



Labyrinth Holistic Cafe

Food For The Mind, Body & Soul

Hello and welcome to Labyrinth Holistic Cafe!

Here at Labyrinth we provide food for the Mind, Body & Soul.

Our food for the body is special.

ALL our food is Gluten Free.

We are fully accredited by Coeliac UK with an “A” grade

We also have Lacto Free, Dairy Free, Egg Free, Vegetarian & Vegan dishes for you to enjoy.

We haven't forgotten those who don't need a special diet or choose to eat meat,

We are very careful to ensure that never the twain shall meet.

All our chicken is Halal certified.

We operate a 100% gluten free kitchen, we have no gluten bearing products in our kitchen.

Our bread comes from an entirely wheat free bakery & we have a full list of ingredients for every dish served.

All our staff are fully conversant with most dietary needs and understand allergens

Also understanding the importance of the strict anti cross contamination rules that we operate under.

So please explain your requirements to us, we won't think you are fussy or awkward or faddy,

and we will do our best to get it 100% right for you, all you need to do is tell us what it is you require.

Some of our dishes contain oats but we use certified gluten free oats from Nairns, who are recommended by Coeliac UK and one of our cream substitutes is oat based, but this is produced by a company who only processes oats so there is no risk of cross contamination.

All we ask is that you be as specific as possible with your needs and PLEASE do not be afraid to ask as many questions as necessary to make you confident to eat in our lovely cafe.

Thanks for reading and enjoy your food!!



BRUNCH

Served all day from 10am 'til 3.30pm

Breakfast Butties

In a seeded bun or sliced farmhouse bread

* 1 item £2.50 * 2 items £3.50 * 3 items £4.50 *
extras 75p each *

*Bacon*Homemade Sausage Patty*

*Egg*Mushrooms*Vine Tomato*

Homemade Vegan Sausage Patty

Mature Cheddar Cheese

GO GOURMET FOR 50P

Upgrade to one of our yummy flatbreads

*Tomato & Garlic*Red onion & Chilli*Mushroom & Olive*

On Toast £2.95

*Mature Cheddar Cheese * Posh Baked Beans *

*Poached Eggs * Fried Eggs * Scrambled Eggs *
Mushrooms

Add smoked salmon or bacon to your scrambled eggs

for £1.25 extra

Lacto & dairy free cheese available

Omelette

*Plain £2.95 * 1 filling £3.25 * 2 fillings £3.75*

*Bacon * Cheese * Onion * Tomato *

*Mushroom *Herbs * Corn * Peppers * Chorizo *

Extras 50p each

Served with a side salad

Lacto & dairy free cheese available

Home Made Porridge £2.95

Served with honey , brown sugar or maple syrup

American Style Pancakes £2.95

Served with butter & Maple syrup

Add the following for £1.25 extra

Bacon Sausage*Blueberries*Banana*

Double up Pancakes for £2.00

Lacto, dairy & egg free versions available

Bubble & Squeak £3.25

Cabbage, Potato, onion, carrot & corn

Tower of loveliness.

Add an egg for 75p

Corned Beef Hash £4.25

Potato, carrot, onion & corned beef tower.

Add an egg for 75p

Brunch Potato Party £4.50

Fried potato bites topped with Crispy Bacon

Cheese & a Fried Egg ,BBQ sauce on the side if you like.

Kedgerree £5.25

Smoked haddock with, onion & peas folded into a mild
curried rice .Topped with a hard boiled egg

Knibbsy's Cheesy Thing £3.95

Egg, mature Cheddar & a little bit of
Kitchen Witch magic.

Served in a bun

Lacto & dairy free cheese available

Toasted Farmhouse Bread or Fruit Loaf

£1.75

With butter & preserves

LUNCH

Served from 12 noon 'til 3.30pm

BURGER BAR

All our meat burgers are Home Made with love

(Onion & seasoning being the only addition)

The Home made "not meat" version contains soya, and a selection of beans it is not only vegetarian friendly but vegan too.

