

## GLUTEN-FREE MENU

It is important that the food we serve you meets your dietary requirements.  
Please clearly tell your server that you require a gluten-free option.

### BREAKFAST

LA SALLE VEGETARIAN  
BREAKFAST [V] £8.95  
2 fried, scrambled or poached eggs,  
roasted tomato, spinach, sautéed  
mushrooms, cannellini bean ragout,  
parmentier potatoes, aioli, gluten-free toast

### OMELETTE

3 egg omelette, sautéed spinach and  
parmentier potatoes with your choice of:  
smoked ham £8.75  
smoked salmon £9.75  
cheese [V] £8.25  
sautéed mushrooms [V] £8.50

SCRAMBLED EGGS ON TOAST £5.95  
3 eggs scrambled on gluten-free toast [V]  
add: bacon £1.50 / smoked salmon £2.50

### SMALL PLATES

KING PRAWNS £7.95  
grilled king prawns with mango,  
chilli & red onion salsa

CAMEMBERT [V] £6.95  
baked Camembert, Mediterranean  
relish, celery, gluten-free bread

SOUP [V] £6.00  
today's seasonal soup, gluten-free bread

BREAD PLATTER [V] £6.95  
gluten-free bread, hummus, olives,  
aioli, vinegars, dipping oils

### BURGERS

Our burgers are served with new  
potatoes or house salad

CHICKEN BURGER 'LA SALLE' £14.25  
chargrilled chicken fillet, bacon slices,  
melted Camembert, in a gluten-free  
bun with gem lettuce, tomato and onion,  
side of baconnise

HAMBURGER £12.95  
prime beef burger, in a gluten free bun,  
side of truffle mayonnaise

### LIGHT MAINS

KING PRAWN SALAD £13.75  
king prawns, gem lettuce, rocket,  
Marie Rose sauce, sliced apple, red  
amaranth and Espelette pepper

### CHICKEN BREAST SALAD £13.25

chargrilled chicken breast, crisp bacon,  
avocado, baby gem, rocket, kale and  
flame roasted peppers dressed with  
French vinaigrette

GARDEN SALAD [VE] £11.25  
baby gem, chicory and peashoots with  
roasted squash, beetroot, roquito chilli  
pearls, radish, asparagus, peas, omega  
sprinkles and French vinaigrette  
add smoked salmon or chargrilled chicken £2.50

### RISOTTO [V] £11.75

a light risotto seasoned with fresh  
rosemary with courgette, asparagus,  
peas, baby plum tomatoes and peashoots  
add smoked salmon or chargrilled chicken £2.50

### GRILLS

Our grill selection is served with new  
potatoes or house salad

8OZ 35 DAY AGED SIRLOIN  
STEAK £19.50  
watercress and radish garnish

BLACK ANGUS RIBEYE  
STEAK £22.50  
watercress and radish garnish

DUCK £14.95  
whole oven roasted Barbary duck breast

SALMON FILLET £13.50  
skin on fillet of salmon

CAULIFLOWER STEAK [VE] £8.95  
2 piri piri roasted cauliflower 'steaks'

SAUCES add a sauce for £1.50  
Creamy Mushroom [V]  
Thyme Jus [V]

### SANDWICHES

Our open sandwiches are served on  
gluten-free bread, with salad.

LE CLUB £12.95  
melted Camembert cheese, crisp  
bacon, chargrilled chicken breast,  
avocado, salad, garlic aioli

STEAK £12.95  
chargrilled rump steak, frisée, rocket,  
watercress, radish, garlic aioli

SALMON AND AVOCADO £11.95  
smoked salmon, avocado,  
baby watercress, radish

AVOCADO [V] £10.25  
avocado, flame roast pepper, toasted  
seeds, radish, baby watercress

### SIDES

SPINACH & KALE [V] £3.25  
NEW POTATOES [VE] £3.25  
LA SALLE HOUSE SALAD [VE] £3.25  
CAULIFLOWER COUSCOUS [VE] £3.50  
with pomegranate and roasted pecans

### DESSERTS

LEMON TART [V] £6.00  
crème fraîche

WHITE CHOCOLATE AND  
RASPBERRY GANACHE [V] £6.00  
smooth white chocolate dessert,  
fresh raspberries

SELECTION OF CHEESE £8.00  
selection of French cheese,  
gluten-free biscuits, chutney

SELECTION OF ICE CREAM /  
SORBET [V] £5.50  
please ask your server for  
today's flavours

COCONUT PANNAHOTTA  
[VE] £5.50  
coconut pannacotta style dessert,  
lime marinated pineapple slices,  
dark chocolate curls

