



# ALLERGEN GUIDE

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**FOOD**

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MAINAW25AM

# MAIN MENU

|                                                    | Cereals containing<br>Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Tree Nuts | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Celery | Mustard | Sesame | Sulphur<br>dioxide/sulphites | Lupin | Molluscs |
|----------------------------------------------------|-------------------------------|-------|---------------|---------------|-----|--------|------|-------------|------|------|---------|----------|------|-----------|---------|----------|--------|------------|-----------|------------|---------------|---------------|--------|---------|--------|------------------------------|-------|----------|
| SMALL PLATES                                       |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Burrata & antipasti                                | yes                           | yes   | yes           | yes           | may | may    | may  | no          | may  | no   | no      | may      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| Corn Ribs                                          | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | may     | no       | no   | may       | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | yes    | no                           | no    | no       |
| Okra Fries                                         | may                           | may   | may           | may           | may | may    | may  | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | may    | yes     | no     | no                           | no    | no       |
| King prawn dippers                                 | no                            | -     | -             | -             | -   | -      | -    | yes         | no   | no   | no      | yes      | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Buttermilk Chicken Tenders                         | yes                           | yes   | -             | -             | -   | -      | -    | no          | may  | no   | may     | may      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | may    | may     | no     | may                          | no    | no       |
| Chicken pincho skewers                             | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Beef quesadilla                                    | may                           | may   | -             | -             | -   | -      | -    | no          | may  | may  | may     | may      | yes  | may       | -       | -        | -      | -          | -         | -          | -             | -             | may    | no      | no     | may                          | no    | no       |
| Pigs in blankets                                   | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | yes                          | no    | no       |
| Mini camembert                                     | yes                           | yes   | yes           | yes           | may | may    | may  | no          | may  | no   | no      | may      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| BIG PLATES                                         |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Burrata & tomato salad                             | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Chicken Sandwich                                   | yes                           | yes   | may           | may           | may | may    | may  | no          | yes  | no   | may     | may      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | may    | yes     | may    | may                          | no    | no       |
| Blackened salmon tacos                             | no                            | -     | -             | -             | -   | -      | -    | no          | no   | yes  | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Raclette burger                                    | yes                           | yes   | may           | may           | may | may    | may  | no          | may  | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Proper Hamburger                                   | yes                           | yes   | may           | may           | may | may    | may  | no          | may  | no   | no      | yes      | may  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | yes     | no     | no                           | no    | no       |
| Bacon Cheeseburger                                 | yes                           | yes   | may           | may           | may | may    | may  | no          | may  | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | yes     | no     | no                           | no    | no       |
| Plant burger                                       | yes                           | yes   | yes           | yes           | may | may    | may  | no          | may  | no   | no      | yes      | may  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | yes     | no     | may                          | no    | no       |
| FLATBREADS                                         |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Confit garlic & fresh herbs flatbread              | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | no   | no      | yes      | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| Slow cooked tomatoes & red pesto flatbread         | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | no   | may     | yes      | no   | yes       | may     | may      | yes    | may        | may       | may        | may           | may           | no     | no      | may    | no                           | no    | no       |
| Grilled chicken & harissa flatbread                | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| Double pepperoni & chilli maple dressing flatbread | yes                           | yes   | -             | -             | -   | yes    | -    | no          | no   | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| Chicken & Stuffing Flatbread                       | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | yes                          | no    | no       |
| Beef rib & chimichurri dressing flatbread          | yes                           | yes   | -             | -             | -   | -      | -    | no          | may  | may  | may     | yes      | yes  | may       | -       | -        | -      | -          | -         | -          | -             | -             | may    | no      | may    | may                          | no    | no       |
| Smoked salmon & citrus creme fraiche flatbread     | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | yes  | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | may    | no                           | no    | no       |
| Add Superstratchia                                 | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | yes      | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     |                              |       |          |

# MAIN MENU

|                             | Cereals containing<br>Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Tree Nuts | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Celery | Mustard | Sesame | Sulphur<br>dioxide/sulphites | Lupin | Molluscs |
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| SIDES                       |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Fries                       | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | yes    | no      | no     | no                           | no    | no       |
| Truffle Fries               | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Shredded beef Fries         | may                           | may   | -             | -             | -   | -      | -    | no          | may  | may  | may     | yes      | yes  | may       | -       | -        | -      | -          | -         | -          | -             | -             | may    | no      | no     | may                          | no    | no       |
| Currywurst Party Fries      | may                           | may   | may           | may           | may | may    | may  | no          | no   | no   | no      | yes      | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | yes    | yes     | no     | no                           | no    | no       |
| Mac & cheese                | yes                           | yes   | -             | -             | -   | -      | -    | no          | no   | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Proper onion rings          | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Green salad                 | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Guacamole & Corn Chips      | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Dip - Confit Garlic mayo    | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Dip - Fermented Chilli mayo | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Dip - Green Herb Ranch      | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Dip - Sweet BBQ             | no                            | -     | -             | -             | -   | -      | -    | no          | no   | no   | no      | no       | no   | no        | -       | -        | -      | -          | -         | -          | -             | -             | yes    | no      | no     | no                           | no    | no       |
| DESSERTS                    |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Knickerbocker glory         | no                            | -     | -             | -             | -   | -      | -    | no          | yes  | no   | no      | no       | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | no      | no     | no                           | no    | no       |
| Perfect - melt brownie      | may                           | may   | -             | -             | -   | -      | -    | no          | yes  | no   | no      | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | no     | may     | may    | no                           | no    | no       |
| PLATTERS                    |                               |       |               |               |     |        |      |             |      |      |         |          |      |           |         |          |        |            |           |            |               |               |        |         |        |                              |       |          |
| Platter - Classic Main      | yes                           | yes   | -             | -             | -   | -      | -    | yes         | may  | no   | may     | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | may    | may     | may    | may                          | no    | no       |
| Platter - Veggie Main       | yes                           | yes   | may           | may           | may | may    | may  | no          | no   | no   | may     | yes      | no   | yes       | may     | may      | yes    | may        | may       | may        | may           | may           | may    | yes     | yes    | no                           | no    | no       |
| Platter - Festive Main      | yes                           | yes   | yes           | yes           | may | may    | may  | no          | may  | no   | may     | yes      | yes  | no        | -       | -        | -      | -          | -         | -          | -             | -             | yes    | yes     | may    | yes                          | no    | no       |
| Platter - Mixed Main        | yes                           | yes   | -             | -             | -   | -      | -    | no          | may  | may  | may     | yes      | yes  | may       | -       | -        | -      | -          | -         | -          | -             | -             | may    | may     | yes    | may                          | no    | no       |
| Platter - No Gluten Main    | may                           | may   | -             | -             | -   | -      | -    | no          | may  | may  | may     | may      | yes  | may       | -       | -        | -      | -          | -         | -          | -             | -             | may    | no      | yes    | may                          | no    | no       |