

Gluten Free Menu

Appetisers

- Selection of Rice Crackers with Avocado Hummus, Roasted Beetroot Hummus and Pesto (GF)
 - Grilled Vegetable Salad (Ve, GF)
- Pancakes with Salmon and Mascarpone (GF)
 - - Pumpkin Soup (GF, Ve)

Mains

- Pumpkin and Spinach Lasagna (Ve, GF)
- Eggplant, Tomato and Mozzarella Tart (V, GF)
 - Quiche Lorraine (GF)
 - Meatballs with Spaghetti (GF)
 - Chicken Stew with Brown Rice (GF)
 - Grilled Cheese Waffle Sandwich (GF)

Desserts

- Peanut Butter Bites (GF, Ve)
- Mini Banoffee Cups (GF, Ve)
- Sticky Toffee Date Bites (GF, Ve)
- Caramel Crumble Brownie Bites (GF, Ve)
- Mini Cupcakes (Vanilla/Chocolate/Banana/Carrot) (GF, Ve)
- Mini Cookies (Chocolate Crinkle/Choc Chip/Macadamia/Oatmeal & Raisin) (GF, Ve)

V = Vegetarian

Ve = Vegan

GF = Gluten Free

LS = Low sugar

Providing quality food and service alongside employment opportunities for young adults with special educational needs