

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!

SHARED PLATES

French Fries & Sweet Potato Fries – Safe

Flat Bread – Swap out pizza base for Gluten free base \$2.50 charge.

Jalapeno Poppers – NOT Safe

Arancini Balls – NOT Safe

Both Sliders – NOT Safe

Philly Cheese Skins - Safe

Calamari – Safe – We use a cornflour for this crumb

Fried Chicken – NOT Safe

Pork Gyro – NOT Safe

LUNCH MENU (TUE – SUN 11am – 2pm)

Corn and Kumara Fritters – NOT safe

Rosti Quad Stack – Safe

Pyttipanna - Safe

Eggs Beny – Swap the Turkish for G.F Venerdi Paleo toast \$1.50 charge (Hash is G.F)

Nourish Bowl – Safe

Chicken Schnitzel – Not Safe

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

SALADS

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 G.F burger buns \$2.50 charge. The 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 \$2.50 charge.

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DINNER MAINS (MON – SUN from 4pm)

Nourish Bowl – Safe

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

Chicken Piccata – Safe

Pork Belly – Safe

Lamb Ragout – Not Safe

Scotch Steak – Safe – Ask for fried onions instead of beer battered

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