



# How this guide works

Last Updated :  
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## Allergens

If you have an allergy, head to the till to order and please speak to the manager on duty, so that extra precautions can be taken during preparation.

We declare allergens that are intentionally added to products and, where our suppliers have indicated possible cross contamination risks, we declare these too.

Our food and drink are however, prepared to order in a busy kitchen where allergens are also present, and equipment is shared.

The following allergens are handled in our kitchens – celery, Cereals Containing Gluten, Gluten, eggs, fish, milk, mustard, nuts, sesame, soya and sulphites and we cannot guarantee the product is free from these additional allergens due to possible cross-contamination.

### Contains

Allergens are present within the product.

### May contain

Traces of allergen may be present from our supplier and cannot be removed from the product.

### Further Information

We declare which ingredient within the dish contains the allergen.

## Vegetarian & Plant-based

Although our restaurants aren't vegetarian, our kitchens aim to keep non-meat products separate from meat products - but we can't guarantee it. Please speak to the manager for more information on how your meal will be prepared.

Plant-based and vegetarian products are cooked on the same grills as ingredients derived from animal origin.

Where we make a dietary claim regarding any menu items that are suitable for those following a plant-based diet, please be aware that this is applicable to the recipe only and cannot be used solely as assurance that there is no risk of cross contamination with allergenic ingredients, such as milk and egg.

 Vegetarian  Plant-based

Please always be sure to check the full recipe breakdown for

[View Menu](#)

# Food & Menu Specifications

Want to know how this guide works? [Click here.](#)



**Sweet Treats**



**PERi-PERi Chicken**



**Nandinos**



**The Classics**



**The Works**



**Spices & Sauces**



**Sides , Extras & Garnish**



**Breakfast Rolls**



**Eggs**



**Drinks**

# Sweet Treats



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## All-Butter Croissant

CONTAINS

Egg • Milk • Gluten



## Chocolate Twist

CONTAINS

Egg • Milk • Gluten • Soya



## Pastel de Nata

CONTAINS

Egg • Milk • Gluten



## Buttermilk Pancakes

CONTAINS

Egg • Milk • Gluten • Soya



# All-Butter Croissant

Sweet Treats →



Allergens declared below are based on the product recipe and cannot be excluded. **However, we handle many allergens in our kitchen and cannot guarantee the product is allergen free.**

Please refer to the [introduction page](#) for further information.

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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains milk. The butter portion contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain almond, hazelnut and pecan
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			May contain soya
Sulphites			

Ingredients
<b>Wheat</b> flour, Butter, Water, Sugar Cane, Yeast, <b>Wheat</b> Gluten, <b>Eggs</b> , Salt, Whole <b>Milk</b> Powder, Sugar, <b>Wheat</b> Sourdough (Water, Fermented <b>Wheat</b> Flour), Colour (Carotene from natural origin), Flour Treatment Agent (E300), Enzyme
Served with a portion of butter. Can be served with strawberry jam, blackcurrant jam or honey

# Chocolate Twist

Sweet Treats →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain almond, hazelnut and pecan
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya
Sulphites			

Ingredients
Water, <b>Wheat</b> Flour, Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 ( <b>Soya</b> ))), Butter ( <b>Milk</b> ), Sugar, Modified Starches, <b>Wheat</b> , Whey Powder, Yeast, Whole <b>Milk</b> Powder, <b>Eggs</b> , Salt, Maltodextrin, Carrot Concentrate, Thickener (E415), Natural Flavouring, Flour Treatment Agent (E300), Enzyme

# Pastel de Nata

Sweet Treats →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains pasteurised eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain hazelnuts
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			May contain soya
Sulphites			

Ingredients
Filling: ( <b>Milk</b> , Sugar, Water, <b>Egg Yolk</b> , <b>Wheat</b> (gluten) flour, Corn starch, Flavouring (Cinnamon, Lemon)), Dough: ( <b>Wheat</b> (gluten) flour, Butter ( <b>Milk</b> ), Water, Salt, Cinnamon powder)

