

# Gluten Free Dining

at the

Centre for  
Alternative  
Technology



Canolfan y  
Dechnoleg  
Amgen

## Sample Lunch Menu

Soup of the day

served with a homemade gluten free bread roll

---

Tarka Dhal

Ratatouille

Vegetable Tagine

**(All served with rice  
and a selection of mixed salad of the day)**

---

Lemon Polenta Cake

Vegan Chocolate Brownie

Pumpkin Seed Cake

