



Here are some examples of the **Gluten Free** meals on our menu:

Moelwyn Mawr/Moelwyn bach cooked breakfast

GF Porridge with your choice of milk, served with fruit and honey

Avocado, poached egg and smoked salmon on GF toast

Range of GF sandwiches

Roast veg with hummus and olives (option to add garlic and lemon chicken)

Garlic and lemon chicken in a GF wrap with tzatziki, salad and fries

Chilli (meat or veg) with jacket potato, rice or quinoa

Curry of the day with rice

Minute steak with mushrooms, onions and blue cheese sauce, served in a gf sandwich, wrap or pitta bread with salad and fries

Gourmet GF burger with bacon and smoked cheese, served on a bed of salad or with gf bread, with fries.

Please state **Gluten Free** when ordering! *Thank you.*