



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, Flavoured roasted nuts, or Tortilla chips and salsa £2.95

food served
9am to 9pm
every day

all day breakfasts

GF breakfast	£9.95
- scrambled eggs, best back bacon, grilled tomato, baked beans, sautéed mushrooms and toast	
Bacon butty	£4.75
Scrambled eggs on toast V	£4.25
with mushrooms V	£5.25
with bacon	£5.95
with smoked salmon	£6.95
2 soft poached eggs and hollandaise sauce on toast	£4.95
Eggs Benedict - with Suffolk ham	£5.95
Eggs Florentine - with spinach V	£5.45
Eggs Blackstone - with bacon and tomato	£5.95
Eggs Alligator - with avocado V	£6.45
Eggs Royale - with smoked salmon	£6.95
Freshly squeezed orange juice	£3.00

all our
eggs are
free range

café favourites

Freshly made soup with bread V	£4.50
Suffolk ham and mature Cheddar toastie with onion marmalade (or mature Cheddar and tomato V)	£5.95
BLAT - bacon, lettuce, avocado and tomato in toast	£7.95
Pumpkin, chickpea and spinach curry, braised rice V	£7.95
Brie and char grilled vegetables on toast, balsamic dressing V	£7.95
Shredded duck with oriental salad and hoisin sauce	£9.25
Glazed Suffolk ham, 2 fried eggs and chips (see note)	£9.95
Battered cod with chips, peas and tartare sauce (see note)	£9.95
Nachos with cheese, chillies, salsa, guacamole and sour cream V	£10.95
Hunter's chicken (chicken breast wrapped in bacon, with mature Cheddar and BBQ sauce), chips and mixed leaves (see note)	£10.75

please tell your
server that you
are ordering
from the gluten
free menu



children's meals

Breakfast - bacon, scrambled egg, beans and toast	£4.25
Freshly made soup with bread V	£2.25
Scrambled eggs on toast V	£2.75
Beans on toast V	£2.45
Beans and Cheddar cheese on toast V	£3.95
Battered cod, peas and chips (see note)	£4.95
Suffolk ham, fried egg and chips (see note)	£4.95
Shredded duck with oriental salad and hoisin sauce	£4.75

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

Date & pistachio log, salted caramel ice cream	£5.45
Black cherry jelly & white chocolate ice cream	£4.95
Mocha brûlée	£4.95
Mövenpick ice cream - vanilla, chocolate or strawberry, per scoop	£1.75
Milkshake made with fresh milk and Mövenpick ice cream	£3.45
Ice cream float - cola or lemonade and Mövenpick ice cream	£3.25

beverages

Espresso coffee	single	£1.70	double	£2.00
Americano	regular	£1.95	large	£2.35
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 and various fruit teas				£1.95
Liqueur coffee or hot chocolate - Tia Maria, brandy, amaretto etc				£4.90
Freshly squeezed orange juice				£3.00
Fresh milkshake with vanilla, chocolate or strawberry ice cream				£3.45
Ice cream float - cola or lemonade and Mövenpick ice cream				£3.25

please tell
your server
that you are
ordering
from the
GLUTEN FREE
menu



a group of individual venues

The Alex
Café Bar & Brasserie
123 Undercliff Road West

Café Bencotto
Pizza, Pasta, Mediterranean
128 Hamilton Road

View Point Café
Fish 'n' Ships
Landguard Peninsula, Felixstowe