



gluten light menu

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

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.

breakfast 9am - noon

food served
9am to 9pm
every day

Café granola - Greek yoghurt, hazelnuts, sultanas, almonds, sour cherries, roasted oats, sunflower seeds, honey V	£4.95
GF breakfast - scrambled eggs, best back bacon, grilled tomato, baked beans, sautéed mushrooms & toast	£11.45
Best back bacon butty	£4.95
Scrambled eggs on toast V	£4.95
with mushrooms V	£6.45
with best back bacon	£6.45
with smoked salmon	£8.75

brunch 9am - 6pm

all our
eggs are
free range

2 soft poached eggs & hollandaise sauce on toast V	£4.95
Eggs Benedict - with Suffolk ham	£6.45
Eggs Florentine - with spinach V	£5.95
Eggs Blackstone - with bacon & tomato	£6.95
Eggs Alligator - with avocado V	£6.95
Eggs Royale - with smoked salmon	£8.45
Bubble & squeak cakes, 2 fried eggs, spicy tomato sauce V	£6.95
- with crispy bacon	£7.95
- with mushrooms V	£8.45
Avocado & cherry tomatoes on toast, basil yoghurt dressing V	£7.45
- with crispy bacon	£8.95
Suffolk ham & mature Cheddar toastie with onion marmalade (or mature Cheddar & tomato V)	£7.95
BLT - bacon, lettuce & tomato in toasted bread	£7.25
BLAT - BLT with avocado	£8.95

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café favourites noon - 9pm

Freshly made soup with bread V	£4.75
Shredded duck with oriental salad & hoisin sauce	£9.95
Nachos with cheese, chillies, salsa, guacamole & sour cream V	£10.95
Glazed Suffolk ham, 2 fried eggs & chips (see note)	£9.95
Battered cod with chips, peas & tartare sauce (see note)	£10.45



side orders

Chips (see note)	£1.95	Mushrooms	£1.95	Crunchy salad	£1.95
Sweet potato chips	£2.95	Chili jam	£1.45	Coleslaw	£1.95
Bubble & squeak cake	£1.95	Sour cream	£1.00	Avocado	£2.75
Tortilla chips & salsa	£2.95	Roasted nuts	£2.95	Mixed olives	£2.95

children's meals

Breakfast - bacon, scrambled egg, beans & toast - till noon	£4.45
Scrambled eggs on toast V - till noon	£2.75
Freshly made soup with bread V	£2.45
Beans on toast V	£2.45
Beans & Cheddar cheese on toast V	£3.95
Battered cod, peas & chips (see note)	£5.25
Suffolk ham, peas & chips (see note)	£4.95
Shredded duck with oriental salad & hoisin sauce	£5.25

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sweet things

The Alex ice cream sundaes made with luxury Mövenpick ice cream Strawberries & cream, Lemon meringue	£5.95
Scoop of Mövenpick ice cream	£2.00
Milkshake made with fresh milk and 1.5 scoops of Mövenpick ice cream	£3.95
Ice cream float - cola or lemonade & ice cream	£3.45

Mövenpick GF flavours - vanilla, strawberry, mint choc chip

beverages

Espresso coffee	single	£1.80	double	£2.20
Americano	regular	£2.00	large	£2.40
Flat white				£2.50
Cappuccino				£2.50
Latte\Iced latte				£2.50
Coffee frappé - double espresso milkshake with vanilla ice cream				£4.25
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				£5.00
Freshly squeezed orange juice				£3.55
Milkshake made with fresh milk and ice cream				£3.95
Ice cream float - cola or lemonade & Mövenpick ice cream				£3.45

our beverages can be made or served with soya milk



a group of individual venues in Felixstowe

The Alex
Café Bar & Brasserie
Seafrost, IP11 2AF

Café Bencotto
Pizza, Pasta, Mediterranean
Town Centre, IP11 7AB

View Point Cafe
Fish and Ships
Landguard Peninsula, IP11 3TW