# Buttermilk Pancakes

Sweet Treats →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains pasteurised eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Buttermilk pancakes and unsalted butter contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds and walnuts
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya
Sulphites			May contain sulphites

Ingredients
Buttermilk Pancakes (Buttermilk, Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Pasteurised <b>Egg</b> , Water, Non Hydrogenated Vegetable Oil (Rapeseed), Partially Inverted Refiners Syrup, Raising Agents (Calcium Phosphates, Disodium Diphosphates, Sodium Carbonates Potassium Carbonates), Whey Solids ( <b>Milk</b> ), Salt, <b>Soya</b> Flour, Dextrose, Preservative (Calcium Propionate), Banana, Maple Syrup, Blueberries, Unsalted Butter (Pasteurised Cream ( <b>Milk</b> )), Icing Sugar
<b>Can be served with maple syrup or honey</b>
<b>This is also applicable for Nandino's Pancakes</b>

# Chicken

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Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## Nando's Chicken Quarter,

CONTAINS  
n/a

## Grilled Chicken Burger

CONTAINS  
Gluten



Gatwick Breakfast

# Nando's Chicken - Quarter, Half

Chicken 



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Chicken

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MARINATED CHICKEN (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
BASTING SAUCE ( <a href="#">View Spices</a> )

For *contains* and *may contains* information please click on the link here

How this guide works >

Gatwick Breakfast

# Grilled Chicken Burger

Chicken 



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Rustic roll contains gluten from wheat and Oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic roll may contain soya
Sulphites			

Ingredients
MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, Wheat Semolina.
TOMATO SLICE, LETTUCE LEAF
LEMON & HERB MAYO (Water, Rapeseed Oil, Thickener (Modified Maize Starch), Spirit Vinegar, Sugar, Lemon Zest, Onion, Salt, Modified Starch, Tapioca Starch, Concentrated Lemon Juice, Turmeric Solution (Water, Colour (Curcumin)), Garlic Puree, Colour (Paprika Extract), Rosemary, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli)), Thyme, Preservative (Potassium Sorbate)
PERI KETCHUP (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Lemon Juice, Garlic Puree, Ginger Puree, Gelling Agent (Pectin), Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Curry Powder (Ground Spices (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seed, Cayenne, Fenugreek), Salt, Garlic Powder, Rapeseed Oil, Ground Oregano), Bay Leaf, Colour (Paprika Extract), Ground Coriander, Ground Cumin
BASTING SAUCE ( <a href="#">View Spices</a> )

# The Classics



Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## PERi-Powered Avo Toast

CONTAINS  
Milk • Gluten



## Toast

CONTAINS  
Gluten • Milk • Soya • Celery



## Banana & Blueberry Porridge

CONTAINS  
Gluten



Gatwick Breakfast

# PERi-Powered Avo Toast

The Classics 



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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Feta contains pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			May contain soya
Sulphites			

For *contains* and *may contains* information please click on the link here

[How this guide works >](#)

Ingredients
RUSTIC ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers, (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, SeaSalt), Yeast, <b>Wheat</b> Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free Oats, Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina)
AVOCADO (Avocado, Lime)
WHOLE BLACK PEPPERCORN
FETA ( <b>Milk</b> )
PERi PERi SEEDS (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano) , PERi SALT (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract))

Gatwick Breakfast



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**Vegetarian**

Allergen Type	Contains	May contain	Further Information
Celery	✓		Marmite contains celery
Cereals containing Gluten			Malted Bloomer contains gluten from wheat & barley. White bloomer contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portions contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya
Sulphites			

Ingredients
WHITE BLOOMER ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), <b>Wheat</b> Flour, <b>Soya</b> )
OR
MALTED BROWN BLOOMER ( <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted <b>Wheat</b> Flakes, Wheat Bran, Yeast, Malted <b>Barley</b> Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted <b>Wheat</b> Flour, Flour Treatment Agents (E300), Palm Fat, <b>Wheat</b> Flour, <b>Soya</b> )
Served with a portion of butter.
Can be served with strawberry jam, blackcurrant jam, honey or marmite.

