

ALLERGENS ADVICE

Please be aware that our kitchen uses ingredients such as **Celery, Cereals** containing **Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Tree Nuts, Peanuts, Sesame Seeds, Soya** and products that may contain **Sulphur Dioxide**.

We produce our food where allergens are handled by our people, and where equipment and utensils are used for multiple menu items, including those containing allergens.

While we try to keep things separate, we cannot guarantee any item is allergen free, even after ingredients have been removed on request.


If you have dietary requirements/food allergies please speak to a member of our team before ordering.

IF IN ANY CASE YOUR ALLERGY IS SEVERE, PLEASE DO NOT EAT OUR FOOD.

INFORMATION CAPTION

- x** Contains Specific Allergen
- *** May contain the Indicated Allergen
- V** Suitable for Vegetarians
- VG** Suitable for Vegans
- 0** NO Presence of Allergens

TO THE BEST OF MY KNOWLEDGE, I CAN
CONFIRM THAT ALL DIETARY INFORMATION
ON THIS DOCUMENT IS CORRECT.



EXECUTIVE CHEF

Allergens

INFORMATION GUIDE

APRIL 2024

PLEASE NOTE THAT WE HAVE ALTERNATIVE MILK OPTIONS SUITABLE FOR VEGAN / VEGETARIAN.

DRINKS

| | VEGETARIAN / VEGAN | CELERY | GLUTEN/CEREALS | CRUSTACEANS | EGGS | FISH | LUPIN | MILK / DAIRY | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
|-------------------------|--------------------|--------|----------------|-------------|------|------|-------|--------------|----------|---------|------|---------|--------------|------|-----------------|
| Milkshakes | | | | | | | | X | | | | | | | |
| Slushies | VG | | | | | | | | | | | | | | |
| Blueberry Smoothie | VG | | X | | | | | | | | | | | | |
| Raspberry Detox | VG | | | | | | | | | | | | | | |
| Strawberry Zing | VG | | | | | | | | | | | | | | |
| Mango Smoothie | VG | | | | | | | | | | | | | | |
| Green Dream | VG | | | | | | | | | | | | | | |
| Fresh Juices | VG | | | | | | | | | | | | | | |
| Espresso Caramel Frappé | | | | | | | | X | | | | | | | |
| Mocha Frappé | | | | | | | | X | | | | | | | |
| Chai Frappé | | | | | | | | X | | | | | | | |
| Iced Latte | | | | | | | | X | | | | | | | |
| Iced Mocha | | | | | | | | X | | | | | | | |
| Iced Americano | VG | | | | | | | * | | | | | | | |
| Iced Matcha | | | | | | | | X | | | | | | | |
| Vietnamese Iced Coffee | | | | | | | | X | | | | | | | |
| Fresh Filter Coffee | | | | | | | | * | | | | | | | |
| Espresso | VG | | | | | | | | | | | | | | |
| Latte | | | | | | | | X | | | | | | | |
| Cappuccino | | | | | | | | X | | | | | | | |
| Flat White | | | | | | | | X | | | | | | | |
| Americano | VG | | | | | | | * | | | | | | | |
| Cortado | | | | | | | | X | | | | | | | |
| Hot Chocolate | | | | | | | | X | | | | | | | |
| White Hot Chocolate | | | | | | | | X | | | | | | | |
| Mocha | | | | | | | | X | | | | | | | |
| White Mocha | | | | | | | | X | | | | | | | |
| Chai Latte | | | | | | | | X | | | | | | | |
| Turmeric Latte | | | | | | | | X | | | | | | | |
| Tea | | | | | | | | * | | | | | | | |
| Herbal Tea | | | | | | | | | | | | | | | |
| Baileys Hot Chocolate | | | | | | | | X | | | | | | | |
| Steamed Milk | | | | | | | | X | | | | | | | |
| Babyccino | | | | | | | | X | | | | | | | |

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BREAKFAST & BRUNCH

| | VEGETARIAN / VEGAN | CELERY | GLUTEN/CEREALS | CRUSTACEANS | EGGS | FISH | LUPIN | MILK / DAIRY | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
|--------------------|--------------------|------------------|----------------|-------------|------|------|-------|--------------|----------|---------|------|---------|--------------|------|-----------------|
| Rolls / Sandwiches | V | Ask Duty Manager | | | | | | | | | | | | | |
| Organic Porridge | VG | * | * | * | * | * | * | * | * | * | * | * | * | * | * |
| Overnight oats | VG | * | X | * | * | * | * | X | * | * | X | * | * | * | * |
| Fruit Granola | | * | X | * | * | * | * | X | * | * | X | * | * | * | * |
| Omelete | V | * | * | * | X | * | * | X | * | * | * | * | * | * | * |
| Full Monty | | * | X | * | X | * | * | X | * | X | * | * | * | * | * |
| Veggie Monty | V | * | X | * | X | * | * | X | * | X | * | * | * | * | * |
| Pancakes | V | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Smashed Avocado | VG | * | X | * | * | * | * | * | * | * | * | * | * | * | * |
| Bacon Tacos | | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Veggie tacos | V | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Builders Burrito | | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Eggs on Toast | V | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Tostadas | | * | X | * | X | * | * | * | * | * | * | * | * | * | * |

