

The Gluten Free Social Brunch - Available until 3pm

A Gluten Free Proper Full English Double bacon, double free range 'Block and Bottle' Old Spot sausages, Northumberland free range fried egg (fried, poached or scrambled), hash brown, mushrooms, beans & a slice of buttered gluten free toast 12 ◦

Gluten Free Halloumi and Eggs Fried halloumi, 3 Northumberland free range poached eggs drizzled with our house made herb oils. Mushrooms, wilted spinach and a slice of buttered gluten free toast 13 ◦

A Nice Bit of Hash – Gluten Free - Big pile of our home fried potatoes in a spice and herb seasoning, mushrooms, our avo, corn & black bean guacamole, topped with our smoky tomato sauce, crunchy peppers, coriander with mature cheddar or vegan cheese. 12 ◦◻◇

Gluten Free Julio Geordio's Eggs Rancheros *Mexican Roots but with a Northern Accent*

Chunks of potatoes fried with crispy 'Block and Bottle' free range smoked streaky bacon and topped with three Northumberland free range fried eggs, Block and Bottle cured free range Nduja Sausage, Doddington Cuddy's Cave cheese and our own black bean, corn & avo guacamole + salsa 14 ◦◇

This dish has been designed to showcase all our core beliefs.

Each main element of this dish is not only free range, not only from one of our small business friends but bought right here on our North East door step

Gluten Free Eggs Benny Two poached Northumberland free range eggs on top of buttered gluten free toast, topped with Hollandaise with either **crispy bacon** or **Halloumi** (+1) 10 ◦

Asian Style Gut Friendly Super Food Bowl

Free range crispy **Belly Pork** from our local Block&Bottle butcher or **Halloumi** (or both +£3) smashed avocado, 2 fried free range eggs, homemade Kimchee, fresh spinach, all topped with sesame seeds & a honey and soy dressing 14 ◦

**Zero carb, good fats, locally sourced, free range & grass fed meat & free range eggs makes this completely packed full of prebiotics, probiotics and polyphenols. This breakfast is an all round good clean bowl of food.
Highly recommended!**

Gluten Free Breakfast Sarnies Served in gluten free toast.

Fried crispy bacon sarnie 5.5 ◦ ◻ (available with gluten free vegan bacon)

Fried crispy bacon & free range Northumberland Egg sarnie 7 ◦ (available with gluten free vegan bacon)

Free range Block and bottle Old Spot sausage sarnie 6 ◦

Granola Breakfast Bowl Our home made crunchy cinnamon granola on a bowl of thick and creamy Greek yoghurt with dark berries and big drizzle of sweet honey and raspberry coulis 7

Gluten Free Homemade Cinnabuns A soft doughy bun layered with a super sweet cinnamon filling and topped with a cream cheese frosting 6

Did you know.....All the cakes in our cake cabinet are gluten free and home made!

ALLERGENS: If you have a food allergy, intolerance or coeliac disease, please speak to a member of staff before ordering. Certain dishes can be made PLANT BASED ◻ GLUTEN FREE ◦ DAIRY FREE ◇ where you see the symbol so let us know your requirements so we can adapt the dishes accordingly

The Gluten Free Social Lunch and Beyond

Available from 11.30pm

Gluten Free Rice Bowls

Chilli - Homemade **beef or vegan chilli**, organic black rice, roasted padron peppers, leaves, homemade naked slaw, sweetcorn and black bean guacamole topped with chipotle mayo, served with our own homemade gluten free cornbread 12 ◻ ◊

Lebanese - choose from marinated boneless fried **chicken thighs** or **halloumi (or both +£3)** with organic black rice, beetroot houmous, roasted padron peppers, carrot and orange salad, topped with a yogurt, honey and za'atr dressing with toasted gluten free flatbread 12 ◻ ◊

Homemade Gluten Free Burgers

Our own homemade quarter pounders are made with free range beef from block and bottle beef, served on a toasted gluten free brioche bun with french fries and slaw

The Classic Social Burger just a great quality beef patty, with relish, tomatoes & mixed leaves, served with french fries and slaw 12 ◻ ◊

The BBQ Burger topped with dry cured smoked block and bottle streaky bacon, hash brown, melted cheese & bbq sauce served with french fries and slaw 14 ◻ ◊

The Chicken Parm breaded chicken breast, topped with melted cheese, cornichons & tomato & chilli relish. served with french fries and slaw 12 ◊

Gyros Choose either **fried halloumi**, or **chicken (or have both +3)** with in our spice marinade, served in a soft gluten free flatbread with salad, beetroot houmous, tomato and chilli relish, mint yogurt and fries 12 ◻

Loaded Fries A big pile of crispy fries topped with either **beef or plant based chilli** or warm **Cajun seasoned chicken breast**. Add salsa, our homemade black bean, corn and avo guacamole, sour cream with crunchy fresh peppers, coriander & jalapeño peppers all topped with cheddar and mozzarella and a good drizzle of chipotle Mayo. 12 ◻ ◊

Lebanese Salad **Chicken** or make **plant based with beans**, beetroot houmous, spinach, olives, sundried tomatoes, carrot, red cabbage in a pomegranate dressing and topped with mint yogurt 10 ◻ ◊

BBC Stack Warm crispy bacon smothered in melting brie with a sweet cranberry sauce and caramelised red onion in gluten free toast 8.5 ◻ ◻

Italian Stack Warmed shredded chicken breast marinated in homemade pesto with sun dried tomatoes, sweet drop peppers, melting mozzarella and cheddar and a pile of wilted spinach in gluten free toast 8.5 ◻

Classic club sandwich Choose either **crispy bacon & chicken breast** or go veggie with **haloumi and plant based bacon**. Served in triple decker of gluten free toast with crunchy spinach, cherry tomatoes and the essential lashings of Mayo. 9 ◻ ◊

The Social Salt Beef Sandwich – Gluten Free

As New York as it comes, as local as can be

A big pile of our own in house Salt Beef, in gluten free toast, topped with Doddington's Cuddy's Cave artisan cheese, spinach, cornichons, melting mozzarella and a honey and mustard dressing 11 ◻ **Add side of fries +3.5**