GLUTEN, CRUSTAECEANS, FISH, EGGS, PEANUTS, SOYABEANS, NUTS, MILK, CELERY, MUSTARD, SESAME, SULPHITES, LUPIN, MOLLUSCS

BREAKFAST - BRUNCH							
Avocado,feta,Toast	Gluten	sulphites	milk				Gluten free if no bread, Sulphite free if no dressing
Scram eggs,tom,olive,feta,toast	Gluten	sulphites	milk	egg			Gluten free if no bread, Sulphite free if no dressing
Avocado,haloumi,tom salad,toast	Gluten	sulphites	milk	egg			Gluten free if no bread, Sulphite free if no dressing
Omelette	Gluten	sulphites	milk	egg	sesame		
Poached eggs,greens,feta,seeds,toast	Gluten	sulphites	milk	egg	sesame	Nuts peanuts	
Scram eggs,smoked salmon,avocado,toast	Gluten	sulphites	egg	fish			
Full veggie English	Gluten	sulphites	egg	soy	mustard		
Shakshuka,sehug,tahini,challah	Gluten	sesame	Lupin	egg	sulphites	celery	
Pancakes	Gluten	egg	milk				
Porridge	Gluten	milk	sulphites				
LUNCH							
Soup of the Day,toast	Ask	For	details				
Haloumi burger	Gluten	egg	milk	lupin			
Greek salad	sulphites	milk					
Head Room salad	sulphites	sesame					
Haloumi salad	sulphites	milk	gluten				
Salmon Teriyaki & Quinoa salad	Fish	soya	sulphites	sesame	celery		
Tuna Nicoise salad	sulphites	fish					
Falafel in Pita	Gluten	sulphites	sesame				
Fish goujons, chips, salad	Fish	gluten	Sulphites				
SMALL PLATES							
Crispy cauliflower	Gluten	sesame	sulphites				
Salmon Teriyaki skewers	Fish	soya	sulphites	sesame	celery		
Fries	Gluten						
Side salad	sulphites						
Hummus & pita	sesame	sulphites					
Falafel, pita, tahina	Gluten	sesame	sulphites				
Haloumi Chips	Gluten	milk	egg				
Sauteed greens							
JACKET POTATOES		sulphites					Sulphites in salad dressing
Shakshuka sauce	sesame	celery					
Tuna mayo	Eggs	fish	mustard				
Feta Cheese	Milk						
Cheddar Cheese	Milk						

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KIDS							
Scram egg on toast	Gluten	egg	milk				
Fish goujons	Gluten	Fish	sulphites				
Spaghetti & cheese	Gluten	milk					
SOURDOUGH TOASTIES							
Mushroom,cheddar,mustard, honey & thyme	Gluten	mustard	Milk				
Vegetables & cheddar	Gluten	Milk					
Cheese & tomato	Gluten	Milk					
Tuna melt	Gluten	Milk	fish	egg	mustard		
CAKES							
Lemon / Carrot cake	Gluten	egg	milk	Walnuts (carrot only)			
Apple cake	Gluten	egg	soy				
Chocolate cake	Gluten	egg	soy				
Muffins	Gluten	egg	soy				
Cookies	Gluten	egg	soy				
Croissant	Gluten	egg	milk				
Pan au choc	Gluten	egg	milk				
Bubka cake	Gluten	egg	Poppy seeds				
Doughnuts	Gluten	egg					
Ice cream	egg	milk					
Brownies	gluten	Egg	Soy				
Blondies	gluten	egg	Soy				
ALCOHOL							
Brewdog Dead Pony	Sulphites	Gluten					
Camden Hells Lager	Sulphites	Gluten					
Charisma Cabernet Red Wine	Sulphites						
Recanati Shiraz Red Wine	Sulphites						
Recanati Yasmin White Wine	Sulphites						
Charisma Sauvignon Blanc White Wine	Sulphites						
Rose	Sulphites						
Alcoholic Smoothie	Sulphites						Check smoothie for fruit
Spiced Sangria	Sulphites						
Gin & Tonic	Sulphites						
Mojito	Sulphites						
Lemonana	Sulphites	Nuts/ peanuts	soy	gluten	sesame		

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HOT DRINKS							
Matcha Latte	milk						
Coconut, rose water,nuts Sahlev	milk	Nuts	Peanuts	gluten	eggs	soy	
Chai Latte	milk						
Espresso/Double Espresso							
Americano	milk						
Flat White	milk						
Machiato/Double Machiato	milk						
Cappuccino/Large Cappuccino	milk						
Latte/Large Latte	milk						
Hot Chocolate	milk						
Babycino	milk						
English Tea	milk						
Lemon & Fresh Ginger							
Fresh Mint							
Green Tea							
Lemongrass & Ginger Tea							
Blackcurrant & Hibiscus Tea							
Peppermint Tea							
Chamomile Tea							
Hot Chocolate	milk						
Hot chocolate with cream	milk						
Dirty hot chocolate	milk	gluten	eggs				
FLAVOURED SYRUPS							
Syrup vanilla							
Syrup caramel							
Syrup hazelnut	Nuts						Hazelhut extract
Syrup almond	Nuts						Almond extract
COLD DRINKS							
Homemade Limonana	sulphites	nuts	peanuts	Soy	gluten		
Cold Coffee	milk						
Iced Coffee	milk	gluten					
Ice Chocolate	milk						
Matcha & honey Iced Latte	milk						
Still/Sparkling Water							
Coke/Diet Coke/Sprite							

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FRESH SQUEEZED JUICES							
Orange & Carrot							
Beets,carrot,ginger & celery							
Carrot							
Orange							
Pomegranate							
SMOOTHIES							
Merry Berry							
Beet N' Berry							
Groovy Green							
Peachy Green	Kiwi						
Strawberry Sunshine							
Tropical Crush	Pineapple						
MILKSHAKES							
Chocolate	milk						
Vanilla	milk						
Strawberry	milk						
Banana	milk						
Cookie	milk	egg	gluten				
Banoffi Pie	milk	gluten					
Peanut & Salted Caramel	milk	nuts					
Messy	Milk						
CREPES	Gluten	egg	Milk				
Lemon/sugar	Sulphites						
Cream	Milk						
Nutella	milk	nuts	Soy	lupin			
Dulce de leche	milk						