So ladies and gentlemen choose your burger and add to it from the list for 75p per item.

1/4 lb Beef Burger £4.50

Grilled Chicken Breast £4.50

"Not Meat" Burger £4.50

Double up Burger £2.00

*Mature Cheddar*Goats Cheese*Mozzarella*

*Blue Cheese*Smoked Cheddar*Lacto Free Mature*

Vegan Cheddar Vegan Smoked Flavour*Vegan blue*

*Bacon * Egg * Mushrooms * Fried Onion * *Pineapple
* Chilli Relish*

*Chilli con carne *Chilli not carne (both £1.50 extra)

Or may we recommend....

Labyrinth Black & Blue Burger £5.50

Cajun spices & Blue Cheese

(beef,notmeat or chicken)

Spicy Bean Burger £5.00

Homemade of course

Soya, Mixed beans, Peppers, Cajun spice.

Old Smokey £5.95

Beef or Chicken topped with smoked bacon, smoked cheddar

And BBQ sauce

All Burgers are served with our Fabulous Salad

HOT SANDWICHES

Chicken, Mozzarella & Pesto £4.15

Mozzarella, Vine Tomato & Pesto £3.75

Chicken & Spicy Sausage £4.15

Grilled chicken ,Chorizo sausage Mayo, & Cheese

Spicy Tuna Melt £3.95

Tuna, Red onion, Mayonnaise, Cheese, Cajun spice

Cajun Chicken & Bacon £4.25

Chicken Breast and smoked bacon with mayonnaise

Philly Steak & Cheese £5.75

Strips of steak or "not steak" with onions, mushrooms, peppers & BBQ sauce topped with cheese and grilled

Posh Fish finger Butty £5.50

Two Homemade 100% cod loin (the chunky bit) Fish Fingers.

Served on a bed of leaves ,topped with mature cheddar.

Served with a side of homemade tartare sauce.

Triple Decker BLT £4.25

Bacon ,Lettuce & Tomato classic.

Add Chicken for £1.75

All Hot sandwiches are served with a side salad

Just a note about our salads

We like to make our salads interesting and tasty so they usually contain the following:

Mixed Leaves, tomato, cucumber, carrot, onion,celery and an assortment of fruits and berries from blueberries to kiwi fruit,grapes, strawberries etc basically whatever is in season or available.

They are assembled with individual elements so

PLEASE mention ANY ingredients you do not like or are sensitive to anything that may fall in the above categories and we will happily omit them for you.

The Famous Labyrinth Parmo £4.95

The much celebrated, debated & often berated,

Teesside Delicacy that is “The Parmo”

Essentially this is an “escalope” bread crumbed and topped with a rich béchamel sauce & cheese then grilled.

We offer FOUR versions

All prepared from fresh to order.

The Traditional – well nearly... it should be veal but ours is pork delicious none the less

Teessides Finest – Chicken of course (halal for those who observe)

Vegetarian – Homemade “fillet” topped in the traditional way

Vegan – Secret recipe of the Kitchen Witch, we will of course guide for allergens.

All versions can be lacto or dairy free & are coated in our own homemade GF crumbs

Your Parmo of choice will be served with our superb Labyrinth Salad & if you absolutely insist, Garlic Mayo.

House Specialities

Lasagne £4.95

Carnivore, Veggie or Vegan

Homemade of course and totally delicious.

Served with our super Labyrinth Salad.

Chilli £4.95

Con carne or

Not carne (veggie and vegan friendly)

Served with rice

Spaghetti Bolognaise £4.95

With Parmesan cheese if you like

Macaroni Cheese £4.50

Dairy free and Lacto free available

Kickin’ Chicken £4.95

A butterflied Chicken Breast with a choice of sauce.

Served with either Rice & mini salad or Mashed Potato & seasonal vegetables

Choose your sauce from:

Au Poivre - white wine, cream & green peppercorns

Diane – Brandy, Cream, Mushrooms, Wholegrain Mustard.

Allium – Leeks, Garlic, White wine, Cream.

