



## gluten free menu

Welcome to The Alex Café Bar, this is our gluten free menu.

These are dishes from our main menu that our chefs can adapt for you by substituting and omitting ingredients containing gluten.

However, as all our food is prepared and cooked in house, and gluten is an air-born allergen, we cannot guarantee against contamination.

When ordering from this menu

**please tell your server that you require your meal to be gluten free.**

**Please note:** Our chefs can make batter with GF flour for your fish, and our chips are GF, but they are cooked in the same fryer as non GF items.

## appetisers

Mixed olives, nuts, or tortilla chips & salsa	£2.95
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## all day breakfasts

GF breakfast	£10.95
- scrambled eggs, best back bacon, grilled tomato, baked beans, sautéed mushrooms & toast	
Best back bacon butty	£4.95
Scrambled eggs on toast V	£4.75
with mushrooms V	£5.75
with bacon	£6.45
with smoked salmon	£7.95
2 soft poached eggs & hollandaise sauce on toast	£4.95
Eggs Benedict - with Suffolk ham	£6.25
Eggs Florentine - with spinach V	£5.95
Eggs Blackstone - with bacon & tomato	£6.75
Eggs Alligator - with avocado V	£6.75
Eggs Royale - with smoked salmon	£7.95
Freshly squeezed orange juice	£3.25

## café favourites

Freshly made soup with bread V	£4.75
Suffolk ham & mature Cheddar toastie with onion marmalade (or mature Cheddar & tomato V)	£6.95
BLT - bacon, lettuce & tomato toastie	£7.25
Stilton, apple, celery & pumpkin seed salad	£7.95
Bubble & squeak cakes, 2 fried eggs, spicy tomato sauce V	£6.95
Chicken, avocado & mango salad, orange & cashew dressing	£10.95
Shredded duck with oriental salad & hoisin sauce	£9.95
Smoked haddock kedgeree, soft poached egg & crispy onions	£10.75
Glazed Suffolk ham, 2 fried eggs & chips (see note)	£9.95
Battered cod with chips, peas & tartare sauce (see note)	£9.95
Nachos with cheese, chillies, salsa, guacamole & sour cream V	£10.95

food served  
9am to 9pm  
every day

all our  
eggs are  
free range

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## children's meals

Breakfast - bacon, scrambled egg, beans & toast	£4.50
Freshly made soup with bread V	£2.45
Scrambled eggs on toast V	£2.75
Beans on toast V	£2.45
Beans & Cheddar cheese on toast V	£3.95
Battered cod, peas & chips (see note)	£4.95
Suffolk ham, fried egg & chips (see note)	£4.95
Shredded duck with oriental salad & hoisin sauce	£4.95

## side orders

Chips - please see note overleaf	£1.95
Crunchy vegetable salad	£1.95
Avocado	£2.45
Sour cream or chilli jam	£1.00

## sweet things

Toffee & chocolate fudge sundae	£5.95
Rhubarb & custard	£4.95
The Alex homemade ice creams & sorbets, per scoop (Mövenpick ice cream is not labelled gluten free)	£1.95

## beverages

Espresso coffee	single	£1.80	double	£2.20
Americano	regular	£2.00	large	£2.40
Flat white				£2.50
Cappuccino				£2.50
Latte				£2.50
Hot chocolate				£2.65
Pot of tea for one				£1.95
Speciality teas - Earl Grey, Assam & various fruit teas				£1.95
Liqueur coffee or hot chocolate - Tia Maria, brandy, amaretto etc				£5.00
Freshly squeezed orange juice				£3.25

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a group of individual venues

The Alex  
Café Bar & Brasserie  
123 Undercliff Road West

Café Bencotto  
Pizza, Pasta, Mediterranean  
128 Hamilton Road

View Point Cafe  
Fish and Ships  
Landguard Peninsula, Felixstowe