

Est. 1958

VENUS

GLUTEN FREE MENU

OUR CAFES: TEIGNMOUTH SEA FRONT, BROADSANDS BEACH, BIGBURY ON SEA BEACH
PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BELOW

Served until 11:30

BREAKFAST

Full breakfast served with 2 slices of Knife and Fork gluten free sourdough, with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam
Items cannot be swapped from a set breakfast but you are welcome to order additional items

GLUTEN FREE BREAKFAST £13.99

Two rashers of English back bacon, two free range eggs, one gluten free pork sausage, Heinz baked beans, two hash browns, and 2 slices of Knife & Fork gluten free sourdough with butter (EG, BT, SP)

GLUTEN FREE SOURDOUGH TOAST

THREE SLICES OF KNIFE & FORK GLUTEN FREE SOURDOUGH TOAST £4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

LOCAL BEEF AND CHICKEN

VENUS DEVON BURGERS

Venus beef burgers are made gluten free. We offer these burgers with 2 options to replace the floured bap. Either sandwiched between iceberg lettuce leaves or between 2 slices of Knife and Fork farmhouse loaf. Served with fries, homemade garlic slaw and gherkin

6oz CHEESE £16.99

Devon grass fed beef with two slices of English cheddar (CH, MD)

6oz BACON & CHEESE £18.99

Devon grass fed beef with two slices of English cheddar and two rashers of English back bacon (CH, MD)



VENUS BEEF CHILLI 🌶️ £14.99

Made with red kidney & black beans. Served on a bed of turmeric, black bean, basmati onion rice and topped with English cheddar and lime mayo (CY, CH)

ALL DAY BREAKFAST SANDWICHES

Knife & Fork gluten free farm house loaf

GLUTEN FREE SAUSAGE SANDWICH £8.99

Two gluten free pork sausages (SP)

GLUTEN FREE BACON SANDWICH £8.99

Three rashers of English dry cured back bacon

FRIES

POT OF FRENCH FRIES (VG) £3.99

CHEESY FRIES (V) (CH) £5.99

VEGAN CHEESY FRIES (VG) £6.99

LOADED FRIES

Large portion of fries topped with:

GREEK £9.99

Authentic feta, olives and red onion (CH)

CHILLI CHEESE £9.99

Venus beef chilli with mature English cheddar and lime mayo (CH, CY)

BACON CHEESE £9.99

Chopped bacon and mature English cheddar (CH)

SEAFOOD

WHOLE TORBAY SOLE (15 minute prep and cook time) £14.99

Oven baked with olive oil and lemon served with homemade garlic slaw and bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage) (FH)

WHOLE MACKEREL £16.75

A large locally landed succulent mackerel. Served whole, baked with olive oil & lemon served with homemade bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage) and garlic slaw (FH)

SALADS

ASIAN SALAD (VG) £4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)

HOMEMADE GARLIC SLAW (VG) £3.99

Red & white cabbage, garlic, carrot and vegan mayo

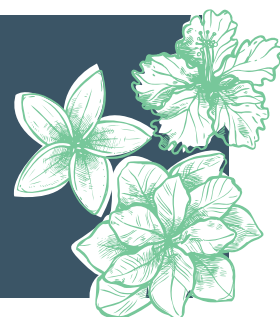
GLUTEN FREE MENU

ALLERGEN KEY

BARLEY = BR
BUTTER = BT
CELERY = CY
CHEESE = CH
CREAM = CR
CRUSTACEAN = CS
EGG = EG
FISH = FH
MOLLUSCS = MS

MUSTARD = MD
MILK = MK
OATS = OT
RYE = RY
SESAME = SE
SOYA = S
SPELT = ST
PEANUT = PN
SULPHITES = SP

WHEAT = WH
WHEAT FIBRE = WFB
WHEAT FLOUR = WFL
WHEAT GLUTEN = WG
V - VEGETARIAN
VG - VEGAN
VGO - VEGAN OPTION
GF - GLUTEN FREE
GFO - GLUTEN FREE OPTION



Loving the beach®

VEGETARIAN AND VEGAN MENU

Served until 11:30 BREAKFAST

Vegetarian and vegan full breakfasts served with a thick slice of Cornish sourdough toast (WFL, RY), with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

Items cannot be swapped from a set breakfast but you are welcome to order additional items

VENUS VEGETARIAN BREAKFAST (V) £12.99

Two free range eggs, two veggie sausages, roasted red peppers, two bubble & squeak, scrambled organic tofu and sourdough toast with butter (WFL, SY, BR, EG, BT, WG)

MAKE IT VEGAN (VG) £12.99

Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast (WFL, SY, BR, WG)

EGG BAP £4.99

Two free range fried eggs (EG, WFL)