Pizziola – Tomato, Onion, Herbs, Chilli.

Dansk – Blue cheese, Bacon, White wine, cream.

Au Citron – Lemon Butter

Hunters – Bacon, BBQ sauce & Cheddar.

Melissa – Honey and Mustard

Cajun Seasoned – with butter

Sauce of the day – Please ask.

All sauces can be lacto or dairy free if required.

(Yes even the creamy ones)

Sexy Sides

Creamy Mashed Potatoes £2.00 *

Cheesy Chivey Mashed Potatoes £2.50 *

Homemade Sweet Potato Fries £2.50

Potato Bites £2.00

Corn on The Cob with Butter £1.00 *

BBQ Beans £1.75

Purple Coleslaw £1.25 *

Garlic Bread £2.00 *

Cheesy Garlic Bread £2.95 *

Spicy Rice £2.00 *

Garlic mayo/chilli relish 75p *

*Vegan on request

Light Bites & Sharing

Soup of the day £2.95

Served with bread and butter

Loaded Spuds

Choose Sweet Potato Fries or Potato Bites

One topping £3.95

Two toppings £4.95

Choose from the following

*Chilli (con carne or not carne)*mature cheddar*

*Posh Baked Beans*Bacon *Bolognaise*

*Garlic butter*BBQ Beans* BBQ sauce*

*Mushrooms*Vegan Cheeses(all)*

We can add a spicy seasoning for no extra charge
please ask.

Nibble Tray

For one £2.95

For two £5.50

Warm Baguette with flavoured oils and vinegars

Pickles and olives.

(Vegan friendly)

Cheese & Crackers

2 cheeses £3.95

3 Cheeses £4.95

4 Cheeses £5.95

Please ask for today's cheeses

(Vegan selection available)

Cheesy Cheese Fondue £5.95

Perfect for Two

More Friends to share? Add £2.50 per person

Super Salads

Caesar Salad £3.95

Made the traditional way

With anchovies and Caesar sauce.

Add Chicken for £1.95

(Blackened on request)

Cajun Chicken Salad £4.25

Chunks of succulent Cajun spiced chicken

Served with mint yoghurt dressing.

Lemon & Lime Chicken Salad £4.25

Tasty chunks of seasoned chicken

Served with lemon mayonnaise.

Fish Cakes £4.25

Choose from Thai Crab or Tuna.

With Sweet chilli dipping sauce

Mexican Bean Bites £4.25

Delicately spiced mini bean burgers.

With Sour Cream or Cool salsa.

Add grated cheese for £1

(Vegan friendly)

Doorstop Sandwiches £2.95

In our yummy Farmhouse bread

Served with a side of crisps

***Tuna mayo** with cucumber or sweetcorn*

Egg Mayonnaise*Cheese & Onion

Cheese & Homemade Chutney

Cheese & Vine Tomato*Cheese Savoury

Mozzarella,Pesto & Vine Tomato

Crunchy Mixed Salad

ALL DAY BREAKFAST LABYRINTH STYLE

Served 10am-3.30pm

In our opinion Stockton's Ultimate Breakfast Experience!

All our food is top of the range quality (no catering sausages here!)

Therefore our breakfasts are not the cheapest in the area but they are definitely
(we think)

The Best!

Early Riser (3 items) £3.50

Peckish (4 items) £4.50

Hungry (5 Items) £5.50

Full Monty (6 Items) £6.00

Extras 50p each

Please Choose from the following list:

Smoked or Unsmoked Back Bacon

Homemade Pork , Veggie or Vegan sausage patty

*Black Pudding*Mushrooms*

Eggs Your Way(Fried ,scrambled or poached)

Posh Baked Beans Griddled Vine Tomato*

Potato Cake Black Pudding Potato Cake*

*Cheesy Potato Cake*Fried Potatoes*

*American Pancake*Eggy Bread*

Toast & Butter included in all Breakfasts.

Free refills on House Tea & Filter Coffee before Noon when purchased with a breakfast