

## **ALLERGEN MATRIX**

**If you are ordering for someone who has a food allergy or intolerance please let us know.**

Our Allergen Matrix is available on request and on our website. It shows which of the 14 legally declarable allergens are contained in every dish on our menu. Because our recipes sometimes change it is important you let us know about any allergies every time you order. Though we recommend that you check the Matrix yourself our team will always be happy to advise, particularly if your allergy is not covered. We have strict procedures in place for taking and preparing allergen orders but you should be aware that allergenic ingredients are present on our premises and those of our suppliers.

**Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee any of our dishes are 100% free of allergens.**

## ALLERGEN MATRIX

### INTRODUCTION







Hello, welcome to our allergy information guide which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order.

Please let a member of our team know if you have an allergy to any ingredient, even if you have dined with us before. Our Allergen Statement is present on our menus so that our position on allergens is very clear.

### ALLERGEN MATRIX

This is our Allergen Matrix which contains a list of all the dishes served in our Lounges. At the top we have listed the 14 declarable allergens for your reference. On the right-hand side of the matrix you will find the modification column which allows you to remove certain key allergens from your favourite dishes.

Core and Kids  
GF & Vegan  
Drinks

	A RED dot means that the dish contains the specified allergenic ingredient. i.e. The ingredient is not included in the menu description but may be part of a sauce.
	A GREEN highlighted box means the dish can be modified to remove the specific allergenic ingredient. See Modification column and make sure to inform your waiter of your allergy(ies) when ordering at the till.
<b>M</b>	A black M means the dish "May Contain". The term 'May Contain' is used to highlight where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contamination may still be a risk. Cross-contamination happens when traces of allergens get into products accidentally during the manufacturing, handling, transport or storage of foods.
	A BLUE Asterisk means that the dish is fried in oil that may also be used to fry other dishes that contains the allergen
<b>M*</b>	A black <b>M</b> with a BLUE Asterisk  means there is a 'May Contain' risk + a fryer cross contamination risk for this allergen.
	VEGETARIAN
	VEGAN

MENU CATEGORY	DISH																		MODIFICATION
		CORE & KIDS 2020	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	
Brunch	Avocado Brunch	M	WHEAT RYE BARLEY	M	•	M		M	M	M	M	M	M	•	M	✓		GF & Vegan Options Available	
Brunch	Back Bacon Butty		WHEAT					•					•	•				GF Option Available	
Brunch	Big Lounge Breakfast		WHEAT BARLEY OATS		•			•					•	•				GF Option Available	
Brunch	Breakfast Muffin		WHEAT		•			•				M	•	•	M				
Brunch	Brooklyn Brunch	M	WHEAT RYE BARLEY		•			•		•	M	M	M	M		✓		GF Option Available	
Brunch	Eggs Bacon with chives		WHEAT		•			•				M	•	•	M			GF Option Available	
Brunch	Eggs Chorizo, Guacamole & Peppers with chives		WHEAT		•			•				M	•		M			GF Option Available	
Brunch	Eggs Mushrooms with chives		WHEAT		•			•				M	•		M	✓		GF Option Available	
Brunch	Eggs Salmon with chives		WHEAT		•	•		•				M	•		M			GF Option Available	
Brunch	Eggs Spinach with chives		WHEAT		•			•				M	•		M	✓		GF Option Available	
Brunch	Lounge Breakfast		WHEAT		•			•					•	•		✓		GF Option Available	

MENU CATEGORY <small>CORE &amp; KIDS 2020</small>	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Brunch	Sausage Butty		WHEAT					•					•	•				GF Option Available
Brunch	Spinach & Feta Shakshuka		WHEAT RYE BARLEY		•			•		M		M	M	M		✓		GF & Vegan Options Available
Brunch	Spinach, Feta & Chorizo Shakshuka		WHEAT RYE BARLEY		•			•		M		M	M	M				GF & Vegan Options Available
Brunch	Streaky Bacon Butty		WHEAT					•					•					GF Option Available
Brunch	Toast with Jam		WHEAT					•					•			✓		Vegan Option Available
Brunch	Toast with Marmalade		WHEAT					•					•			✓		Vegan Option Available
Brunch	Toast with Marmite	•	WHEAT RYE BARLEY OATS					•					•			✓		Vegan Option Available
Brunch	Triple Stacked Buttermilk Pancakes with Bacon and Maple Syrup		WHEAT		•			•		M			•		M	M		
Brunch	Veggie Breakfast		WHEAT		•			•			M		•		M	✓		GF & Vegan Options Available

