

FEGO - 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.

BRUNCH

Spicy Scrambled w/ jalapeños, avocado, baby spinach, sautéed red onion, cheddar, feta & basil marinated tomatoes w/ low gluten toast **£8,95**

Eggs Benedict toasted low gluten bread topped w/poached eggs, hollandaise & your choice of: bacon/pancetta **£9,75** smoked salmon **£10,95** sautéed spinach **£8,95**

Full English w/ grilled bacon, 2 eggs your way. Golden fried potatoes, tomato, mushroom, baked beans w/ low gluten toast **£10,50**

Full Mediterranean w/ 2 poached eggs, halloumi, peppers, mushroom, avocado, spinach, basil marinated tomatoes & low gluten toast **£10,50**

Ranchero w/ 2 poached eggs, sautéed potatoes, chorizo, mushroom, jalapenos, chilli flakes, grilled peppers, smashed avocado, peppadew & coriander yoghurt **£9,95**

Smashed Avocado & Poached Eggs low gluten toast, chilli, lime and fresh herbs **£8,95**; add smoked salmon **£3,95**; add bacon **£2,00**

LIGHT BITES

Pecan Granola, Banana & Yoghurt w/ cinnamon, figs, pomegranate & maple syrup **£6,50**

Porridge w/ summer berries, honey and mint sugar **£5,50**

Breakfast Smoothie mixed berries, banana, nut & seed granola, almond milk, almond butter, orange juice **£5,50**

LUNCH

Naked Burger beef patty w/ burger relish & chips **£9,95**

SALADS

Whipped Goats Cheese w/baby beetroot and tomatoes, grilled pepper salsa, roquito pearls, pine nuts, figs and dressed rocket **£11,95**

Superfood roasted butternut squash, peppers, avocado, tomato, tender stem broccoli, baby gem, quinoa, mango salsa, chia & flax seeds served w/ French dressing **£11,50**

Galia Melon and Fried Halloumi w/mixed leaves, mint, carrot, pomegranate seeds, baby tomatoes and French dressing **£10,50**

Green Salad w/ baby gem, spinach, mixed olives, peas, radish, pumpkin seeds and an anchovy and cheddar dressing **£9,50**; add grilled chicken **£12,50**

ON THE SIDE

Classic French Fries **£2,95**

Sweet Potato Fries **£3,95**

Fried Halloumi w/ sweet chilli sauce **£4,25**

GF Toast **£2,95**

Houmous w/ harissa oil **£3,50**

Hash Browns **£1,50**

Grilled Bacon **£2,00**

Mushrooms **£1,00**

Smashed Avocado **£2,00**

Smoked Salmon **£3,95**

Spinach **£2,00**

Baked Beans **£1,50**

* If you have any allergen or dietary requirements please let us know. Although great care is applied within our venues, we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information can be found on our QR code and upon request. * 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 *



PLEASE SCAN THIS QR CODE

To view our allergen information and our low gluten & plant-based menus. Follow our story @fegouk & visit hellofego.com