# Banana & Blueberry Porridge

The Classics



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Plant-based

\*Plant-based if served without honey

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
PORRIDGE (Oatmilk, Pure Rolled Oats)
BANANA
BLUEBERRIES
PUMPKIN SEEDS
Can be served with honey, strawberry jam or blackcurrant jam, maple syrup
*Plant-based if served without honey

# Breakfast Rolls



Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## Sausage Breakfast Roll

CONTAINS

Gluten • Egg • Milk • Mustard •  
Sulphites

## Sausage & Fried Egg Roll

CONTAINS

Gluten • Egg • Milk • Mustard •  
Sulphites

## Veggie Breakfast Roll

CONTAINS

Gluten • Egg • Milk • Mustard

## The Daybreaker

CONTAINS

Gluten • Sulphites • Egg



# Sausage Breakfast Roll

BREAKFAST  
ROLLS 



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Allergen Type	Contains	May contain	Further Information
Celery			CHICKEN SAUSAGE may contain celery
Cereals containing Gluten			RUSTIC PORTUGUESE ROLL contains gluten from wheat and oats. CHICKEN SAUSAGE contains gluten from wheat
Crustaceans			
Eggs & Derivatives			LIGHTLY SPICED YOGURT MAYO contains PASTEURISED eggs. CHICKEN SAUSAGE may contain eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			LIGHTLY SPICED YOGURT MAYO contains milk. CHICKEN SAUSAGE may contain milk
Molluscs			
Mustard			LIGHTLY SPICED YOGURT MAYO contains mustard. CHICKEN SAUSAGE may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			CHICKEN SAUSAGE and RUSTIC PORTUGUESE ROLL may contain soya
Sulphites			CHICKEN SAUSAGE contains sulphites

For *contains* and *may contain* information please click on the link here

[How this guide works >](#)

Ingredients
CHICKEN SAUSAGE ( <a href="#">see Chicken Sausage</a> )
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers, (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina)
LIGHTLY SPICED YOGURT MAYO ( <a href="#">see Extras &amp; Garnish</a> )
RAPSEED OIL
BASTING SAUCE ( <a href="#">View Spices</a> )

Gatwick Breakfast

# Sausage & Fried Roll

Breakfast  
Rolls



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Allergen Type	Contains	May contain	Further Information
Celery		✓	CHICKEN SAUSAGE may contain celery
Cereals containing Gluten	✓		RUSTIC PORTUGUESE ROLL contains gluten from wheat and oats. CHICKEN SAUSAGE contains gluten from wheat
Crustaceans			
Eggs & Derivatives	✓		Contains eggs. LIGHTLY SPICED YOGURT MAYO contains eggs. CHICKEN SAUSAGE may contain eggs.
Fish & Derivatives			
Lupin			
Milk & Derivatives			LIGHTLY SPICED YOGURT MAYO contains milk. CHICKEN SAUSAGE may contain milk
Molluscs			
Mustard	✓		LIGHTLY SPICED YOGURT MAYO contains mustard. CHICKEN SAUSAGE may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives		✓	CHICKEN SAUSAGE and RUSTIC PORTUGUESE ROLL may contain soya
Sulphites	✓		CHICKEN SAUSAGE contains sulphites

Ingredients
CHICKEN SAUSAGE (see Chicken Sausage)
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers, (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina),
FRIED EGGS (Whole <b>eggs</b> , Vegetable Oil)
LIGHTLY SPICED YOGURT MAYO (see Extras & Garnish)
RAPSEED OIL
BASTING SAUCE ( <a href="#">View Spices</a> )