MENU CATEGORY	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS					
Sandwich	Falafel & Avocado Wrap	M	WHEAT	M	M	M		M	M	•	M	•	M	•	M	✓	Ⓢ	GF Option Available		
Sandwich	Falafel, Avocado & Halloumi Wrap	M	WHEAT	M	M	M		•	M	•	M	•	M	•	M	✓				
Sandwich	Fish Finger Sandwich		WHEAT		•	•		•	*	•			•	•						
Sandwich	Mexican Burrito Wrap with Buttermilk Chicken	M	WHEAT	M	•	M		•	M	•	M	M	•	•	M					
Sandwich	Mexican Burrito Wrap with Grilled Chorizo	M	WHEAT	M	•	M		•	M	•	M	M	•	•	M					
Sandwich	Mexican Burrito Wrap with Sweet Potato	M	WHEAT	M	•	M		•	M	•	M	M	•	•	M	✓				
Sandwich	Panini Milano	M	WHEAT RYE BARLEY		•			•		•		M	M	•						
Sandwich	Tomato & Pesto Mozzarella Panini		WHEAT RYE BARLEY		•			•		•		M	M	•		✓				
Sandwich	Twisted Chicken Club Ciabatta	•	WHEAT RYE BARLEY		•			•		•		M	•	•				GF Option Available		



MENU CATEGORY	DISH																	MODIFICATION
		CORE & KIDS 2020	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	
Burgers	Beyond Cheese Burger NAKED	•							•							✓	Ⓥ	
Burgers	Chicken, Bacon & Avocado Burger NAKED				•			•	•			•	•					
Burgers	Crispy Fried Halloumi Burger NAKED				•			•	•		•	•			✓			
Burgers	GF Super Hero Burger NAKED	M	M		•			•	•	M	M	•	•					
Burgers	Lounge Bacon Cheeseburger NAKED				•			•	•			•	•					
Burgers	Lounge Burger NAKED				•			•	•			•	•					
Burgers	Matador Burger NAKED				•			•	•				•					
Burgers	Super Hero Burger NAKED	M	WHEAT		•			•	•	M	M	•	•					
Burgers	Ultimate Chicken Burger	•	M		•			•	•		M	•	•					
Burgers	V Moving Mountains Hot Dog NAKED		WHEAT						•							✓	Ⓥ	





MENU CATEGORY	DISH	ALLERGENS															VEGETARIAN	VEGAN	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS				
Tapas	<b>ALL 3x TAPAS WILL AUTOMATICALLY BE SERVED WITH BREAD</b>																		
Tapas	Ciabatta Portion		WHEAT RYE BARLEY		M				M		M		M	M	M		✓	Ⓥ	
Tapas	Beef & Pork Meatballs Tapas		WHEAT												•				
Tapas	BMC Taco	M	WHEAT					•		•	M	M	•	M					
Tapas	Cheddar & Sweetcorn Fritter Tapas				•			•			M				M		✓		
Tapas	Crispy Cod Taco	M	WHEAT	M	M	•		•	M*	•	M	M	M	M					
Tapas	Frank's Fiery Chicken Wings	M	M	M	M	M		M*	M	•	M	M	M*	•	M				
Tapas	Grilled Chorizo Taco	M	WHEAT					M		•	M	M		M					
Tapas	Guacamole Tapas		WHEAT RYE BARLEY		M			M		M		M	M	M			✓	Ⓥ	GF Option Available
Tapas	Halloumi Sticks Tapas				•			•									✓		
Tapas	Hummus Tapas		WHEAT RYE BARLEY		M			M		M		•	M	M			✓	Ⓥ	GF Option Available
Tapas	Patatas Bravas Tapas	M	M	M	M	M		M	M	M	M	M	M	•	M		✓	Ⓥ	
Tapas	Salt & Pepper Squid Tapas		WHEAT			*		*	•	*									
Tapas	Spinach & Goat's Cheese Croquettes Tapas		WHEAT			*		•	*	*					M		✓		
Tapas	Sticky Asian Chicken Wings	M	M	M	M	M		M*	M	•	M	•	•	•	M				
Tapas	Sweet Potato Taco	M	WHEAT					M		•	M	M		M			✓	Ⓥ	

