

Non gluten options

Dishes with no gluten containing ingredients

Breakfast

FULL BREAKFAST
exclude sausage & black pudding

CANTINA VEGGIE BREAKFAST
exclude Ciabatta

PORRIDGE
exclude granola

COCONUT PORRIDGE

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

fish

GAMBAS
Exclude bread

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 allergens such as nuts, gluten, dairy and shellfish are present in our kitchen and we cannot guarantee that they are not present in any of the food we cook.

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*

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