



GLUTEN FREE LUNCH MENU

Served daily 10am to 3pm

BRUNCH

Toast Served with butter & a choice of jam (V)(GF)	£1.50	Greek yogurt Topped with summer berry compote (V)(GF)	£3.50
Shakshuka Poached egg in a spiced tomato and red pepper sauce served with gluten free toast (V)(GF)	£9.50	Avocado smash + egg on toast	£9.60
BOCS breakfast 3 Bacon, 2 egg, beans, cherry vine tomatoes, hashbrown, mushrooms and gluten free toast (GF)	£10.50	BOCS veggie breakfast 3 gluten free veggie sausages, 2 eggs, beans, cherry vine tomatoes, hashbrowns, mushrooms and gluten free toast (V)(GF)	£10
BOCS vegan breakfast Vegan gluten free sausages, avocado smash, roasted red peppers, beans, cherry vine tomatoes, hashbrowns, mushrooms and gluten free toast (VE)(GF)	£9	Dirty Hash Browns 5 hashbrowns with BOCS house cheese sauce and bacon (GF)	£9

Breakfast upgrades: £2 per item ~ bacon | fried egg | GF veggie sausage | hash brown

BOCS CLASSICS

Welsh rarebit Served with onion chutney + slaw (V)(GF)	£8.50	BOCS Classic mac 'N' cheese (Minimum cooking time of 20 minutes) Made with Snowdonia 'ROCKSTAR' vintage cheddar and gluten free pasta (V)(GF)	£7.50
Cawl Beef cawl - add a slice of Welsh Rarebit for £2.50 (GF)	£9.50	Soup of the day Served with gluten free bread & butter (V)(GF) ask for (VE)	£5.50
BOCS classic loaded fries Loaded fries with our classic cheesy BOCS sauce and bacon (GF)	£8.30		

BOCS SPUDS

Served with BOCS house slaw + crisps

Beef chilli Topped with Snowdonia Rockstar cheddar, sour cream, jalapenos, spring onion (GF)	£9.60	Bean chilli Choose from sour cream (V) OR avocado smash (VE), topped with jalapenos and spring onion (GF)	£9.50
Philly cheese steak BOCS House cheese sauce, strips of flat iron steak, bell peppers, onion (GF)	£12	Classic cheesy beans Snowdonia Rockstar cheddar & baked beans (V)(GF)	£8.40
		Welsh rarebit & leek Welsh cheese sauce made with Tenby Brewery beer and Welsh honey mustard, with sautéed leeks (V)(GF)	£9.60

SNACKS

Chicken goujons (GF) £5 | **Garlic bread ciabatta (GF) £4.50**
Choose 1 dip: BBQ | ranch | chipotle mayo | add Cheese £1.50

Mini mac 'n' cheese (GF) £5 | **Fries (GF) £4** | **Slaw (GF) £3** | **Tater Tots (GF) £4.50**

Please head up to the bar to place your order

Food Allergy or Intolerance? Please ask a member of staff ~ (V) Vegetarian (VE) Vegan