

Good Local 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 note we are not a Coeliac kitchen, but the utmost care is taken to ensure cross contamination does not happen. Please inform your wait staff you are Gluten Free before ordering. Enjoy!

BRUNCH MENU

Coconut Porridge – Our oats are gluten free but made in a factory where rye and wheat is made (so potential cross contamination in machines and the field grown) – Also ask for no crumble on top

Avocado Smash – Will swap the sourdough for gluten free Venerdi Paleo toast \$1.50 charge

Eggs Beny – Will swap the Turkish for gluten free Venerdi Paleo toast \$1.50 charge – Hash brown is G.F

Savoury Mince - Will swap the sourdough for gluten free Venerdi Paleo toast \$1.50 charge

Local Grill - Will swap out the Turkish for gluten free Venerdi Paleo toast \$1.50 charge – Hash brown is G.F

SIDES – Including hash browns are all gluten free

LUNCH MENU

Corn and Kumara Fritters – NOT safe

Open Chicken Sandwich – Swap Turkish for Venerdi Paleo bread \$1.50 charge

Philly Cheese Steak Sandwich - Swap Ciabatta for Venerdi Paleo bread \$1.50 charge

Fish N Chips – Ask for pan fried fish with NO flour instead of battered or crumbed

SALADS

Caesar Salad – Ask for NO croutons

Cranberry Chicken Salad – Cranberry sauce contains thickener agents but minuscule amount (can swap out with just vinaigrette)

Calamari Greek Salad – Safe – We use a cornflour for this crumb

Waygu Beef Salad – Ask for NO noodles

BURGERS

All burgers can be made with Gluten Free Venerdi burger buns \$1.50 charge. However, on the Chicken Burger there are thickener agents in the cranberry sauce

PIZZAS

All pizzas can be made with Gluten Free Venerdi pizza bases. However, the cranberry sauce for the chicken pizza and BBQ sauce for the pork belly have thickener agents in them

Good Local 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 note we are not a Coeliac kitchen, but the utmost care is taken to ensure cross contamination does not happen. Please inform your wait staff you are Gluten Free before ordering. Enjoy!

SHARED PLATES

French Fries – Safe – Although tomato sauce contains thickeners

Flatbread – Can be made on a gluten free base \$1.50 charge

Sweet Potato Fries – NOT Safe - contains seasonings

Vietnamese Meatballs – Safe

Calamari – Safe – We use a cornflour for this crumb

Jalapeno Poppers – NOT Safe

Arancini Balls – NOT Safe

Pork Belly Bites – Safe – Although our soy sauce does contain small amounts of wheat flour (Can do these without sauce)

Buffalo Chicken – NOT safe

BURGERS / PIZZAS

All burgers and pizzas can be made with Gluten Free Venerdi burger buns or GF pizza bases \$1.50 charge. However, on the Chicken Burger there are thickener agents in the cranberry sauce. And the chicken Pizza and Pork Belly Pizza sauces also contain thickener agents.

DINNER MAINS

Good Fish N Chips - Ask for pan fried fish with NO flour instead of battered or crumbed

Vegetarian Filo – NOT safe

Free Range Chicken - Can do another starch option instead of Orzo (We usually have either mash, baby potatoes, fries, pumpkin puree on site, all of which are safe)

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)

Pork Belly – Safe

Hawkes Bay Lamb – Safe

Scotch Steak – Safe, although blue cheese contains gluten, try another sauce as all others are safe

DESSERTS

Brulee – Safe – Ask for fresh fruit instead of tuile biscuit

Eton Mess – Safe – Ask for NO passionfruit as there are traces in the sauce we use

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