

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

KIDS							
Scram egg on toast	Gluten	egg	milk				
Fish goujons	Gluten	Fish	sulphites				
Spaghetti & cheese	Gluten	milk					
Margherita sandwich	Gluten	milk					
GOURMET SANDWICHES							
Tuna melt	Gluten	Milk	fish	egg	mustard		
Tricolore ciabatta	Gluten	milk	nuts				
Mediterranean Mushroom	Gluten	Milk	sulphites				
Primevera ciabatta	Gluten	milk	egg				
Margherita sandwich	Gluten	milk					
Chickpea ciabatta	Gluten	milk	sesame				
Goats cheese fig ciabatta	Gluten	milk					
Smoked salmon & cream cheese	Gluten	milk	fish				
Falafel in Pita	Gluten	sulphites	sesame				
SAVOURY CREPES							
Smoked salmon & cream cheese	Gluten	fish	milk				
Mushroom,cheddar, honey mustard	Gluten	milk	mustard				
Tuna,cheddar,red onion	Gluten	milk					
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				
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				
ALCOHOL							

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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		
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						
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							

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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							
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						