



THE BLUE POSTS

GATHERINGS & EVENTS

NO GLUTEN CONTAINING INGREDIENTS MENU

Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No Gluten Containing Menu.

For 25.00 per person, guests can enjoy the following dishes:

Barber's Vintage Cheddar & Heritage Tomato Sandwich (v)

Fresh thyme & caramelised onion chutney *420 kcal per roll*

The Blue Posts BLT Sandwich

Beechwood smoked bacon, Heritage tomato,
crisp lettuce, rich mayo *552 kcal per roll*

Pressed Beef & Caramelised Onion

Rustic seeded roll, fresh thyme *133 kcal per 67g portion*

Freshly Grilled Chicken Strips

Garlic & herb butter *164 kcal per 2 strips*

Smashed Roasted New Potatoes (ve)

Creamy garlic aioli dip *238 kcal per 100g portion*

Heritage Tomato & Olive Salad (ve)

Lemon & parsley oil *93 kcal per 100g portion*

Adults need around 2000 kcal a day.

For enquiries or to book, call us on 020 7734 1170



(v) Suitable for Vegetarians. (ve) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. (n) Dish contains Nuts. †Fish, poultry and shellfish dishes may contain bones and/or shell.

Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering. Dishes may contain alcohol. Calorie counts are correct at time of print.