



**ALLERGEN  
GUIDE  
FOOD**

**MAINS26AM**

# MAIN MENU

	Cereals containing 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 dioxide/sulphites	Lupin	Molluscs
<b>SMALL PLATES</b>																												
Buttermilk Chicken Tenders	yes	yes	-	-	-	-	-	-	may	-	-	may	yes	-	-	-	-	-	-	-	-	-	may	may	-	may	-	-
Corn Ribs	-	-	-	-	-	-	-	-	-	-	may	-	-	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Taquitos Beef	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichoke Bites	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grilled King Prawns	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wings - Buffalo	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wings - Maple Sriracha	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wings - Smokey BBQ	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	yes	-	yes	-	-
Wings - Sticky Korean	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Queso Fundido	-	-	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Guacamole	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Burrata & antipasti	yes	yes	yes	yes	may	may	may	-	may	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
<b>BIG PLATES</b>																												
Burrata & tomato salad	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buttermilk Chicken Sandwich	yes	yes	may	may	may	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	may	yes	may	may	-	-
Blackened salmon tacos	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Proper Hamburger	yes	yes	may	may	may	may	may	-	may	-	-	yes	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-
Bacon Cheeseburger	yes	yes	may	may	may	may	may	-	may	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-
Plant burger	yes	yes	yes	yes	may	yes	yes	-	may	-	-	yes	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-
Deluxe Beef Burger	yes	yes	may	may	may	may	may	-	may	-	-	yes	may	-	-	-	-	-	-	-	-	-	-	yes	-	yes	-	-
<b>FLATBREADS</b>																												
Confit garlic & fresh herbs flatbread	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Double pepperoni & chilli maple dressing flatbread	yes	yes	-	-	-	yes	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Grilled chicken & harissa flatbread	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Slow cooked tomatoes & red pesto flatbread	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Spiced Beef Flatbread	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	may	yes	-	-
BBQ Chicken Flatbread	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	may	yes	-	-

# MAIN MENU

	Cereals containing 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 dioxide/sulphites	Lupin	Molluscs
<b>SIDES</b>																												
House Fries	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Angry House Fries	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tex Mex Fries	-	-	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Proper onion rings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mac & cheese	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Green salad	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Guacamole & Corn Chips	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Smokey BBQ Dip	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	yes	-	yes	-	-
Green Herb Ranch Dip	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fermented Chilli Mayo Dip	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Confit Garlic Mayo Dip	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>DESSERTS</b>																												
Knickerbocker glory	-	-	-	-	-	-	-	-	yes	-	-	yes	yes	-	-	-	-	-	-	-	-	-	may	-	-	may	-	-
Perfect melt brownie	may	-	-	-	-	-	-	-	yes	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	may	may	-	-	-
<b>PLATTERS</b>																												
Classic Main	yes	yes	-	-	-	-	-	yes	may	-	-	yes	yes	-	-	-	-	-	-	-	-	-	may	may	may	may	-	-
Mixed Main	yes	yes	-	-	-	-	-	-	may	-	may	yes	yes	may	-	-	-	-	-	-	-	-	may	may	yes	may	-	-
Gluten Main	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veggie Main	yes	yes	-	-	-	-	-	-	-	-	may	yes	-	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
1kg Wings Buffalo	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1kg Wings Maple Sriracha	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1kg Wings Smokey BBQ	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	yes	-	yes	-	-
1kg Wings Sticky Korean	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
<b>BAR SNACKS</b>																												
Giant Corn	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Spicy Snack Mix	yes	yes	-	-	-	-	-	-	-	-	may	yes	-	may	may	may	may	may	may	may	may	may	may	may	may	-	-	-
Gordal Olives	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Dark Choc Popcorn	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Salt Caramel Popcorn	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-