

special Dietary Menu

EL TICO
Beach cantina

Non gluten options

Dishes with no gluten containing ingredient

Breakfast

FULL BREAKFAST
exclude sausage & black pudding

CANTINA VEGGIE BREAKFAST
exclude Ciabatta

EGGS - SCRAMBLED OR POACHED
exclude toast

TICO HASH

HEARTY HEALTHY BREAKFAST
exclude toast

FRUIT PLATTER
exclude granola

MAPLE CRUNCH
exclude granola

appetizers

ANTIPASTO PLATTER
exclude crostini

VEGETARIAN MEZZA PLATTER
exclude bread

KING PRAWNS
exclude batter – ask for grilled

SMOKED HADDOCK & POTATO CHOWDER
exclude bread

salads

BUTTERNUT SALAD – *exclude soy seeds*

WARM SALAD

GRILLED CHICKEN, PRAWNS OR EGG
all exclude croutons

SUPER SALAD - CHICKEN OR SALMON
exclude soy seeds

DRESSINGS

PESTO, BLUE CHEESE, BALSAMIC, FRENCH

GAMBAS
Exclude bread

fish

MOULES
exclude bread

FISH & CHIPS
exclude batter – ask for grilled

spice

JUNGLE CURRY
exclude naan bread

MEXICAN 3 BEAN CHILLI
exclude corn bread

CHICKEN & KING PRAWN PAD THAI

ASIAN EGG NOODLE BROTH
exclude egg noodles, ask for rice noodles

meat

EL T'S REEF & BEEF

CHAR-GRILLED PRIME RIB EYE

PULLED PORK
exclude bread

sides

HAND CUT CHIPS

COLESLAW

FRIES

OLIVES

sweets

CHOCOLATE BROWNIE

ICE CREAM

PAVLOVA SUNDAE

BANANA FRITTERS

MINIOTI ICE CREAM TUB

Please note that nuts, gluten, dairy, shellfish and other allergens are present in our kitchen. We cannot guarantee that they are not present in any of the food we cook. IF YOUR ALLERGY IS SO SEVERE AS TO CAUSE YOU DISCOMFORT OR HARM, PLEASE DO NOT EAT OUR FOOD.

vegan dishes

OLIVES - £2.50

MIXED LEAF SALAD - £3.50

VEGAN MEZZA PLATTER - FOR 1 OR 2

Falafel, olives, humus, sun-blush tomatoes, quinoa, flat bread - £7.50

GOAN TOFU SWEET POTATO CURRY

Spinach, chick peas, turmeric, marsala spice, basmati rice & naan - £11.95

WARM SALAD SAUTE WILD MUSHROOMS

Leaves, green beans, avocado, croutons, lemon vinaigrette - £10.95

TICO SUPER SALAD

Quinoa, kale, pomegranate, avocado, toasted seeds, sweet potato, beetroot, lemon vinaigrette - £11.95

ROASTED BUTTERNUT SQUASH SALAD

Beetroot chutney toasted soy seeds, balsamic vinaigrette - £11.95

contains nuts

These dishes contain nuts & seeds and cannot be changed

GOATS CHEESE - *WALNUTS*

RIBS - *SESAME SEEDS*

PENNE PESTO - *PINE NUTS*

JUNGLE CURRY - *PEANUTS*

BANANA CHOCOLATE SUNDAE - *NUTS*

These dishes contain nuts but can be changed on request by excluding the items highlighted in red - *Please make this clear to the Tico Team when ordering.*

CANTINA VEGGIE BREAKFAST - *PINE NUTS*

BUTTERNUT SQUASH SALAD - *SEEDS*

DUCK SALAD - *SESAME OIL & SEEDS & DRESSING + NUTS*

SUPER SALAD - *PINE NUTS & SEEDS*

WARM SALAD - *PINE NUTS & ASIAN DRESSING*

PAD THAI - *PEANUTS*

DRESSINGS

TERIYAKI / ASIAN -- *SEEDS*

PESTO -- *PINE NUTS*

ALLERGY INFORMATION

With the rise in allergies and the risk they pose to both customers and businesses, we would like to give more information to help you understand our position.

We hand make all our food in our kitchen from an extensive supply of ingredients in all forms, and so all known allergens are present in EL Tico. Human error and or cross contamination is always a risk at any level; from a missed ingredient, a misunderstood instruction, or simply the slightest trace of an allergen on a chopping board, knife or saucepan. We simply do not know the sensitivity or severity of the allergy a customer may have, and it would be irresponsible of us to make a declaration as to the safety of a product, if the outcome may involve severe discomfort or worse.

The safety and welfare of our customers is our absolute priority. Because of the way we make our food, we unfortunately, really have no choice but to say, that if your allergy is so severe as to cause you harm, please do not eat any of our food, as we cannot guarantee that the product you ordered is free from allergens.

Some may say we are avoiding our responsibility. But we say we are being very responsible and super cautious by making our customers fully aware of our position, and not taking a risk with someone's health or welfare. We hope you agree.

Stay safe and if you have a doubt about what is in your food, please do not take the risk.

If you have any comments or would like to discuss this with us, then please get in touch. We would love to hear from you
comments@elticojersey.com