MENU CATEGORY CORE & KIDS 2020	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sides	Ciabatta with Oil and Balsamic Side		WHEAT RYE BARLEY		M			M		M		M	M	•		✓	Ⓥ	
Sides	Fries Side															✓	Ⓥ	
Sides	Fries with Cheese Side							•								✓		
Sides	Garlic Bread Side		WHEAT RYE BARLEY		M			•		M		M	M	M		✓		
Sides	Garlic Bread with Cheese Side		WHEAT RYE BARLEY		M			•		M		M	M	M		✓		
Sides	Halloumi Sticks Side				•			•								✓		
Sides	House Slaw Side				•			•		•				•		✓		
Sides	Mac Cheese Side		WHEAT					•		•	M	M			M	✓		
Sides	Onion Rings Side		WHEAT			*		•	*	*						✓		
Sides	Spicy Veggie Rice Side	M	M							•		M	•	M		✓	Ⓥ	
Sides	Sweet Pot Fries Side															✓	Ⓥ	
Sides	Tenderstem Broccoli with Chilli Side												•			✓	Ⓥ	

MENU CATEGORY	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	
Cakes	Chocolate Sundae		WHEAT		•			•					•	•	M	✓		
Cakes	Churros & Two Sauces		WHEAT		M	*		•	*	*	M		•	•	M	✓		
Cakes	Sticky Toffee Pudding		WHEAT		•			•					•			✓		
Cakes	Sticky Toffee Sundae		WHEAT		•			•					•	•		✓		
Cakes	Warm Chocolate Brownie				•			•					•	•	M	✓		
Cakes	Winter Fruit Sundae		WHEAT		•			•			M		•	•	M	✓		
Cakes	Blueberry & Lemon Drizzle Loaf Slice		WHEAT		•			•			M		M	M	M	✓		
Cakes	Brownie				•			•					•		M	✓		
Cakes	Carrot Cake Slice		WHEAT											WALNUT PISTACHIO	✓			
Cakes	Chocolate & Orange Torte Slice												•			✓	Ⓥ	
Cakes	Dark Fruity Flapjack Bar															✓		
Cakes	Tea Cake		WHEAT		•			•				M	•			✓		
Cakes	Croissant		WHEAT		•			•					M		M	✓		
Cakes	Pain Au Chocolat		WHEAT		•			•				M	•		M	✓		
Cakes	Jelly Beans															✓		



MENU CATEGORY	DISH															VEGETARIAN		MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGAN			
Adds & Extras	Add Feta							•									✓		
Adds & Extras	Add Fried Red Onions																✓	Ⓥ	
Adds & Extras	Add Gluten Free Roll w/ Butter				•			•									✓		
Adds & Extras	Add Guacamole																✓	Ⓥ	
Adds & Extras	Add Halloumi Sliced							•									✓		
Adds & Extras	Add Hash Brown																✓	Ⓥ	
Adds & Extras	Add Herb-Marinated Chicken Half Breast																		
Adds & Extras	Add Jalapenos												•				✓	Ⓥ	
Adds & Extras	Add Maple Syrup																✓	Ⓥ	
Adds & Extras	Add Muffin		WHEAT		M			•				M	•		M		✓		
Adds & Extras	Add Onion Rings		WHEAT			*		•	*	*							✓		
Adds & Extras	Add Roasted Tomatoes																✓	Ⓥ	
Adds & Extras	Add Smoked Salmon					•													
Adds & Extras	Add Sour Cream							•									✓		
Adds & Extras	Add Spinach							•									✓		
Adds & Extras	Add Vegan Bacon Slice (1)	M	WHEAT							M		M	•				✓		

