



# **GLUTEN-FREE MENU**

Monday - Saturday | 11am - 4pm Please make sure to inform the staff if you are Gluten-Free

#### **DID YOU KNOW B:MUSIC IS A CHARITY?**

By donating today, you can help us nurture the music stars of the future and help us with our mission – to inspire a love of live music through our life-changing education and outreach programmes. Scan here to find out more and make a gift. Our team don't accept tips but would be delighted if you'd consider donating instead. Thank you.

Registered Charity 1053937



# **BRUNCH** (Served all day)

#### **B:EATS BRUMMIE BREAKFAST £14.50**

Comes with sausage, bacon, roasted tomato, roasted mushroom, house baked beans, hash brown, and your choice of either poached, fried or scrambled egg and gluten-free bread

#### **SHAKSHUKA (V)** £10.50

A spiced vegetarian dish of tomatoes, peppers, and onions, with a baked egg. Served with smashed avocado and gluten-free bread

#### **VEGGIE BREKKIE (V)** £13.00

Comes with veggie sausage, roasted tomato, roasted mushroom, house baked beans, hash brown, smashed avocado, and your choice of either poached, fried or scrambled egg and gluten-free bread

#### **SMOKED SALMON & SCRAMBLED EGGS** £9.50

With chilli oil and chives, served on gluten-free bread

# **LUNCH AND SARNIES**

#### HALF-POUNDER CHEESE AND BACON BURGER £14.00

Two quarter pound beef burgers topped with cheese, streaky bacon and our house burger sauce, on a gluten-free burger bun, with lettuce, tomato and gherkins. Served with house fries

#### **MIDDLE EASTERN LAMB TAGINE £10.00**

Marinated lamb shoulder in a smoky ragu, with rice and a mint yoghurt dressing

#### **ENSEMBLE** £10.00

Roast chicken, bacon, shredded iceberg lettuce, smashed avocado, tomato and bacon mayo on gluten-free bread with house fries

#### **THE CODFATHER £10.00**

Hand battered cod, house tartare sauce and shredded iceberg lettuce on gluten-free bread with house fries

# **THE BREAKFAST SARNIE** £9.00

Bacon, egg and sausage with either red or brown sauce on gluten-free bread with a side of hash browns

# THE VEGAN PHILLY CHEESE (VE) £9.00

Plant-based steak slices, pan-fried peppers and onions, vegan cheese, vegan mayo, and shredded iceberg lettuce, on gluten-free bread with house fries

# ROAST SPICED CAULIFLOWER WITH CHICKPEAS (VE) £9.00

Indian inspired roasted cauliflower and chickpeas, with red onion, baby leaf spinach, and coconut milk yoghurt

### **BIRMINGHAM SOUP £8.00**

A hearty beef and vegetable broth served with gluten-free bread and salted butter

#### THE TOASTMASTER

Grilled cheese sandwich on gluten-free bread with house fries (vegan cheese available upon request)

Ham and Cheese	£8.50
Cheese and Tomato (V)	£7.50
Cheese antd Onion (V)	£7.50
Just Cheese (V)	£7.50

# **SIDES**

**HOUSE FRIES (V)** £4.00

POACHED, SCRAMBLED, OR FRIED EGG (V)  $\pounds 3.00$ 

**BACON** £3.50

SMASHED AVOCADO (V) £3.00  $\,$ 

GLUTEN-FREE TOAST WITH SALTED OR VEGAN BUTTER (V) £2.50

All our food is prepared in kitchens where nuts, gluten and other allergens may be present. We regret we cannot guarantee any of our products are free from nuts or derivatives of nuts, or that our fish or poultry products do not contain bones. We source fish from sustainable sources. (V) suitable for vegetarians, (VE) suitable for vegans. If you have a food allergy or intolerance, please speak to a member of our team to let us know before you place an order. A gluten free menu is available upon request – or if you have any questions, please don't hesitate to speak to a member of our team. Thank you.

TAKE A SEAT, CHOOSE YOUR TREAT,
MAKE A NOTE OF YOUR TABLE NUMBER
AND ORDER AT THE BAR