

# GLUTEN FREE MENU

**GLUTEN AND DAIRY FREE SOUP** £5.95

Please ask for today's flavour, served with gluten free bread and butter or dairy free spread

**SPICY FRUIT LOAF/CRUMPETS/WHITE AND BROWN TOAST** from £1.00

**FRESHLY MADE SANDWICHES AND TOASTIES** from £5.45

**MEDITERRANEAN TOMATO, OLIVE AND PINE NUT PASTA** £11.45  
served with GF garlic bread

**BATTERED FISH AND CHIPS** £9.95/£12.45  
Batter made with gluten free flour in a dedicated fryer

**GF PASTA WITH A CREAMY CHICKEN, SMOKED BACON AND MUSHROOM SAUCE** £12.95  
with GF garlic bread

**CHIPS/SWEET POTATO FRIES** £3.95

**GLUTEN FREE SULTANA SCONE** £5.95  
with butter, jam and Cornish clotted cream

**Please ask for today's selection of gluten free desserts.**

**Some of our menu items are naturally gluten free.**

**Please ask if any of the daily specials are or can be made gluten free.**

# VEGAN MENU

**VEGAN AND GLUTEN FREE SOUP** £5.95

Please ask for Today's flavour, served with white or granary bloomer and dairy free spread

**Vegan Breakfast** £10.45

Vegan sausages, tomatoes, mushrooms, hash browns, beans and toast with dairy free spread

**Aubergine and Roast Vegetable Tagine (GF)** £12.45

**Mediterranean vegetable, pine nut and olive pasta (can be GF)** £11.45

**Vegan Chilli** £12.45

**Moroccan vegetable and Lentil pot** £12.45

**Aloo Gobi** £12.45  
Cauliflower, spinach and potato curry

**Served with Handcut Chips,  
Basmati Rice or Sweet Potato Fries**

## DESSERTS

**Please ask for today's selection  
of vegan desserts**

**We also have Wallings of  
Cockerham Vegan Ice Cream**



**The Lytham Kitchen**  
[www.thelythamkitchen.com](http://www.thelythamkitchen.com)