

DAIRY FREE MENU

All dishes on this menu are suitable for dairy free and therefore lactose intolerant customers. For those customers who also choose not to eat eggs, we have also highlighted where they form part of the dish

£5 BREAKFAST MENU

**Served until 12pm
every day**

PLEASE NOTE:

toast is served using dairy free spread

DAIRY FREE & EGG FREE BREAKFAST

*Locally sourced bacon rasher, locally sourced sausage, a grilled tomato & mushrooms & a hash brown Served with a slice of toast
Bottomless Filter Coffee or Tea (PF)*
5.00

GLUTEN FREE BREAKFAST

*Locally sourced bacon rasher, **two free range eggs**, a grilled tomato & mushrooms & a hash brown Served with a slice of GF toast (**contains eggs**)
Bottomless Filter Coffee or Tea (PF)*
5.00

VEGETARIAN BREAKFAST ✓

*Grilled tomato, mushrooms, hash brown, baked beans and **two free range eggs**. Served with a slice of toast
Bottomless Filter Coffee or Tea*
5.00

BACON & EGGS

*Three rashers of bacon with **two free range eggs**. Served with two slices of toast
Bottomless Filter Coffee or Tea (PF)*
5.00

BACON & FRIED EGG SANDWICH

*Two locally sourced bacon rashers with a **free range fried egg** on granary or white bread
Bottomless Filter Coffee or Tea (PF)*
5.00

POACHED/FRIED OR SCRAMBLED EGGS ON TOAST

***Two eggs** on two slices of toast, served with grilled mushrooms & tomato
Bottomless Filter Coffee or Tea (PF)*
5.00

£5 CAKE & COFFEE

Carrot Cake (contains eggs**) with any regular tea or coffee, Available all day**

We also offer a weekly dairy free special, so please check when ordering

MAIN COURSES

SEA FOOD PLATTER

Our famous sea food platter, a trio of fine seafoods, crayfish, smoked salmon & prawns, served on a bed of mixed leaves
11.95

ASPARAGUS & SMOKED SALMON ROSTI

Pan fried asparagus on a rosti potato cake with smoked salmon
10.95

HOME MADE CORNED BEEF HASH

*Pan fried baby new potatoes with corned beef and onion, served with fire roasted tomatoes, **topped with a poached egg***

9.95

FISH & CHIPS

*(**batter contains eggs**)*

9.95

SCAMPI & CHIPS

*(**coating contains eggs**)*

8.95

HOME MADE BEEFBURGER

Served on a bread roll with chips and salad garnish
9.95

HOME MADE MUSHROOM BURGER ✓

Served on a bread roll with chips and salad garnish
9.95

HOME MADE SOUP

HOME MADE SOUP ✓

Served with bread and dairy free spread
5.50

SALADS

CARVED HAM SALAD

Freshly carved ham served with mixed leaves & seasonal salad
7.95

GOURMET SANDWICHES

All sandwiches are made using dairy free spread

PRAWNS with lemon

5.50

CRAYFISH TAILS with lemon

6.95

SMOKED SALMON with Lemon & Ground Black Pepper

5.75

CARVED HAM SALAD

5.50

TUNA with Cucumber

4.95

HOT TOASTIES

TUNA & TOMATO

Tuna and Tomato on toasted bread, served with a salad garnish
5.95

HAM & TOMATO

on toasted bread, served with a salad garnish
5.95

WHEN ORDERING, PLEASE ADVISE THAT YOU ARE DAIRY/LACTOSE FREE AND WHETHER YOU ARE OK WITH EGGS

Lunch dishes are available from 12pm onwards

www.bensonsrestaurant.co.uk