



## Allergy Solutions Menu

Available from 11.30am to 9.30pm Daily

- **G** Gluten Free
- **N** Nut Free
- **S** Soya Free
- **L** Lactose Free
- **E** Egg Free
- **D** Dairy Free
- **V** Vegan

### Flame Grilled Chicken Burger \$17.00

Toasted brown seed bread, chicken breast, lettuce, tomato, mild guacamole....

**G, N, S**

### Southern Coated Chicken Strips \$18.00

Battered and fried chicken breast steamed vegetables and mashed potato.... **G,**

**N, S**

### Battered Fish \$19.00

Fried fish, served with corn patties, side salad and yoghurt dressing.... **G, N, S**

### Deep Sea Fish Steak \$21.00

Chargrilled, served with feta, quinoa falafels, side salad and yoghurt dressing **G**

## VEGAN MEAL OPTIONS

### Vegan Fried Rice with Fried Tofu \$15.00

Fried rice, tossed with fried tofu cubes **G, N, E, V**

### Vegan Fajitas \$16.00

Roasted assorted vegetables, mushrooms, flavoured with local chilli, served with fajita sheets and guacamole **G, N, E, V, S**

## ALL SIDES \$5.00 EACH

Bread roll, poppy seeds or plain.... **G, L, N, E, S**

Brown bread.... **G, L, N, E, S**

Corn patties.... **G, D, V**

Feta and quinoa falafels.... **G**

Mashed potato.... **G, S**

Gravy.... **G**

## DESSERTS

### Caramel Slice \$7.00

Served with ice cream.... **G**

### Lime & Lemon Slice \$8.00

Served with chocolate ice cream.... **G, N**

### Duo of Crumbles \$8.00

Apple and rhubarb, or orange and almond, served with ice cream.... **G**

### Bowl of Ice cream \$5.00

3 x flavours of ice cream.... **L, G, N, E**

### Chocolate Brownie \$6.00

Served with ice cream ... **G**