SOURDOUGH TOAST

TWO SLICES OF THICK CUT CORNISH SOURDOUGH TOAST (WFL, RY, BT) £4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

PANCAKE STACK

FOUR WARM US STYLE PANCAKES (WFL, EG, CR, MK) £6.50

Light & fluffy US style pancakes with maple sauce

CROISSANT (WFL, BT, EG, WG)

ALL BUTTER CROISSANT £2.99

CROISSANT WITH BUTTER AND PRESERVES £4.99

ALL DAY BAPS

Artisan floured bap (WFL)

VEGAN SAUSAGES (VG) £7.99

Three vegan sausages (WH, BR, WG, SY)

FRIES

POT OF FRENCH FRIES (VG/GFO) £3.99

CHEESY FRIES (V) (CH) £5.99

VEGAN CHEESY FRIES (VG) £6.99

MUSHROOM GARLIC CHIPS (VG) (WFL) £6.50

Breaded portobello mushroom slices with sriracha mayo

LOADED FRIES

Large portion of fries topped with:

GREEK £9.99

Authentic feta, olives and red onion (CH)

VEGAN (VG) £8.99

Cathedral City vegan cheddar, gravy and crispy onion bits (WFL, SY, BR, WH)

DELICIOUS ICE CREAM

SCOOP ICE CREAM + 1 Scoop £2.99

Kefir chocolate & cherry (MK, EG), Chocolate (VG), + 2 Scoop £4.99

Vanilla (VG)

JUDE'S ICE CREAM TUBS £3.99

Very Vanilla, Mint Choc Chip (VG), Strawberries & Cream, Salted Caramel, Black Coconut, Truly Chocolate

THICK MILKSHAKES

A smooth creamy hand spun milkshake made with fresh milk and double cream (MK, CR, EG)

STRAWBERRY

With Jude's strawberry coulis and strawberry pieces

CHOCOLATE

With Jude's Belgian chocolate sauce and choc pieces (SY)

VENUS CHILLI NON CARNE (VG) (GFO) 🌶️ £13.99

Packed with veg - tomatoes, beans, lentils, chick peas, onions, peppers, celery, carrots and mushrooms cooked with garlic, cumin, cinnamon, paprika and oregano served on a bed of turmeric, cumin, garlic, black bean, onion basmati rice, topped with vegan cheddar cheese and lime mayo (CY, WFL)

DAHL SOUP (VG) (GFO) £7.99

A warming homemade soup of lentils, chopped tomatoes, onions, coconut milk and a raft of spices. Served with toasted Venus sourdough (gluten free available) (WFL, RY, BT)

The burgers below are served with garlic slaw, iceberg lettuce on either gluten free bread or a floured bap (WFL)

BLACK BEAN BAP NEW (VG)(GFO) 🌶️ £9.99

A stunning new Venus creation - highly nutritious and tasty. Black beans, red peppers, cumin, garlic, red onion, chilli, flax seed, gluten free flour, black bean & garlic sauce with lime mayo. (SY)

VENUS TOFU BURGER (VG)(GFO) £9.99

The famous Venus tofu burger. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices with mayo. (SY, SE)

PEA & MINT ARANCINI (VG) £7.99

Panko breaded and hand made in Venus kitchens. A delicious Sicilian inspired recipe of peas and fresh mint with onion, arborio rice and garlic served with a fresh lime mayo (WFL)

BURRITO

Served in a warm flour tortilla (WFB, WG, WFL) and your choice of yummy filling:

PLANT BURRITO (VG) 🌶️ £9.99

Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce (SY, WH, WG, BR)

BURRITO BELOW IS SERVED WITH FRIES

VEG CHILLI (VG) 🌶️ £13.99

Venus vegan chilli with turmeric rice, black beans and vegan cheddar cheese (CY)

TACOS

With garlic slaw, asian salad (carrot, celery, red peppers, red onions and sesame oil) (SE, SY, CY) & sriracha mayo in 2 warm flour tortillas (WFL, WFB, WG)

FALAFEL (VG) £9.99

Venus hand made pea & mint falafel

SMALLER MEALS

PASTA POMODORO (V, VGO) £7.99

Penne pasta (WH) with Venus pomodoro sauce & grated cheddar cheese (CH) (Vegan cheese available)

SALADS

ASIAN SALAD (VG) £4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)

HOMEMADE GARLIC SLAW (VG) £3.99

Red & white cabbage, garlic, carrot and vegan mayo

ALL £3.99

BISCOFF BISCUIT

With Lotus Biscoff crushed biscuit spread and crumb (SY, WFL)

SALTED CARAMEL

With Jude's salted caramel sauce (BT)

PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE REVERSE