# Veggie Breakfast Roll

Breakfast  
Rolls



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			RUSTIC PORTUGUESE ROLL contains gluten from wheat and oat
Crustaceans			
Eggs & Derivatives			LIGHTLY SPICED YOGURT MAYO contains PASTEURISED eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			LIGHTLY SPICED YOGURT MAYO and HALLOUMI CHEESE contain milk
Molluscs			
Mustard			LIGHTLY SPICED YOGURT MAYO contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers, (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, Wheat Semolina (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina)
CHILLI JAM ( <a href="#">see Extras &amp; Garnish</a> )
HALLOUMI CHEESE ( <b>Milk</b> ) ( <a href="#">see Extras &amp; Garnish</a> )
AVOCADO ( <a href="#">see Extras &amp; Garnish</a> )
RAPESEED OIL
TOMATO SLICE
LIGHTLY SPICED YOGURT MAYO ( <a href="#">see Extras &amp; Garnish</a> )
BASTING SAUCE ( <a href="#">View Spices</a> )

# The Daybreaker

Breakfast  
Rolls



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Allergen Type	Contains	May contain	Further Information
Celery			CHICKEN SAUSAGE may contain celery
Cereals containing Gluten			CHICKEN SAUSAGE contains gluten from wheat. RUSTIC ROLL contains gluten from wheat and oats.
Crustaceans			
Eggs & Derivatives			Contains EGGS. CHICKEN SAUSAGE may contain eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			CHICKEN SAUSAGE may contain milk
Molluscs			
Mustard			CHICKEN SAUSAGE may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			CHICKEN SAUSAGE may contain sesame seeds
Soya & Derivatives			CHICKEN SAUSAGE may contain soya
Sulphites			CHICKEN SAUSAGE contains sulphites

For *contains* and *may contain* information please click on the link here

How this guide works >

Ingredients
CHICKEN SAUSAGE ( <a href="#">see Chicken Sausage</a> )
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid)), Sugar, Salt, Emulsifiers, (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina))
FRIED EGGS (Whole eggs, Vegetable Oil)
HASH BROWN (see Extras & Garnish)
CHURRASCO PERinaise (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener: Modified Maize Starch, Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli, Pepper, White Pepper), Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour: Paprika Extract))
PERi TOMATO RELISH PERI KETCHUP (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Lemon Juice, Garlic Puree, Ginger Puree, Gelling Agent (Pectin), Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Curry Powder (Ground Spices (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seed, Cayenne, Fenugreek), Salt, Garlic Powder, Rapeseed Oil, Ground Oregano), Bay Leaf, Colour (Paprika Extract), Ground Coriander, Ground Cumin))
RAPESEED OIL
BASTING SAUCE ( <a href="#">View Spices</a> )

Gatwick Breakfast

# The Works



Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## The Big Breakfast

CONTAINS

Milk • Egg • Soya • Sulphites • Gluten

## The Big Veggie Breakfast

CONTAINS

Milk • Egg • Soya • Gluten



Gatwick Breakfast

# The Big Breakfast

The  
Works →



Allergens declared below are based on the product recipe and cannot be excluded. **However, we handle many allergens in our kitchen and cannot guarantee the product is allergen free.**

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Allergen Type	Contains	May contain	Further Information
Celery		✓	
Cereals containing Gluten	✓		Bloomers contains gluten from wheat and Malted bloomer contains gluten from Barley. Chicken sausage contains gluten from wheat
Crustaceans			
Eggs & Derivatives	✓	✓	Contains Egg, Chicken sausage may contain Egg
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		Served with a portion of butter, Scrambled Egg contains milk. Chicken Sausage may contain milk.
Molluscs			
Mustard		✓	Chicken sausage may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame		✓	Chicken sausage may contain sesame
Soya & Derivatives	✓	✓	Both bloomers contain soya, Chicken sausage may contain soya
Sulphites	✓		Chicken sausage contains sulphites

For *contains* and *may contain* information please click on the link here

[How this guide works >](#)

