

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 and do not have separate fryers, but the utmost care is taken to ensure cross contamination does not happen. Enjoy!

BRUNCH MENU (Weekends Only)

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

Mini Grill – Swap the Turkish for gluten free Venerdi Paleo toast \$1.50 charge

Eggs Beny – Swap the Turkish for gluten free Venerdi Paleo toast \$1.50 charge

Corn Fritters – Not safe

French Toast – Not safe

Savoury Mince - NOT safe (demi glaze in the mince)

Rosti Quad Stack - Safe

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

LUNCH MENU

Corn and Kumara Fritters – NOT safe

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

Nourish Bowl – Safe

Chicken Schnitzel – Not safe

Open Steak Sandwich - Swap Turkish for Venerdi Paleo bread \$1.50 charge

Fish N Chips – Ask for pan fried fish instead of battered or crumbed

SALADS

Caesar Salad – Ask for NO croutons

Cranberry Chicken Salad – Safe

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

Vietnamese Beef Salad – Ask for NO tortilla strips

BURGERS

All burgers can be made with Gluten Free Venerdi burger buns \$2.00 charge. However, on the grilled chicken burger the soy in the marinade contains gluten (can do without). The pork burger and good burger can be done with fried onions instead of beer battered. The fried chicken burger is not safe sorry

PIZZAS

All pizzas can be made with Gluten Free Venerdi pizza bases \$2.00 charge.

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SHARED PLATES

French Fries – Safe

Flat Breads – Swap out pizza base for Gluten free base \$2 charge. Blue cheese contains minuscule amounts of gluten

Jalapeno Poppers – NOT Safe

Arancini Balls – NOT Safe

Calamari – Safe – We use a cornflour for this crumb

Tempura Prawn Bao – NOT Safe

Fried Chicken – NOT safe

BURGERS

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PIZZAS

All pizzas can be made with Gluten Free Venerdi pizza bases \$2.00 charge.

SALADS

Cranberry Chicken Salad – Safe

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

Vietnamese Beef Salad – Ask for NO tortilla strips

DINNER MAINS

Nourish Bowl – Safe

Fish N Chips - Ask for pan fried fish instead of battered or crumbed

Chicken Piccata – Safe

Pork Belly – Safe

Snapper Parcel – Not safe (Filo contains gluten)

Scotch Steak – Safe, although blue cheese sauce contains gluten

Eye Fillet Steak - 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 – We have G.F crackers available