



Coeliac Association Malta

## GLUTEN FREE MENU

**Mothers' Day lunch, D Kalkara Regatta,**

**12 ta' Mejjun 2023, 12:30 pm**

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### STARTERS

#### **Buddha Bowl**

Chickpea herb falafel, beetroot, guacamole, yoghurt, steamed rice, salad, mixed seeds (contains Milk and Sesame)

OR

#### **Mushrooms In Garlic**

Pan fried mushrooms in garlic, butter and white wine (contains Milk)

OR

#### **Bolognese**

Minced beef, tomato sauce, onions, garlic and carrots (contains Egg and Celery)

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### MAIN COURSE

#### **Chicken in Mushroom**

Grilled chicken breast served in mushroom sauce (contains Mustard)

OR

#### **Pork Medallions**

Pork medallions grilled and served in Jack Daniels sauce

OR

#### **Pan Fried Octopus**

Pan fried octopus in garlic and white wine, served with salad, fresh herbs, cherry tomatoes and black olives (contains Mustard)

OR

#### **Tagliata**

Grilled flap meat, sliced and served on rucola and parmesan (contains Milk)

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### Children's menu (5 - 11 years)

#### **Chicken nuggets & fries**

or

#### **Red or White pasta**

or

#### **Beef burger & fries**

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### DESSERT

#### **Chocolate Chip Brownies**

Homemade dark chocolate brownies served with ice cream (contains Milk)

OR

#### **Deconstructed Cannoli**

Homemade open cannoli served with ricotta, chocolate chips & pistachio (contains Milks and Nuts)

OR

#### **Apple Crumble**

Homemade apple, cinnamon and cranberries marmalade topped up with crumble and whipped vanilla cream (contains Milk)

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### BEVERAGES

**Adults:** Free flowing water, additional drinks need to be ordered and individually paid for

**Children:** One drink included, additional drinks need to be ordered and individually paid for

## Formola biex tibbukja

### *Booking Form*

**Mothers' Day lunch, D Kalkara Regatta, 12 ta' Mejju 2023, 12:30pm**

Isem tas-Coeliac li qed tibbukja/jibbukja:  
(Name of Coeliac making booking):

Numru tas-sħubija/ID Card:  
(Membership or ID card number)

Ismijiet tal-persuni li se jattendu:  
(Names of persons attending)


Ma' min tixtieq toqgħod:  
(Sharing a table with)


#### Għażla tal-ikel (immarka x'tixtieq)

#### Food choices (insert your choices)

Isem (name)	Menu tal-adulti							Menu għat-tfal			Dessert		
	Starter			Main				Main			Dessert		
	1	2	3	1	2	3	4	1	2	3	1	2	3
Example	x				x						x		

**Jekk jogħġbok, avżana jekk għandek bżonn ta' xi dieta partikolari oħra**  
 (Please indicate any other dietary requirements other than those shown)

#### Rendikont: (Summary)

Numru ta' adulti:  
Number of adults

	@ €30.00	=	€
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Numru ta' tfal bejn il-5 u l-11-il-sena:  
Number of children between 5 and 11 years

	@ €8.50	=	€
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Numru ta' tfal taħt il-5 snin  
Number of children under 5 years

Free

Ammont dovut  
(Total amount due)

	€
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**Tista' tibgħat din il-formola (You can send this form by):**

**Email:** [info@coeliacassociationmalta.org](mailto:info@coeliacassociationmalta.org)

**Post:** Coeliac Association Malta, PO Box 72, 42, Triq Rodolfu, Tas-Sliema SLM 1275

**Mhux aktar tard mit-Tlieta, 9 ta' Mejju 2023 (Bookings by not later than Tuesday, 9<sup>th</sup> May 2023)**