## VEGGIE & VEGAN MENU

[GO] CAN BE MADE GLUTEN FREE ON REQUEST **VE** VEGAN  
FULL ALLERGEN MENUS AVAILABLE ON REQUEST

### BREAKFAST

LA SALLE VEGETARIAN  
BREAKFAST [GO] £8.95  
2 free-range fried, scrambled or  
poached eggs, roasted tomato, spinach,  
sautéed mushrooms, cannellini bean  
ragout, parmentier potatoes, aioli, toast

SMASHED AVOCADO  
ON BRIOCHE £8.50  
2 poached eggs, roasted red pepper, red  
onion & tomato salsa, basil, Espelette pepper

GRANOLA £6.00  
roasted pumpkin seeds, pecans,  
papaya, cranberry, fresh kiwi and fresh  
raspberries. Served with Greek yoghurt,  
vegan soya yoghurt **VE** or milk

EGGS BENEDICT £7.50  
free-range poached eggs on a toasted  
muffin with Hollandaise sauce and  
garlic infused spinach

OMELETTE [GO]  
free-range 3 egg omelette, sautéed  
spinach and parmentier potatoes with  
your choice of:  
cheese £8.25  
sautéed mushrooms £8.50

SCRAMBLED EGGS ON  
TOAST [GO] £5.95  
3 free range eggs scrambled on toast

WARM SWEET WAFFLE  
with your choice of:  
fresh fruit compote and crème fraiche £6.25  
speculoos sauce and whipped cream £6.25  
nutella and raspberries £6.25

PASTRY £2.50  
croissant, pain au chocolat, pain au raisin

### SHARER

VEGETARIAN SHARING  
BOARD £12.95  
lightly roasted vegetables, artichoke  
purée, smoked harissa houmous,  
Roquito chilli pearls, sundried  
tomatoes, mixed olives, sliced baguette

### LIGHT BITES

CAMEMBERT £6.95  
baked Camembert, Mediterranean  
relish, celery, baguette

SOUP [GO] £6.00  
today's seasonal soup, baguette

BREAD £2.50  
French baguette, butter

BREAD PLATTER [GO] £6.95  
bread, hummus, olives, aioli,  
vinegars, dipping oils

### LIGHT MAINS

VEGAN GARDEN SALAD  
[GO] £11.25 **VE**  
baby gem, chicory and peashoots with  
roasted squash, beetroot, roquito chilli  
pearls, radish, asparagus, peas, omega  
sprinkles and French vinaigrette

SUNDRIED TOMATO AND PESTO  
MAC AND CHEESE £11.25  
gourmet macaroni cheese with pesto,  
sundried tomatoes and a balsamic  
and rosemary glaze

### GRILLS

VEGAN CAULIFLOWER  
STEAK [GO] £8.95 **VE**  
2 piri piri roasted cauliflower 'steak'  
served with potatoes or house salad

SAUCES add a sauce for £1.50  
Béarnaise Creamy Mushroom [GO]  
Peppercorn Thyme Jus [GO]

### BURGER

VEGAN GREEN  
BURGER £12.95 **VE**  
pea and broad bean patties, flame  
roasted red pepper, artichoke purée,  
coriander chutney, roasted butternut  
squash in soft floured bun with gem  
lettuce, tomato, onion and house salad

### SANDWICHES

AVOCADO [GO] £10.25  
avocado, flame roast pepper,  
toasted seeds, radish, baby watercress,  
served with a house salad

### SIDES

SPINACH & KALE [GO] £3.25  
PESTO MAC 'N' CHEESE £3.50

### VEGAN SIDES

NEW POTATOES  
[GO] £3.25 **VE**  
LA SALLE HOUSE  
SALAD [GO] £3.25 **VE**  
CAULIFLOWER COUSCOUS  
[GO] £3.50 **VE**

### DESSERTS

LEMON TART [GO] £6.00  
crème fraîche

WHITE CHOCOLATE AND  
RASPBERRY GANACHE  
[GO] £6.00  
smooth white chocolate dessert,  
fresh raspberries

SELECTION OF ICE CREAM/  
SORBET [GO] £5.50  
ask your server for today's flavours

VEGAN COCONUT PANNA  
COTTA [GO] £5.50 **VE**  
coconut pannacotta style dessert,  
lime marinated pineapple slices,  
dark chocolate curls

COFFEE LIEGOISE £5.50  
chocolate and coffee ice creams,  
Chantilly cream, espresso syrup,  
chocolate sauce, chocolate crumble

WARM SWEET WAFFLE  
nutella and raspberries £6.50  
speculoos and whipped cream £6.50

Our eggs come from free-range farms. If you suffer from allergies, please ask a waiter for more information. Our dishes are prepared in kitchens where nuts, flour etc. are commonly used, so we cannot guarantee our dishes will be free of traces of these products. All dishes may contain items not mentioned in the description. Our tipping policy is available at [casualdininggroup.co.uk](http://casualdininggroup.co.uk).