

## Gluten Free Menu

### Poached Eggs

on gluten free toast with hollandaise sauce & your choice of either:

**Benedict** smoked ham 6.95

**Florentine**(V) buttered spinach 6.95

**Royale** smoked salmon 7.95

### Scrambled Eggs

on gluten free toast with your choice of either:

- Smoked salmon 7.95

- Field mushrooms (V) 6.95

### Fried Eggs

on gluten free toast with crispy streaky bacon and oven roasted tomatoes 6.95

### Bacon Sandwich

Six slices of crispy smoked streaky bacon on gluten free bread 5.95

### Cheese toasties

#### on gluten free bread

Cheddar, Mozzarella & Swiss Cheese (V) 6.95

Smoked Ham & Mature Cheddar 7.50

Mushroom, Truffle Oil & Swiss Cheese 7.95

### Sandwiches

#### on gluten free bread

Fig Jam, Apple & Cream Cheese 6.95

Tuna Mayo, Chives & Sweetcorn 7.95

Smoked Salmon & Cream Cheese 7.95

Roast Chicken, Bacon & Avocado 7.95

Pastrami, Swiss Cheese, Pickle Relish & Horseradish Mayo 7.95

*All served with crisps & salad garnish with honey & mustard dressing*

## LBC Favourites

### Homemade Baked Beans &

#### Mushrooms (V) (VEO)

Sweet, smoky baked haricot beans on gluten free toast topped with field mushrooms 6.95

#### Smashed Avo (V) (VEO)

Smashed avocado, mini mozzarella, sunblush tomatoes, roasted pumpkin seeds, chilli oil & rocket on gluten free toast 7.25

*Add crispy streaky bacon 2.00*

*Add sliced roast chicken 2.50*

### Ploughmans

Ham, cheddar cheese, mustard, pickles, apple, red onion chutney, salad & gluten free bread 10.95

#### Little Book Salad (V)(VEO)

Mixed leaves, mini mozzarella, sunblush tomatoes, olives, avocado, honey & mustard dressing served with gluten free toast 8.95

## Light Bites

**Toast (V)(VEO)** Gluten free toast with jam, marmalade, nutella, marmite, peanut butter or honey 2.50

### Homemade Gluten Free Plain Scone

With butter 1.95

With Tiptree Strawberry jam 2.45

With jam & clotted cream 3.25

## LBC Cooked Breakfasts

### LBC Cooked Breakfast

Four rashers of smoked streaky bacon, field mushroom, roasted tomato, homemade baked beans, fried egg & gluten free toast 8.95

### LBC Vegetarian Breakfast

(V) (VEO) Field mushroom, homemade baked beans, oven roasted tomato, pan-fried halloumi, spinach, fried egg & gluten free toast 8.95

Sorry, no substitutions on our LBC breakfasts.

### Optional Extras

Avocado 2.00

Bacon – 2 rashers 2.00

Egg – poached or fried 1.25

Eggs – scrambled 2.00

Field mushroom 2.00

Halloumi 2.00

Homemade beans 1.50

Smoked salmon 3.50

Spinach 2.00

Toast – gluten free 1.25

Tomato 1.25

## Gluten Free Menu

### Little One's Menu

(For children or for those with little appetites)

#### Egg, bacon & gluten free toast

Choose either scrambled, fried or poached egg 3.95

#### Homemade beans & gluten free toast 3.50

#### Half a sandwich on gluten free bread with crisps

Ham 3.50 / Cheese 2.95 / Jam 2.75

#### Cheese on toast (V)

Cheddar & red Leicester melted on gluten free toast 2.95

**Ice Cream** – One scoop of strawberry, chocolate or vanilla 1.95

### Little one's drinks

**Milk** 0.60

**Orange squash/Ribena** 0.50  
(free refill)

**Fruit juice** – Orange; Cloudy apple or Cranberry 0.80

**Babycino** A cup of foamed milk topped with chocolate sprinkles 0.70

**Hot chocolate** with whipped cream & marshmallows 1.95

### Desserts

#### Neapolitan

Scoop of strawberry, chocolate & vanilla ice cream 4.25

#### Chocolate Fudge Cake

served warm with cream 4.25

#### Lemon Posset 4.25

*Also see our sweet treats blackboard for today's choice of homemade cakes*

### Coffees

**Double espresso** 1.75

**Americano** Milk optional. 1.95

**Café latte** 2.50

**Cappuccino** with a dusting of chocolate 2.50

**Flat white** 2.25

**Café mocha** 2.95

**Iced latte** 2.25

**Add a flavoured syrup** +0.45

*Caramel, Hazelnut, Vanilla, Gingerbread*

**Decaf coffee** available for all the above

### Hot chocolates

**Kokoa Collection**, made with real chocolate for true chocolate lovers

White (Ivory Coast) 3.50

Dark (Venezuela 58%) 3.50

Extra dark (Ecuador 70%) 3.50

**Classic hot chocolate** sweet & indulgent served with whipped cream & marshmallows 3.50

**Soya milk & skimmed milk** available

### Drinks

#### Teas

**Pot of English breakfast tea** 1.60

**Earl Grey** 1.95

**Decaf tea** 1.75

**Fruit & herbal teas** 1.95

*Peppermint*

*Green tea*

*Camomile*

*Redbush*

*Lemon & ginger*

*Strawberry & raspberry*

*Blueberry & apple*

**Chai tea latte** Spiced tea mixed with hot steamed milk 2.50

**Hot water, lemon & honey** 1.60

### Soft drinks

**Fruit juices** 1.95

*Orange; Cloudy apple; Cranberry;*

**Milkshakes** 3.25

Made with vanilla ice cream

Caramel

Strawberry

Vanilla

Gingerbread

Hazelnut

**Posh pops** 2.50

*Strawberry & rhubarb*

*Ginger beer with chilli*

*Elderflower*

*Cloudy lemonade*

**Coca-Cola;** 330ml glass bottle 2.35

**Diet coke** 330ml glass bottle 2.25

**Mineral water** still / sparkling 1.55

### Wines & Bottled Beers

*Please see the blackboard for this month's choice of wine & beer*

**Small bottle of wine (187ml)**

**White, Rosé or Red** from 4.95

**Prosecco** small bottle (200ml) 4.95

**Ale** (500ml) from 3.95

**Lager** (330ml) from 3.75