Ingredients
CHICKEN SAUSAGE ( <a href="#">See Chicken Sausage</a> ), EGGS ((Eggs can be poached, fried or scrambled), (Only Scrambled Eggs contain PASTEURISED Semi-Skimmed Milk, Black Pepper)), BAKED BEANS (Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), HASH BROWN (see Hash Brown), GRILLED MUSHROOM (See Extras & Garnish), TOMATO, GARLIC AND CHILLI SPREAD (see Extras & Garnish), RAPSEED OIL, PERi Salt, BLACK PEPPER, SALT, CHIVES
BASTING SAUCE ( <a href="#">View Spices</a> )
WHITE BLOOMER ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), <b>Wheat</b> Flour, <b>Soya</b> )
OR
MALTED BROWN BLOOMER ( <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted <b>Wheat</b> Flakes, <b>Wheat</b> Bran, Yeast, Malted <b>Barley</b> Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted <b>Wheat</b> Flour, Flour Treatment Agents (E300), Palm Fat, <b>Wheat</b> Flour, <b>Soya</b> )

Gatwick Breakfast

# The Big Veggie Breakfast

The Works →



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten	✓		Bloomers contains gluten from wheat and Malted bloomer contains gluten from Barley.
Crustaceans			
Eggs & Derivatives	✓		Contains Egg.
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		Served with a portion of butter, Scrambled Egg contains milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives	✓		Both bloomers contain soya
Sulphites			

For *contains* and *may contains* information please click on the link here

[How this guide works >](#)

Ingredients
HALLOUMI CHEESE ( <a href="#">See Extra &amp; Garnish</a> ), EGGS (( <b>Eggs</b> can be poached, fried or scrambled), (Only Scrambled <b>Eggs</b> contain PASTEURISED Semi-Skimmed <b>Milk</b> , Black Pepper)), BAKED BEANS (Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), HASH BROWN (see Hash Brown), AVOCADO, GRILLED MUSHROOM (See Extras & Garnish), TOMATO, GARLIC AND CHILLI SPREAD (see Extras & Garnish), RAPSEED OIL, PERi Salt, BLACK PEPPER, SALT, CHIVES
BASTING SAUCE ( <a href="#">View Spices</a> )
WHITE BLOOMER ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), <b>Wheat</b> Flour, <b>Soya</b> )
OR
MALTED BROWN BLOOMER ( <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted <b>Wheat</b> Flakes, <b>Wheat</b> Bran, Yeast, Malted <b>Barley</b> Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted <b>Wheat</b> Flour, Flour Treatment Agents (E300), Palm Fat, <b>Wheat</b> Flour, <b>Soya</b> )

Gatwick Breakfast

# Nandinos



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## Semi-skimmed Milk

CONTAINS  
Milk



## Buttermilk Pancakes

CONTAINS  
Egg • Milk • Soya • Gluten



## Egg on Toast

CONTAINS  
Egg • Milk • Soya • Gluten



## Orange Juice

CONTAINS  
n/a



## Pip Organic

CONTAINS  
n/a



Gatwick Breakfast

# Semi-skimmed Milk

Nandinos →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Milk

# Buttermilk Pancakes

Nandinos →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains Gluten from Wheat
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains milk from buttermilk pancakes and unsalted butter portion
Molluscs			
Mustard			
Nuts & Derivatives			May contain almond and walnut
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya
Sulphites			May contain sulphites

Ingredients
BUTTERMILK PANCAKES (Buttermilk, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, PASTEURISED Egg, Water, Non Hydrogenated Vegetable Oil (Rapeseed), Partially Inverted Refiners Syrup, Raising Agents (Calcium Phosphates, Disodium Diphosphates, Sodium Carbonates Potassium Carbonates), Whey Solids (Milk), Salt, Soya Flour, Dextrose, Preservative (Calcium Propionate))
UNsalted BUTTER (PASTEURISED Cream (Milk)), BANANAS, BLUEBERRIES, ICING SUGAR
Can be served with honey or maple syrup

