD DRINKS

FENTIMANS BOTANICAL

Dandelion & Burdock

Ginger Beer

Elderflower

Rose Lemonade

£3.25

330ml Bottled Minerals

Coca Cola

Diet Coke

Coke Zero

Sprite

Fanta Orange

£2.95

STATHMORE WATER 275ml

Still or Sparkling

£1.95

J20 MIXED FRUIT DRINK

Apple & Raspberry

Orange & Passion Fruit

£2.95

FRUIT JUICES

Orange or Apple &

small £1.95

large £2.95

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Please ask staff for further information