

Est. 1958

VENUS

OUR CAFES:
TEIGNMOUTH PROMENADE
BROADSANDS BEACH
BIGBURY ON SEA BEACH

GLUTEN FREE MENU

PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BELOW

BREAKFAST Served until 11:30

FULL GLUTEN FREE BREAKFAST £13.99

Full breakfast served with a slice of gluten free sourdough, and your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

Items cannot be swapped from a set breakfast but you are welcome to order additional items

GLUTEN FREE BREAKFAST (EG, BT, SP) £13.99

Two rashers of English back bacon, two free range eggs, one gluten free pork sausage, Heinz baked beans, two hash browns, and a slice of gluten free sourdough with butter and marmalade

RUTH'S BREAKFAST (V) (EG, BT) £13.99

Two Devon free range fried eggs, two hash browns, portobello mushrooms, Heinz baked beans and a slice of gluten free toast with butter and Venus marmalade

SOURDOUGH TOAST

GLUTEN FREE SOURDOUGH TOAST (V) (VGO) (BT) £4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

PORTOBELLO MUSHROOMS ON BUTTERED & TOASTED SOURDOUGH (VGO) (BT) £8.99

HEINZ BAKED BEANS ON BUTTERED & TOASTED SOURDOUGH (VGO) (BT) £7.99

ALL DAY BREAKFAST BAPS

GLUTEN FREE SAUSAGE (SP) £8.99

GLUTEN FREE BACON £8.99

FRIES

POT OF FRENCH FRIES (VG) £3.99

CHEESY FRIES (V) (CH) £5.99

SPICY SEASONED FRIES (VG) £4.99

LOADED FRIES

GREEK (V) £9.99

Authentic feta, olives and red onion (CH)

BACON CHEESE £9.99

Chopped bacon, mature English cheddar (CH)

SOMETHING SWEET

All handmade in Venus Kitchens

CREAM TEA (GF) £9.99

Traditional cream tea for two (MK, CR, BT, EG)

FIG & WALNUT BAR (GF) (VG) £3.99

A nutritious bar of figs, apricots, **walnuts**, spices and cinnamon (WA, NT, SP)

LEMON DRIZZLE (GF) (V) £4.99

The best Lemon Drizzle ever. Made with **egg, butter, almonds** & lemon juice (AL, EG, NT, BT)

HAND MADE

VENUS DEVON BURGERS

Venus burgers are made gluten free. We offer these burgers with 2 options. Either sandwiched between iceberg lettuce leaves or in a gluten free bap. Served with Moroccan carrot.

PLAIN BURGER £8.99

1/4lb Devon grass fed beef

CHEESE BURGER PLAIN £9.99

1/4lb Devon grass fed beef with a slice of English cheddar (CH)

CLASSIC CHEESE BURGER £10.99

cheeseburger with beef tomato and iceberg lettuce (CH)

VENUS TOFU BURGER (VG) £10.99

The famous Venus tofu burger. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices with mayo and lettuce (SY, SE)

ADD FRIES FOR ONLY £3.50

MAKE YOUR OWN

EXTRA CHEESE SLICE (CH) £1 GHERKIN (MD) £1
BACON 2 RASHERS £2.50 SRIRACHA SAUCE £1
TARRAGON MAYO £1

SEAFOOD

WHOLE MACKEREL (Teignmouth only, while stocks last) £16.75

A large locally landed succulent mackerel. Served whole, baked with olive oil & lemon, served with french fries, garlic slaw and Moroccan carrot (FH)

LIGHTER MEALS

PASTA POMODORO (V, VGO) £9.99

Gluten free rigatoni pasta with Venus pomodoro sauce & grated cheddar cheese (CH) (Vegan cheese available)

SALADS

ASIAN SALAD (VG) £4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)

HOMEMADE GARLIC SLAW (VG) £3.99

Red & white cabbage, garlic, carrot and vegan mayo

ALLERGEN KEY

BARLEY = BR
BUTTER = BT
CELERY = CY
CHEESE = CH
CREAM = CR
CRUSTACEAN = CS
EGG = EG

FISH = FH
MOLLUSCS = MS
MUSTARD = MD
MILK = MK
OATS = OT
RYE = RY
SESAME = SE

SOYA = SY
SPELT = ST
PEANUT = PN
SULPHITES = SP
WHEAT = WH
WHEAT FIBRE = WFB
WHEAT FLOUR = WFL

WHEAT GLUTEN = WG
WHEAT STARCH = WS
V- VEGETARIAN
VG - VEGAN
VGO - VEGAN OPTION
GF - GLUTEN FREE
GFO - GLUTEN FREE OPTION