# Eggs on Toast

Nandinos →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Bloomers contains gluten from wheat and Malted bloomer contains gluten from Barley.
Crustaceans			
Eggs & Derivatives			Contains Egg.
Fish & Derivatives			
Lupin			
Milk & Derivatives			Scrambled eggs contain milk, Butter portion contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Bloomer bread contains soya.
Sulphites			

Ingredients
WHITEBLOOMER ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), <b>Wheat</b> Flour, <b>Soya</b>
OR
MALTED BROWN BLOOMER ( <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted <b>Wheat</b> Flakes, <b>Wheat</b> Bran, Yeast, Malted <b>Barley</b> Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted <b>Wheat</b> Flour, Flour Treatment Agents (E300), Palm Fat, <b>Wheat</b> Flour, <b>Soya</b>
EGGS (( <b>Eggs</b> can be poached, fried or scrambled) (only Scrambled <b>Eggs</b> contain PASTEURISED SemiSkimmed <b>Milk</b> , Black Pepper)), RAPSEED OIL

# Orange Juice

Nandinos →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Orange Juice
<b>**MAY CONTAIN SHELLAC**</b>



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
CLOUDY APPLE JUICE (Organic Apple Juice (100%))
PINEAPPLE & MANGO SMOOTHIE (Organic Apple Juice, Organic Pineapple Juice (15%), Organic Banana Puree, Organic Mango Puree (7%), Organic Orange Juice)

# Eggs



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## Sunrise Egg Wrap

CONTAINS

Milk • Egg • Gluten



## Chicken Benedict

CONTAINS

Milk • Egg • Gluten • Soya • Mustard  
•Sulphites



## Eggs on Toast

CONTAINS

Milk • Egg • Gluten • Soya



# Sunrise Egg Wrap

Eggs 



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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Wrap contains gluten from wheat.
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheddar cheese Contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
WRAP (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)
<b>EGGS</b> ( <b>Eggs</b> , PASTEURISED Semi-Skimmed <b>Milk</b> , Salt Black Pepper),
BABY SPINACH
PERi SEMI-DRIED TOMATOES (Semi Dried Tomatoes, Sunflower Oil, Sugar, Salt, Garlic, Chillies, Oregano)
CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin)),
CHEDDAR CHEESE ( <b>Milk</b> )
Can be served with Hash brown ( <a href="#">See hash brown</a> )

# Chicken Benedict

Eggs 



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 Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			English Muffin contains gluten from wheat, Rye and may contain Barley
Crustaceans			
Eggs & Derivatives			Contains Egg & Peri Hollandaise sauce contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Peri Hollandaise sauce Contains pasteurised milk
Molluscs			
Mustard			Peri Hollandaise sauce contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Peri Hollandaise sauce Contains soya
Sulphites			Peri Hollandaise sauce contains sulphites

Ingredients
EGGS, PERI HOLLANDAISE SAUCE ( HOLLANDAISE SAUCE (Water, Butter, <b>Milk</b> , Double Cream, PASTEURISED <b>Egg</b> Yolk, Cornflour, Sugar, Lemon Juice Concentrate, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Seed, Spirit Vinegar, Salt), Salt, Emulsifier: <b>Soya</b> Lecithin, White Wine Vinegar), MEDIUM BASTE ( <a href="#">See Marinade and Sauces</a> ))
ENGLISH MUFFIN (White <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Rapeseed Oil, [ <b>Rye</b> Flour (Wholemeal <b>Rye</b> Flour), Water], Yeast, Salt, Crumb Softener (Enzymes, <b>Wheat</b> Flour), Bread Improver ( <b>Wheat</b> Flour, Flour Treatment Agent: Ascorbic Acid)) , BABY SPINACH
CHILLI JAM ( <a href="#">See Extras and Garnish</a> )
BASTING SAUCE ( <a href="#">see Marinade &amp; Sauces</a> )
CHIVES
PERI SALT ( <a href="#">see Extras &amp; Garnish</a> )
OLIVE OIL

