

WEST KIRBY | Est. 2021

The  
**SAIL LOFT**

• COASTAL KITCHEN •

# GLUTEN-FREE

## MENU

**HOW DID WE DO?**

SCAN THE QR CODE  
TO GIVE YOUR FEEDBACK ONLINE



If you are ordering for someone with a food allergy or intolerance, please let as staff member know.

Our guest's safety is our greatest concern, and we are proud of the service we provide to those with allergies or intolerances. We work very hard with our teams and supplies to ensure all risks are minimized. However, you should be aware that we do use products containing Allergens in our kitchen and its always possible that cross-contamination could happen in preparing your order.

For this reason, we cannot guarantee that any dish is 100% allergen free.

# GLUTEN-FREE MENU

## Bacon on toast £4.50

Back bacon served on toasted gluten-free roll

## Sausage on toast £5.50

Sausage served on toasted gluten-free roll

## Smashed avocado **V** £5.50

Smashed avocado, tomato, lime, coriander & chilli on gluten-free roll

## Add a poached egg £1.00

## Eggs royale £8.50

Gluten free roll topped with smoked salmon, poached eggs and hollandaise sauce

## Eggs benedict £7.50

Gluten free roll topped with back bacon, poached eggs and hollandaise sauce

## Eggs mushrooms **V** £5.95

Gluten-free roll topped with mushrooms, poached eggs and hollandaise sauce

## Full English breakfast £8.50

Bacon, sausage, poached egg, beans, toast, mushroom, hash browns, tomato and gluten-free roll

## Kedgeree frittata £6.95

Our take on the classic smoked haddock, curried rice & egg frittata

## SANDWICHES

On a gluten-free roll served with salad garnish & home fried nachos

## Tuna mayonnaise with charred sweetcorn £4.50

## Mature cheddar cheese & tomato chutney **V** £4.50

## Falafel & houmous **V** £5.50

## Homemade soup of the day **V** £4.95

Served with gluten-free roll & butter

## Beer battered fish & chips £11.95

Freshly battered fish served with seasoned fries, mushy peas and tartare sauce

## Traditional scouse £9.95

Served with braised red cabbage, gluten-free roll & butter

## Vegan scouse **V** £8.95

Served with braised red cabbage

## The Sail Loft burger £10.95

6oz beef burger served in a gluten-free roll served with seasoned fries

## Add cheese £1.00

## Add bacon £1.50

## Fish finger butty £9.95

Beer battered fish served in a gluten-free roll with tartare sauce and crispy lettuce served with seasoned fries

## SIDES / SMALL PLATES

## Fries **VE** £2.95

## Houmous & gluten-free roll **V** £4.50

## Olives **VE** £3.95

## Side salad **VE** £3.95

**V** Vegetarian **VE** Vegan