



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

<b>KIDS</b>							
Scram egg on toast	Gluten	egg	milk				
Fish goujons	Gluten	Fish	sulphites				
Spaghetti & cheese	Gluten	milk					
Cheese sandwich	Gluten						
Tuna sandwich	Gluten	fish	egg				
Egg sandwich	Gluten	egg					
Nutella banana sandwich	Gluten	nuts	soy	Lupin			
PBJ sandwich	gluten	peanuts	sulphites	soya	nuts		
<b>GOURMET SANDWICHES</b>							
Mushroom,cheddar,mustard, honey & thyme	Gluten	mustard	Milk				
Vegetables & cheddar	Gluten	Milk					
Cheese & tomato	Gluten	Milk					
Tuna melt	Gluten	Milk	fish	egg	mustard		
Tricolore ciabatta	Gluten	milk	nuts				Nut free without pesto
Mediterranean Mushroom	Gluten	Milk	sulphites				
Primevera ciabatta	Gluten	milk	egg	Check mayo			
Hummus salad pita	Gluten	milk	sesame	Sulphites			
Margherita sandwich	Gluten	milk					
Chickpea ciabatta	Gluten	milk	sesame				
Goats cheese fig ciabatta	Gluten	milk					
Smoked salmon & cream cheese	Gluten	milk	fish				
Grilled salmon ciabatta	Gluten	Nuts					
Egg salad ciabatta	Gluten	egg	mustard				
<b>CAKES</b>							
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				
Croissants	Gluten	egg	milk				
Bubka cake	Gluten	egg	Poppy seeds				
Doughnuts	Gluten	egg					
Ice cream	egg	milk					
Brownies	gluten	Egg	Soy				
Blondies	gluten	egg	Soy				
<b>ALCOHOL</b>							
Brewdog Dead Pony	Sulphites	Gluten					
Camden Hells Lager	Sulphites	Gluten					

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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		
<b>HOT DRINKS</b>							
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						
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				
<b>FLAVOURED SYRUPS</b>							
Syrup vanilla							
Syrup caramel							
Syrup hazelnut	Nuts						Hazelhut extract
Syrup almond	Nuts						Almond extract

