

Gluten Aware Menu

v = veggie ve = vegan



Disclaimer: While Teal is pleased to offer gluten aware menu options, we are not a gluten free kitchen. We do everything we can to ensure cross-contamination does not occur, but our cafe is unable to guarantee that any item can be completely free of allergens. Guests are encouraged to their own satisfaction, to consider this information in light of their individual requirements and needs.

Eggs Benedict 2 Poached Eggs and Teal Baked Ham on GF Toast with Hollandaise Sauce 11.75

Teal GF Breakfast 4 Rashers of Smoked Back Bacon, 2 Fried Eggs, Beans, Hash Brown, Steamed Mushroom, Baked Half Tomato, GF Toast 13.25

Veggie Breakfast 2 Fried Eggs, 2 Hash Brown, Beans, Steamed Mushroom, Baked Tomato, GF Toast (v) 11.50

Eggs Royale 2 Poached Eggs and Smoked Salmon on GF Toast with Hollandaise Sauce 12.60

Smashed Avocado with Crumbled Feta 2 Poached Eggs, Watercress and Toasted Seeds on GF Toast, with a Balsamic and Chilli dressing (v) 12

Vegan Smashed Avocado (ve)
With Baked Tomato, Mushrooms, Watercress and Toasted seeds on GF Toast with a Balsamic Chilli dressing 11

Smoked Salmon & Scrambled Egg
with GF Toast 12

Just Eggs (v) – Poached or Scrambled on GF Toast 7.20

Teal Baked Ham, Eggs and Chips 12.25

Green Smoothie
Mango, Spinach, Banana, Coconut Milk 5.2

Red Smoothie
Red Berries, Banana, Apple Juice 5.2

Sunshine Smoothie
Pineapple, Orange Juice, Banana, Passion Fruit with a hint of Fresh Ginger 5.2

Milkshakes Chocolate, Strawberry, Banana, Vanilla, Salted Caramel 5.2 (NB: Biscoff is not GF)
alternative milk 50p extra, marshmallows (v) 25p, cream (v) 25p

A Chai Latte and a Dirty Chai Latte are delicious GF alternative to tea or coffee.
Our **Turmeric Latte Elixir** is GF, caffeine free, can be dairy free and has no artificial colours or flavours.

A 10% discretionary service charge will be added to all orders

Baked Potato With your choice of Cheese (v), Beans (v), Tuna Mayo, Coleslaw (v or ve on request) (extra filling 1) 8.75

Halloumi and Feta Salad (v) 11.5

Double Bacon Cheese Burger with Teal Burger Sauce, Tomato, Lettuce, Onion Sprinkles, Coleslaw, Onion Rings and Chips on GF bun 13.75

Halloumi Burger Teal Sweet Chilli Mayo, Tomato, Lettuce, Pineapple, Coleslaw and Chips on GF bun (v) 13.25

Toasties

Ham and Cheese 8
Tuna Mayo and Cheese 7.75
Brie, Bacon and Cranberry 8
Cheese and Tomato 7.5

Sandwiches on GF Bread

Ham and Cheese 8.20
Tuna Mayo and Cucumber 8
Cheese and Tomato (v) 8.25
Bacon 8.25 (add an egg 1)