DESSERTS

| | VEGETARIAN / VEGAN | CELERY | GLUTEN/CEREALS | CRUSTACEANS | EGGS | FISH | LUPIN | MILK / DAIRY | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
|--------------------|--------------------|--------|----------------|-------------|------|------|-------|--------------|----------|---------|------|---------|--------------|------|-----------------|
| Carrot Cake | V | | X | | X | | | X | | | | | | X | |
| Sticky Toffee | V | | X | | X | | | | | | | | | | |
| Pistachio & Walnut | VG | | X | | | | | | | | X | | | X | |
| Brownie | V | | | | X | | | X | | | X | | | X | * |
| Beetroot Brownie | VG | | X | | | | | | | * | * | | * | X | |
| Banoffee Pie | V | | X | | | | | X | | | | | | X | |
| Apple Pie | V | | X | | X | | | X | | | * | | | | |
| Chocolate Fudge | V | | X | | X | | | X | | | * | | | X | |
| Key Lime Pie | V | | X | | | | | X | | | | | | | |

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LUNCH & DINNER

| | VEGETARIAN / VEGAN | CELERY | GLUTEN / CEREALS | CRUSTACEANS | EGGS | FISH | LUPIN | MILK / DAIRY | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
|---------------------------|--------------------|--------|------------------|-------------|------|------|-------|--------------|----------|---------|------|---------|--------------|------|-----------------|
| Soup of the Day | Ask Duty Manager | | | | | | | | | | | | | | |
| Garlic bread | V | * | X | * | * | * | * | X | * | * | * | * | * | * | * |
| Egg Mayo | V | * | X | * | X | * | * | X | * | * | * | * | X | X | * |
| Chicken, Pesto, Rocket | | * | X | * | * | * | * | * | * | * | * | * | * | * | X |
| Prawn Cocktail | V | * | X | * | * | X | * | * | * | * | * | * | X | X | * |
| Fish Cake | | * | X | X | X | X | * | * | * | * | * | * | * | * | * |
| Chicken Chorizo | | * | X | * | * | * | * | X | * | * | * | * | * | * | X |
| Chicken Tzatziki | | * | X | * | * | * | * | X | * | * | * | * | X | * | X |
| Chicken Goujon | | * | X | * | X | * | * | X | * | * | * | * | * | * | * |
| Ciabatta Steak | | * | X | * | * | * | * | * | * | * | * | * | * | * | * |
| Quesadillas | V | * | X | * | * | * | * | X | * | X | * | * | * | * | * |
| Big Jac | | * | X | * | X | * | * | * | * | * | * | * | * | * | * |
| Cajun Burger | | * | X | * | * | * | * | * | * | * | * | * | * | * | * |
| Veggie Burger | VG | * | X | * | * | * | * | * | * | * | * | * | * | * | * |
| Salmon Poke Bowl | | * | * | X | * | * | * | * | * | * | * | * | X | X | X |
| Whole Food Bowl | V | * | X | * | * | * | * | X | * | * | * | * | * | * | * |
| Falafel Bowl | VG | * | X | * | * | * | * | * | * | * | * | * | X | * | * |
| Nasi Goreng | | * | X | X | X | X | * | * | * | * | * | * | X | X | * |
| Pad Thai | | * | * | X | X | * | * | X | * | * | X | X | X | * | X |
| Grilled Salmon | | * | * | * | X | X | * | X | * | * | * | * | * | X | X |
| Chicken Tenders | | * | X | * | X | X | * | X | * | * | * | * | * | * | * |
| Fisherman Basket | | * | X | X | X | X | * | X | * | * | * | * | * | * | * |
| Chicken Tacos | | * | X | X | X | X | * | X | * | * | * | * | * | * | * |
| Prawns Tacos | | * | X | X | X | X | * | X | * | * | * | * | * | * | * |
| Steak, Eggs & Chips | | * | * | * | X | * | * | X | * | X | * | * | * | * | X |
| Smokey Black Beans Chilli | VG | * | X | * | * | * | * | * | * | * | * | * | * | * | * |
| Massaman Curry | V | | X | X | * | X | * | * | * | * | * | * | * | * | * |
| Halloumi Wrap | V | * | X | * | * | * | * | X | * | * | * | * | * | * | X |