MENU CATEGORY	DISH															VEGETARIAN		MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGAN			
<b>Adds &amp; Extras</b>	Add Vegan Button Mushrooms																✓		
<b>Adds &amp; Extras</b>	Add Vegan Gouda Cheese Slice																✓		
<b>Adds &amp; Extras</b>	Add Vegan Spinach																✓		
<b>Adds &amp; Extras</b>	Add Avocado (Half)																✓		
<b>Adds &amp; Extras</b>	Add Burger Cheese Slice							•									✓		
<b>Adds &amp; Extras</b>	Add Hollandaise				•			•									✓		
<b>Adds &amp; Extras</b>	Add Hummus										•						✓		
<b>Adds &amp; Extras</b>	Add Pancake		WHEAT		•			•		M			•		M	M	✓		
<b>Adds &amp; Extras</b>	Add Smoked Streaky Bacon													•					
<b>Adds &amp; Extras</b>	Add Toast		WHEAT BARLEY					•					•				✓		
<b>Adds &amp; Extras</b>	Add Vegan Toast		WHEAT BARLEY										•				✓	Ⓥ	
<b>Adds &amp; Extras</b>	Add Burger Side Salad									•							✓	Ⓥ	

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		ALL KIDS MEAL ARE SERVED WITH A SNACKPOT																
Kids	GF Kids Snack Pot (No Breadsticks)											•				✓	Ⓟ	If Allergic to Sesame ask for No hummous
Kids	Kids Snack Pot		WHEAT				M				•	M	M			✓	Ⓟ	
Kids	Kids 3oz Hamburger		WHEAT		M		M				•	•	•	M				
Kids	Kids Breakfast		WHEAT BARLEY		•		•				•	•	•					
Kids	Kids Cheesy Beans on Toast		WHEAT BARLEY				•				•	•	M		✓			
Kids	Kids Chicken Lollipops		WHEAT				M				•	M	M					
Kids	Kids Falafel in a Bun		WHEAT		M		M				•	•	M	M	✓	Ⓟ		
Kids	Kids Fish Fingers		WHEAT			•	M*	*	•		•	M	M					
Kids	Kids GF 3oz Hamburger				•						•		•					
Kids	Kids GF Chicken Lollipops						M*		M*		•	M*	M*					
Kids	Kids GF Falafel in a Bun				•						•				✓			
Kids	Kids GF Sausage Chips and Beans										•		•					
Kids	Kids Macaroni Cheese and Garlic Bread		WHEAT RYE BARLEY		M		•		•	M	•	M	M	M	✓			
Kids	Kids Pancakes With Banana and Compote		WHEAT		•		•		M	M	•	•	•	M	✓			
Kids	Kids Sausage Chips and Beans		WHEAT				M				•	M	•					
Kids	Fries														✓	Ⓟ		
Kids	Salad								•						✓	Ⓟ		

MENU CATEGORY	DISH	Allergens															Dietary		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
OFF MENU	Big Vegan Breakfast	M	WHEAT						M		M	•			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
OFF MENU	Big Veggie Breakfast		WHEAT	•			•			M		•		M	<input checked="" type="checkbox"/>				
OFF MENU	GF Big Veggie Breakfast			•			•			M				M	<input checked="" type="checkbox"/>				
OFF MENU	Vegan & GF Breakfast														<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			



# GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
GF Brunch	GF Avocado Brunch	M	M	M	•	M		M	M	M	M	M	M	•	M	✓			
GF Brunch	GF Back Bacon Butty				•			•						•					
GF Brunch	GF Big Lounge Breakfast				•			•						•					
GF Brunch	GF Breakfast Muffin				•			•						•					
GF Brunch	GF Brooklyn Brunch	M	M		•			•		•	M	M		M		✓			
GF Brunch	GF Eggs Bacon with chives				•			•						•					
GF Brunch	GF Eggs Chorizo, Guacamole & Peppers with chives				•			•											
GF Brunch	GF Eggs Mushrooms with chives				•			•								✓			
GF Brunch	GF Eggs Salmon with chives				•	•		•											
GF Brunch	GF Eggs Spinach with chives				•			•								✓			
GF Brunch	GF Lounge Breakfast				•			•						•					
GF Brunch	GF Sausage Butty				•			•						•					
GF Brunch	GF Spinach & Feta Shakshuka				•			•								✓			
GF Brunch	GF Spinach, Feta & Chorizo Shakshuka				•			•											
GF Brunch	GF Streaky Bacon Butty				•			•											
GF Brunch	GF Veggie Breakfast				•			•			M				M	✓			

