



Gluten Free Meals

Gluten free **PASTA & SAUCE**
available at **SPUDSHAW**

SOUP OF THE DAY – available at **THE HIVE, COFFEE CUBE & SPUDSHAW**

GLUTEN FREE WRAPS – available at **MARDALE DELI COUNTER & SALAD BOX** to make your own sandwich

JACKET POTATO and **FILLINGS** made to order – available at **SPUDSHAW** – check with staff which fillings are gluten free

CHARGRILLED CHICKEN WRAP – available at **DELI BAR**. Ask at counter for Gluten Free wrap

NAKE'D BARS plus other special gluten free cakes and flapjacks available from our shops

GLUTEN FREE SALADS & SANDWICHES – available at **MARDALE SHOP**

EXPRESS CHIPS are gluten free and fried in rapeseed oil

