

Gluten Free

What's Your Fancy?

*We understand that each guest is different, so please let us know what you would like to eat we will prepare it **Gluten-Free!***

Entrees offered on our regular menu with exception of Fish & Chips, can be produced in GF fashion!

BASICS ABOUT OUR KITCHEN

Soups & Sauces thickened with corn-flour, may have heavy cream unless vegetarian specific, but do not have wheat or white flour

Proteins begin raw, and no flour is added during preparation for Gluten Free meals

STARCH choices include

Roasted, Mashed or French Fried Potatoes, Rice, Corn, & Rice flour based Pasta

POLENTA & THREE BEANS 9.95

Navy, Kidney & Black Beans with chopped celery & carrots, with Polenta* wedges

PENNE PASTA, 10.95

Broccoli, Peppers, Sundried Tomato, Herb & Garlic, Almond milk, Mozzarella Cheese*

ADD CHICKEN OR SHRIMP 14.95

*Pasta produced from corn and/or rice flour

GLUTEN FREE DRINKS

We offer a large selection of Ciders which are all gluten-free, but that doesn't mean they are all sweet & sugary. Ask us about Crispin, Leprechaun & others!

We do stock American & Imported GF Beers produced from non grains

Spirits may have started with grain but gluten is eliminated through distillation!

TRINITY HALL



IRISH PUB & RESTAURANT

Beers

All German, most crafts & a few of the volume breweries meet vegan standard.

New to the Vegan Friendly list GUINNESS! No longer Gelatin filtered!

Spirits

The majority of spirits that do not have additional flavors are Vegan Friendly as they do not use filtering agents until after the alcohol has been distilled, and then it is simply a paper screen that is used. If you like flavored spirit allow us to add fresh lemon, lime, or seasonal berries as available.

Wines

Bio Dynamic and Organic wine makers are usually sensitive to their process, ask us about Gerard Bertrand Syrah

Ciders

Magners Pear, Woodchuck Apple, Crispin The Saint, Schilling & Bishop Ciders are confirmed Vegan. Non friendly Ciders may use a coloring that is derived from non-vegan product, or have a honey added



Shareable Apps

WHIT'S CASHEW QUESO 8.95
Vegan tricolor corn chips and salsa-seasoned nut queso

CHEESEY FRIES 7.95
Crispy potato fries & vegan cheese
Add-ons? Phoney bacon, Vbeef crumbles, v-gravy, curry sauce (\$1 ea) VRanch, VSourCream, Veganaise (\$0.50)

CAULIFLOWER & PICKLES 9.95
Either or both, beer battered, fried tossed in hot sauce, with V-Ranch

LOADED SKINS 8.95
Fried potato shells with melting cheese, v-bacon or beef-free crumbles, green onions, sour cream

HUMMUS QUESADILLA 10.95
Creamy hummus, avocado, black beans, pico de gallo, grilled tortillas

BUFFALO CHICKEN STRIPS 8.95
Tossed in zesty hot sauce, baked, served over fries or garden salad & vegan ranch

CROSTINI 9.95
Rosemary cashew cream cheese, roasted peppers & crunchy bbq chickpeas

Stew & Soup

Served with toast & non-dairy butter

MULIGATAWNY STEW 12.95
Rich vegetable stock, chopped peas, carrots, celery, potato, jalapeno & choice of rice or barley

LENTIL SOUP 6.95
Hearty Lentil & vegetable stock with zesty Pico de Gallo garnish

PUB CURRY 13.95
Vegetable stock, med-heat, yellow curry, peas, carrots, celery, with barley, rice or mashed potato or french fries

Bigger Plates

FABIOLA SALAD 14.95
Lettuce, tomatoes, avocado, corn, black beans, green onion & cheese, tossed with cilantro ranch, topped with BBQ Chicken

REUBEN-ESQUE SANDWICH 10.95
Marble rye toast, 1000 island dressing, mashed avocado, sauerkraut & v-cheese

SHEPHERD'S PIE 12.95
Peas, Diced Carrots, and ground meat-free, in vegan brown sauce, topped with mashed potato & shredded cheese

CHILI STUFFED POTATO 11.95
Large fluffy baker, topped with zesty vegan chili & sour cream, chopped green onion, toast & butter

MALAHIDE VEGGIE BURGER 12.95
Onion bun, meat-free patty, melting cheese mushrooms, roasted peppers, lettuce, tomato & onion, served with french fries

Breakfast *A treat at any time!*

FRUIT SALAD 10.95
Chopped melons, bananas & berries, with cashew cream & cinnamon toast

AVOCADO TOAST 9.95
Texas toast, cashew cream, topped with sliced avocado, bruschetta & crema

MORNING SCRAMBLE 12.95
Tofu, nutch, turmeric, garlic, onion, paprika mushroom & peppers, on toast with cheese & fried tempeh

Waffles are offered on weekends until 3pm

WAFFLE & FRUIT 12.95
Whole wheat, flax seed, coconut oil, cider vinegar, cinnamon & almond milk waffle, served with marinated fruit & syrup

CHICKEN & WAFFLE 14.95
Belgian waffle with breaded faux chicken strips, gravy, tomato jam & maple syrup