

Beatons Elegant Options

Always attentive to your dietary preferences

Your body knows best at the end of the day!

Our menus mean food choices tailored 'your way'

We've found alternatives so you are well served

These options explain how your needs are preserved...

The Beatons Breakfast!

'Toast' items can be enjoyed Gluten-Free (40p extra) or served Dairy-Free

*Our signature 'Beatons Breakfast Restorative' is Gluten-Free
and can be cooked Dairy-Free on request*

Protein Rich – ask for extra mushrooms or baked beans instead of your toast!

Beatons Elevenses

There's at least one Gluten-Free cake every day under the 'Gluten-Free Dome' - we've even won an award for our Coffee and Banana Cake! We can't guarantee it but aim to have a daily Dairy-Free and vegan option too.

*As for Scones? We've perfected our Gluten-Free Home Baked Scones
from our own secret recipe. Why not enjoy a Cream Tea?*

Drinks

Naturally, drinks can always be served with Soya Milk (25p extra) and our De-caFFEinated Teas and Coffees are CO² chemical-free processed

Beatons Afternoon Tea Experience

Our Gracious and Gloriously Gluten-Free Ascot High Tea has been specially designed to mirror everything that the Beatons Afternoon Tea Experience includes – without the gluten but with all the trimmings!

*Use these Elegant Options alongside your menu to order with confidence
stating your dietary need - from vegan to protein rich!*

All our ingredients are locally sourced wherever possible.

Please ask for allergen information.

www.beatonstearooms.co.uk

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Lunch at Beatons

Designed to satisfy appetites of all sizes

All except our 'Croques' and Traditional Rarebits can be made using Gluten-Free Bread, along with as well as our Sandwiches and Salads (40p extra)

Baked Potatoes are all Gluten-Free
and can also be served 'naked' (no butter)!

Dairy-Free Cucumber Sandwiches and 'No Butter' Medley of Mushrooms on Toast are always available.

Our Daily Home-made Soup is often Vegan and/or Dairy-Free

Vegan Wild Mushroom Risotto is our signature Vegan dish.

Our menu includes a plethora of Vegetarian and Pescetarian Options!
(for your reassurance, if it includes meat and/or fish it says so in the title)

*Protein Rich lovers and those with smaller appetites
are invited to order a 'Better by Half' half jacket or
ask for a sandwich to be open-topped or turned into a wrap
(we'll add on some extra salad on the side for you)*

Our Restorative Lunches can be
served without their sourdough croutons or garlic bread
with extra vegetables or salad instead
for those looking for a sustaining 'low-carb lunch'

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