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY GF & VE 2020	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF Salad	Balsamic & Honey Dressing (Salad Choice)													•		✓		
GF Salad	Chilli & Lime Dressing (Salad Choice)	M	M	M	M	M		M	M	M	M	M	M	•	M	✓	Ⓥ	
GF Salad	GF Chicken, Bacon & Avo Salad, Cherries (No Dressing)							•				•	•	•				
GF Salad	GF Grilled Halloumi & Falafel Salad (No Dressing)							•				•		•		✓		

# GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH															MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS			VEGETARIAN
<b>ALL 3x GF TAPAS WILL AUTOMATICALLY BE SERVED WITH GF BREAD ROLL WHICH CONTAIN EGGS</b>																		
GF Tapas	GF Cheddar & Sweetcorn Fritter Tapas				•			•			M				M	✔		
GF Tapas	GF Frank's Fiery Chicken Wings	M	M	M	M	M		M	M	•	M	M	M	•	M			
GF Tapas	GF Guacamole Tapas				•											✔		
GF Tapas	GF Halloumi Sticks Tapas				•			•								✔		
GF Tapas	GF Hummus Tapas				•							•				✔		
GF Tapas	GF Patatas Bravas Tapas	M	M	M	M	M		M	M	M	M	M	M	•	M	✔	Ⓟ	
GF Tapas	GF Sticky Asian Chicken Wings	M	M	M	M	M		M	M	•	M	•	•	•	M			



# GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
GF Sandwiches	GF Falafel & Avocado Roll	M	M	M	•	M		M	M	•	M	•	M	•	M	✓			
GF Sandwiches	GF Falafel, Avocado & Halloumi Roll	M	M	M	•	M		•	M	•	M	•	M	•	M	✓			
GF Sandwiches	GF Twisted Chicken Club Ciabatta	•	M		•			•		•		M	•	•					
GF Sides	GF Fries Side															✓	Ⓥ		
GF Sides	GF Fries with Cheese Side							•								✓			
GF Sides	GF Halloumi Sticks Side				•			•								✓			
GF Sides	GF House Slaw Side				•			•		•				•		✓			
GF Sides	GF Spicy Veggie Rice Side	M	M							•		M	•	M		✓	Ⓥ		
GF Sides	GF Sweet Pot Fries Side															✓	Ⓥ		
GF Sides	GF Tenderstem Broccoli with Chilli Side												•			✓	Ⓥ		
GF Sides	Gluten Free Roll w/ Butter				•			•								✓			

## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH	Allergens															Dietary		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
GF Cakes	GF Chocolate Sundae				•			•						•	•	M	✓		
GF Cakes	GF Warm Chocolate Brownie				•			•						•	•	M	✓		
GF Cakes	GF Winter Fruit Sundae							•					M		•	M	✓		
GF Cakes	GF Brownie				•			•						•		M	✓		
GF Cakes	GF Chocolate & Orange Torte Slice													•			✓	Ⓟ	
GF Cakes	GF Dark Fruity Flapjack Bar																✓	Ⓟ	

# GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
Vegan Brunch	V Avocado Brunch	M	•	M	M	M		M	M	M	M	M	M	•	M	✓	Ⓥ		
Vegan Brunch	Vegan Bacon Butty	M	•							M		M	•			✓	Ⓥ		
Vegan Brunch	Vegan Breakfast	M	•							M		M	•			✓	Ⓥ		
Vegan Brunch	Vegan Toast with Jam		•									•				✓	Ⓥ		
Vegan Brunch	Vegan Toast with Marmalade		•									•				✓	Ⓥ		
Vegan Brunch	Vegan Toast with Marmite	•	•									•				✓	Ⓥ		
Vegan Tapas	V Guacamole Tapas		•		M			M		M		M	M	M		✓	Ⓥ		
Vegan Tapas	V Hummus Tapas		•		M			M		M		•	M	M		✓	Ⓥ		
Vegan Tapas	V Patatas Bravas Tapas	M	M	M	M	M		M	M	M	M	M	•	M		✓	Ⓥ		
Vegan Tapas	V Sweet Potato Taco	M	•					M		•	M	M		M		✓	Ⓥ		
Vegan Burger	V Beyond Cheese Burger	•	•		M			M		•		M	•		M	✓	Ⓥ		
Vegan Mains	V Bombay Sweet Potato & Lentil Curry	M	M	M	M	M		M	M	•	M	M	•	•	M	✓	Ⓥ		
Vegan Mains	V Falafel Salad									•		•				✓	Ⓥ		
Vegan Mains	V Mexican Superbowl	M	M	M	M	M		M	M	M	M	M	•	M		✓	Ⓥ		
Vegan Mains	V Moving Mountains Hot Dog		•		M			M		•			M			✓	Ⓥ		
Vegan Mains	V Falafel & Avocado Wrap	M	•	M	M	M		M	M	•	M	•	M	•	M	✓	Ⓥ		

## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VE 2020	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TRENUITS	VEGETARIAN	VEGAN		
<b>Vegan Mains</b>	V Mexican Burrito Wrap with Sweet Potato	M	•	M	M	M		M	M	•	M	M	•	•	M	✓	Ⓥ		
<b>Vegan Side</b>	Vegan BLT Sandwich	M	•							•		M	•			✓	Ⓥ		
<b>Vegan Side</b>	V Ciabatta with Oil and Balsamic Side		•		M			M		M		M	M	•		✓	Ⓥ		
<b>Vegan Side</b>	V Fries Side															✓	Ⓥ		
<b>Vegan Side</b>	V House Slaw Side									•						✓	Ⓥ		
<b>Vegan Side</b>	V Spicy Veggie Rice Side	M	M							•		M	•	M		✓	Ⓥ		
<b>Vegan Side</b>	V Sweet Pot Fries Side															✓	Ⓥ		
<b>Vegan Side</b>	V Tenderstem Broccoli with Chilli Side												•			✓	Ⓥ		
<b>Vegan Cake</b>	V Chocolate & Orange Torte Slice												•			✓	Ⓥ		
<b>Vegan Cake</b>	V Dark Fruity Flapjack Bar															✓	Ⓥ		
<b>Vegan Cake</b>	Vegan Carrot Cake Slice		•											•		✓	Ⓥ		







MENU CATEGORY DRINKS 2020	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
<b>Cocktails</b>	Pineapple Partini																		
<b>Cocktails</b>	Pina Colada																		
<b>Cocktails</b>	Popcorn Apple Barrel							•											
<b>Cocktails</b>	Raspberry Fizz													•					
<b>Cocktails</b>	Raspberry Mojito																		
<b>Cocktails</b>	Raspberry Mousse																		
<b>Cocktails</b>	Rhubarb and Ginger Bramble																		
<b>Mocktails</b>	Cooling Lemonade																		
<b>Mocktails</b>	Pink Lemonade																		
<b>Mocktails</b>	Rose Garden																		
<b>Mocktails</b>	Sherbet Lemonade																		
<b>Mocktails</b>	Virgin Mango Colada																		
<b>Mocktails</b>	Virgin Mary	•							•				•						
<b>Mocktails</b>	Watermelon Iced Tea																		

MENU CATEGORY DRINKS 2020	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS					
<b>Milkshakes</b>	Banana Milkshake							•										✓		
<b>Milkshakes</b>	Chocolate Milkshake							•										✓		
<b>Milkshakes</b>	Strawberry Milkshake							•										✓		
<b>Milkshakes</b>	Vanilla Milkshake							•										✓		
<b>Milks</b>	Coconut Milk													•				✓	Ⓥ	
<b>Milks</b>	Oat Milk		•															✓	Ⓥ	
<b>Milks</b>	Soya Milk													•				✓	Ⓥ	
<b>Milks</b>	Dairy Full Fat milk							•										✓		
<b>Milks</b>	Dairy Skimmed Milk							•										✓		