

The Wheelbarrow

Est L17

Gluten
Friendly

The Government has recently issued guidance, that means we are unable to label the food that we produce as Gluten Free, unless it is prepared in an environment where there is no risk of cross contamination.

Despite precautions, we can not 100% guarantee our food will be free from Gluten as we do not operate a Free From Gluten kitchen.

Our Produce and Suppliers

We care deeply about the food that we source and prepare for you. We spend a considerable amount of time and effort to source local, seasonal, artisan, higher welfare, sustainable and free range products wherever possible.

Our meats are premium, award winning products, that are exclusively selected from higher welfare U.K. farms, ensuring traceability and exceptional quality.

Gluten Friendly

BREAKFAST

Served until 12pm during the week and 1pm at weekends

NOT QUITE A FULL-ENGLISH

Thick cut bacon rashers, two free-range fried eggs, roasted tomatoes, mushrooms, Heinz baked beans, gluten friendly toast (gfr) - 14

VEGETARIAN BREAKFAST

Pan fried halloumi, smashed avocado, two free-range fried eggs, roasted tomatoes, mushrooms, Heinz baked beans, gluten friendly toast (v)(gfr) - 14

BERRIES, FRUIT & YOGHURT

Traditional Greek yoghurt, served with berry compote, chopped fruit, chopped nuts, honey, glazed fig (v)(n)(gfr) - 10.5

TOAST

Gluten friendly toast with butter (v)(gfr) - 3.75 / add Jam (vg)(gfr) - 0.75

LUNCH

SNACKS

Gordal olives (vg)(gfr) - 4.5 | Honey roasted cashews (v)(gfr) - 4.95

LARGER PLATES

Moroccan chickpea and vegetable stew with Gluten free bread (v)(gfr) - 14

Caesar salad: roast chicken breast, crispy bacon, baby gem lettuce, gluten free croutons, American style Caesar dressing, parmesan (gfr) - 15

SMALLER PLATES

Grilled sweet potato, mango chilli vegan yoghurt dressing, green herb oil (vg)(gfr) - 7

Beetroot hummus, roast beetroot, vegan dill yoghurt, gluten free bread (v)(gfr) - 8

Soup of the day with gluten friendly bread and butter (v)(n)(gfr) - 6.5

All items are prepared in a kitchen where all of the major food allergens are present. We can not 100% guarantee that your food will be free from allergens. Please inform your server if you have any allergies.

Key: (v) Vegetarian | (vg) Vegan | (n) Contains nuts | (gfr) Gluten friendly