

CRATES LOCAL MENU

24A CARFAX HORSHAM RH12 1EB

GLUTEN FREE & ALLERGIES

We are passionate about our food and ingredients and want to ensure everyone can have a choice of foods irrelevant of allergy or dietary requirements. All our food is made to order so we can cater for all and we thought we would highlight some of the key dietary and allergy menu options. We also have a specials board so please check any dietary signs. If you have an allergy or dietary requirement please mention and we will ensure your food is prepared accordingly. If you want to make a suggestion or if you want something not listed please do ask and we will do what we can to help.

Sandwiches and Toasties - Multi Seeded GF bread with Sunflower Seed and Millet.

Signed, Sealed, Delivered (I'm Yours) (F,D,MU,C,M) (DFA) £7.00

Tuna Melt - GF bread, tuna, Charmer cheddar cheese, red onion, & mayonnaise!

✓What's Love Got To Do With It (M,D) £6.80

Toasted Haloumi, local honey and chilli jam toastie

It's a kind of magic (D,M,MU,E) £7.80

A British Crates Local take on Croque Monsieur! GF bread, Charmer cheddar cheese sauce, Weald Smokery ham, mustard & maybe a bit more cheese! Croque Madame? Add an egg £9.00

✓The Dark Side of the Sch..Moon (D,M) (DFA) £6.40

Buttered mushrooms with Charmer Cheese toastie on GF bread.

✓Cheese Sandwich (D,M) (DFA) from £4.85

GF bread with charmer cheese - add some ham, tomato's, chilli jam, sticky onion marmalade. Sandwich or toasted.

Tacos

✓Hallou...(is it)... me you're looking for... (D,M,E) £7.00

Halloumi GF taco - Toasted local halloumi with smashed avocado and lime, chilli jam mayo and salad.

✓Somewhere over the Rainbow..... (DFA) £5.60

Roasted vegetables, topped with hummous, chilli jam and salad on a toasted GF taco.

Signed, Sealed Delivered...(Taco Yours) (D,E,M,F) (DFA) £7.00

Our classic tuna melt - tuna, cheese & red onion toasted in a GF taco with salad.

I'm Walking on Sunshine (D,E,M) (VGA) £5.60

Brunch Taco - Local eggs scrambled, buttered spinach with Weald Smokery bacon bites, melted charmer cheddar cheese. `Add some ketchup (GF) or mayo (GF).

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Breakfasts

✓ **It's Not Easy Bein' Green** (E,D) (DFA) £8.60

Smashed Avocado with fresh lime juice, pepper, and chilli garnish with eggs on toast

✓ **Eggs on Toast** (E,D) (DFA) from £6.20

Add some mushrooms, bacon, roasted tomatoes, smoked salmon

Bacon Sandwich (D) (DFA) £4.80

Weald Smokery Back Bacon in GF bread. Add some ketchup

✓ **CRATES LOCAL EGGY BREAD** (E,D,M) (DFA) FROM £6.20

GF Bread soaked in egg, baked with a choice of toppings. Charmer cheese, smashed avocado, crispy bacon, honey, peanut butter, jam or create your own!

Sausage Rolls (D,M) £3.40

Homemade cooked fresh daily using GF sausage meat and pastry. Ask for today's special.

✓ **Vg Soup** (DFA) £5.75

Homemade - see the specials board for today's recipe. Add some bread and butter

✓ **Soup & half a Cheese Toastie** (DFA) £7.80

Homemade - see the specials board for today's recipe. With half a Charmer cheese toastie on gluten free bread.

Jacket Potatoes (D) (DFA) from £4.60

Slow oven baked every day served with a side salad.

Choose from butter, cheese, cheese & beans, beans, tuna & mayonnaise, chicken mayonnaise or any combination. All served with a side salad.

Sweet Treats

Homemade GF Brownies (D,E) £2.80 Homemade Cake of the day - ask for info £3.95

Dairy Free

We have dairy free butter, cheese and mayonnaise so are able to substitute any of these ingredients on the menu. See DFA (Dairy Free Alternative)

Other Allergies

If you have an allergy, please make sure you tell us and we can advise you on menu options and ensure your food is prepared safely.