



AT PYES PA

Gluten Free Sheet

Thank-you for choosing "Good Local" to dine with. Below are items from our menus which contain NO gluten. We will also adapt some menu items for you by swapping out items and replacing them with an alternative option. Please inform your wait staff you are Gluten Free. Enjoy!

BRUNCH MENU

Bacon & Eggs On Toast – Will swap out the Ciabatta for gluten free Venerdi Paleo toast \$1.50 charge

The Bagel – Will swap the bagel for a gluten free Venerdi bagel \$1.50 charge

Eggs Beny – Will swap Ciabatta for Venerdi Paleo toast OR Venerdi bagel \$1.50 charge

Marsala Mushrooms - Will swap out the Ciabatta for gluten free Venerdi Paleo toast \$1.50 charge

Works Breakfast - Will swap out the Ciabatta for gluten free Venerdi Paleo toast \$1.50 charge

SIDES – Including hash browns all contain NO gluten

LUNCH MENU

Pie Of The Day – Un-safe sorry

Open Chicken Sandwich – Swap Ciabatta for Venerdi Paleo bread OR Venerdi bagel \$1.50 charge

Roasted Root Vegetable Salad – Safe

Smoked Paprika Chicken Salad – Ask for NO croutons

Market Fish N Chips – Will do Pan fried fish instead of battered or crumbed

Vietnamese Beef Salad – Ask for NO noodles

Philly Cheese Steak sandwich - Swap Ciabatta for Venerdi Paleo bread OR Venerdi bagel \$1.50 charge

LUNCH SIDES

French fries are safe – Flatbread can be made on a gluten free pizza base \$1.50 charge

Sweet Potato Fries and Jalapeno Poppers are un-safe sorry

BURGERS

All burgers can be made with Gluten Free Venerdi burger buns \$1.50 charge. Fried chicken can be replaced with grilled chicken. Beer battered onion rings can be replaced with fried onions

PIZZAS

All pizzas can be made with Gluten Free Venerdi pizza bases

DINNER MENU / BAR MENU

Flatbread – Can be made on a gluten free pizza base

Vietnamese Meatballs – Safe

Calamari – Safe – We use a cornflour for this crumb

Roasted Root Vegetable Salad – Safe

Smoked Paprika Chicken Salad – Ask for NO croutons

Vietnamese Beef Salad – Ask for NO noodles

Fried Chicken, Jalapeno Poppers, Empanadas and Sweet Potato Fries – Un-Safe sorry

BURGERS – All burgers can be made with Gluten Free Venerdi burger buns \$1.50 charge. Fried chicken can be replaced with grilled chicken. Beer battered onion rings can be replaced with fried onions

PIZZAS – All pizzas can be made with Gluten Free Venerdi pizza bases \$1.50 charge

MAINS

Good Fish N Chips - Can do Pan fried fish instead of battered or crumbed

Market Fish Of The Day – Safe, although ask for no flour on the fish if we are pan-frying it and check the accompaniments of the day (which can be swapped out to suit)

Free Range Chicken - Can do other potato option rather than croquettes and garden salad instead of Cous Cous salad

Pork Belly – Safe

Lamb Rump – Can replace tartlet with sundried tomato hummus

Scotch Steak – Can do French fries instead of Agria fries. Fried onions instead of beer battered onions. Blue cheese contains gluten, try another sauce

SIDES

French fries, House salad, Vegetables, Extra sauces (except blue cheese) are safe

DESSERTS

Brulee – Safe – Ask for fresh fruit instead of the biscotti

Cheeseboard – Can swap out wafers for rice crackers. Blue and Brie cheeses contain small amounts of gluten, can swap these out for extra cheddar and feta cheeses

