

# FEGO BREAKFAST - LOW GLUTEN\*

\*Dishes are based on low gluten ingredients but are not prepared in a separate kitchen, so please note that traces of gluten may be present. Ask a member of the team for advice if your allergy is severe. If you have any other allergens or dietary requirements please let us know, even if you have looked at our allergen matrix before joining us today. This way we can keep you as safe as possible & ensure our whole team are aware of your dietary needs.

## FEGO FAVOURITES

**Spicy scrambled eggs** w/ jalapeños, avocado, basil-marinated tomatoes, baby spinach, sautéed red onion, cheddar, feta rocket, on low gluten toast **£8.75** V ...add: smoked salmon **£3.95**; grilled bacon **£1.50**

**Full Mediterranean** two poached eggs, halloumi, peppers, mushroom, basil-marinated tomatoes, avocado, spinach, rocket on low gluten toast **£9.25** ...add: houmous w/ harissa butter **£3.25** V

**Ranchero** two poached eggs, sautéed potatoes, chorizo, mushrooms, jalapeños, chilli flakes, grilled peppers, smashed avocado, peppadew & coriander yoghurt, mustard onion relish **£9.50**

**Smashed avocado & poached eggs** w/ chilli & herb seasoning on low gluten toast **£8.95** DF/V...add: smoked salmon **£3.95**; grilled bacon **£1.50**

## TRADITIONAL BREAKFASTS

**Full English** grilled bacon, two eggs (any style), fried potatoes, tomato, mushroom, baked beans w/ low gluten toast **£9.95** ...add: hash browns **£1.50**

**Eggs Benedict** low gluten toast topped w/ poached eggs, hollandaise & your choice of: V bacon or ham **£8.75**; spinach & vine tomatoes **£9.25**; or smoked salmon **£9.25**

**Eggs & toast** poached, scrambled or fried on on low gluten toast w/ your choice of: V tomato & mushroom **£6.50**; grilled bacon **£6.75**; or smoked salmon & labneh **£8.50**

## THE 'GOOD' STUFF

**Pecan granola, Greek yoghurt & banana** w/ cinnamon, figs, pomegranate, maple syrup **£5.95** V

**Low gluten wholegrain porridge** w/ strawberries, blueberries, banana, honey **£6.50** V

**Brazilian açai bowl** w/ guarana, banana, blueberries, strawberries, granola **£8.50** DF/V

**Breakfast smoothie** mixed berries, banana, nut & seed granola, almond milk, almond butter, orange juice, agave **£5.25** DF/V

## ON THE SIDE

**GF toast** **£2.95** V

**Spinach** **£2.00** DF/V

**Baked beans** **£1.50** DF/V

**Grilled bacon** **£1.50**

**Hash browns** **£1.50** DF/V

**Mushrooms** **£1.00** DF/V

**Smashed avocado** **£2.00** DF/V

**Smoked salmon** **£3.95**

## DIPS

**Labneh** w/ pistachio, olives & pomegranate **£3.50** V

**Houmous** w/ harissa oil **£3.50** V

V - Vegetarian \* DF - Dairy Friendly \* Please ask your server for our separate Low Gluten or Vegan menus \* Please notify your server of any allergens or dietary requirements \* Full allergen information is available upon request \* Although great care is applied within our venues, we cannot guarantee the non occurrence of cross-contamination of allergens that are present in our kitchens \* All our eggs are free-range \* All products are subject to availability \* An optional service charge of 12.5% may be added to your bill \* Prices include VAT at the current rate \*

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# FEGO LUNCH - LOW GLUTEN\*

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## BRUNCH

Hankering after your favourite Fego breakfast fix? Check out our all day brunch options below!

**Spicy scrambled eggs** w/ jalapeños, avocado, basil-marinated tomatoes, baby spinach, sautéed red onion, cheddar, feta rocket, on low gluten toast **£8.75** V ...add: smoked salmon **£3.95**; grilled bacon **£1.50**

**Smashed avocado & poached eggs** w/ chilli & herb seasoning on low gluten toast **£8.95** DF/V...add: smoked salmon **£3.95**; grilled bacon **£1.50**

**Full English** grilled bacon, two eggs (any style), fried potatoes, tomato, mushroom, baked beans w/ low gluten toast **£9.95**...add: hash browns **£1.50**

**Full Mediterranean** two poached eggs, halloumi, peppers, mushroom, basil-marinated tomatoes, avocado, spinach, rocket on low gluten toast **£9.25** ...add: houmous w/ harissa butter **£3.25** V

## SALADS

All salads are served without dressing

**Sweet Chilli Chicken** w/ avocado, beetroot, peppers, roasted butternut, tomatoes, grilled corn, mixed leaves **£10.95**

**Warm goats cheese salad** w/ figs, caramelised pecans, avocado, peppers, beetroot, tomatoes, mixed leaves **£10.50** V

**Superfood salad** roasted butternut squash, peppers, avocado, tomato, asparagus, tenderstem broccoli, baby gem, quinoa, mango salsa, chia & flax seeds **£9.95** DF/V ...add: harissa chicken skewer **£2.50** DF

**Greek salad** w/ peppers, tomatoes, olives, feta, sumac onions, cucumber **£8.50** DF/V

## LUNCH CLASSICS

**Naked burger** beef patty w/ burger relish & choose either house salad or fries **£9.95** DF

**Chilli Con Carne** w/ brown rice & lentils w/ grilled corn, chimichurri, peppadew & coriander yoghurt **£12.50**

## SIDES

**Classic French fries** **£2.95** GF

**Sweet potato fries** **£3.95** GF

**Asian Slaw** w/ peanut, sesame & soy dressing **£2.95**

**Fried Halloumi** w/ sweet chilli sauce **£4.25**

## DIPS

**Labneh** w/ pistachio, olives & pomegranate **£3.50** V

**Houmous** w/ harissa oil **£3.50** V

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