

# Betty's

EST 1919



Cooking School

MENU

## BREAKFAST

### Pain Au Chocolat (V)

A classic breakfast treat freshly baked at our Craft Bakery. 384 kcal

### Bettys Tea Room Blend (Ve)

Our traditional rich blend of top class African and Assam teas. 0 kcal

Or

### Bettys Café Blend (Ve)

A blend of top class Kenyan, Central American and South American coffees.  
Medium roasted. 0 kcal

*Decaffeinated tea or coffee and alternative milks are available on request.*

## LUNCH

### Salmon, Fennel & Apple Salad

Pan-fried salmon with fennel, apple, avocado and pea shoots, drizzled with our Swiss dressing. 541 kcal

### Seasonal Cheesecake (V)

Made with cream cheese and fresh cream on a crunchy biscuit base.  
Topped with seasonal fruit. 377 kcal

*Served with a glass of Swiss house wine of your choice:*

House White Wine (Ve) 12.5% vol.

House Red Wine (Ve) 13.5% vol.

House Rosé Wine (Ve) 13.5% vol.

*Where wines are sold by the glass, the measure is 175ml. If you would prefer 125ml, please ask.  
Soft drinks are available on request.*

### Followed by Tea & Coffee

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## ALLERGIES/INTOLERANCES

**Please inform your server if you have any allergies or dietary requirements.**

**Please note we are only able to provide information and guidance on the legal 14 allergens which include: gluten, milk, egg, soya, nuts, peanuts, fish, crustaceans, molluscs, celery, mustard, sesame, sulphites and lupin.**

**We are unable to provide information or guarantee an absence of all other ingredients.**

*\*(V) suitable for vegetarians \*(Ve) suitable for vegans.*

*\*Vegan food is made to a vegan recipe but may come into contact with non-plant-based ingredients.*

Due to the open plan nature of our kitchens we are unable to guarantee a complete absence of gluten, however; we do offer dishes and products that are made with non-gluten containing ingredients. Not suitable for those with Coeliac disease. In our Craft Bakery products are made where nuts, gluten, milk, eggs, mustard and soya are used, so may contain traces. Some of our products may also contain traces of peanut due to ingredients from our suppliers. Although every effort has been made to ensure fish is free from bones, some may still remain and stone fruits may contain stones.

Alcoholic drinks may be served only in licensing hours to customers over 18 taking a meal. Alcohol strengths may vary with vintages.

For further calorie (kcal) information regarding alternative milks please speak to a member of staff.

Adults need around 2000 kcal a day.