# Eggs on Toast

Eggs →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Bloomers contains gluten from wheat and Malted bloomer contains gluten from Barley.
Crustaceans			
Eggs & Derivatives			Contains Egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Scrambled eggs and Butter portion contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Bloomer bread contains soya
Sulphites			

Ingredients
WHITEBLOOMER ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), <b>Wheat</b> Flour, <b>Soya</b>
OR
MALTED BROWN BLOOMER ( <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted <b>Wheat</b> Flakes, <b>Wheat</b> Bran, Yeast, Malted <b>Barley</b> Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), <b>Wheat</b> Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted <b>Wheat</b> Flour, Flour Treatment Agents (E300), Palm Fat, <b>Wheat</b> Flour, <b>Soya</b>
EGGS (( <b>Eggs</b> can be poached, fried or scrambled) (only Scrambled <b>Eggs</b> contain PASTEURISED Semi-Skimmed <b>Milk</b> , Black Pepper)), RAPSEED OIL

# Sides, Extras & Garnish 1/2



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## Grilled Halloumi Cheese

CONTAINS  
Milk



## Cheddar Cheese Slice

CONTAINS  
Milk



## Chilli Jam

CONTAINS  
n/a



## Garlic PERInaise

CONTAINS  
n/a



## PERi-Salt

CONTAINS  
n/a



## PERInaise

CONTAINS  
Egg • Celery



## Mayonnaise

CONTAINS  
Mustard



## Churrasco PERInaise

CONTAINS  
n/a



## Chicken Sausage

CONTAINS  
Gluten • Sulphites



# Sides, Extras & Garnish 2/2



Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## Rustic Portuguese Roll

CONTAINS  
Gluten • Milk



## Tortilla Wrap

CONTAINS  
Gluten



## Avocado

CONTAINS  
Sulphites



## PERi-PERi Gravy

CONTAINS  
n/a

## Hash Brown

CONTAINS  
n/a



## PERi-Honey

CONTAINS  
n/a



## Grilled Tomato & Mush-

CONTAINS  
n/a



## Baked Beans

CONTAINS  
n/a



# Chicken Sausage

Sides, Extras &  
Garnish →



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten	✓		Contains Wheat.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites	✓		Contains Sulphite.

For *contains* and *may contains* information please click on the link here

How this guide works >

Ingredients
Chicken thigh fillet (89%), Water (4%), Rusk (4%) (Cereals containing <b>gluten</b> ) ( <b>Wheat</b> flour (4%) ( <b>Wheat</b> flour (3%), Calcium carbonate, Iron, Niacin, Thiamin), Salt (2%), Raising agent (2%)), Seasoning (2%) (Antioxidant E300 (1%), Spice Extract (1%), Anti-Caking Agent (E551) (1%), LoSalt (Potassium Chloride / Sodium Chloride), Wheat flour (calcium carbonate, iron, niacin, thiamine) (Cereals containing gluten), Salt, Emulsifier (E451), Species (White Pepper, Nutmeg), Preservative: Sodium <b>Sulphite</b> (Sulphur Dioxide ( <b>Sulphites</b> )), Dextrose), olive pomace oil (1%), Dextrose, Parsley 3mm Frozen

Gatwick Breakfast

# Cheddar Cheese Slice

Sides, Extras &  
Garnish →



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Cheddar Cheese ( <b>Milk</b> )

# Chilli Jam

Sides, Extras &Garnish



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin)

# Garlic PERinaise

Sides, Extras &  
Garnish



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Un-waxed Lemon Zest, Stabilisers (Guar Gum, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper)), Yeast Extract, Flavourings, Colour (Curcumin, Paprika Extract), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Paprika

# Grilled Halloumi Cheese

Sides, Extras &  
Garnish →



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised cow, sheep and goats milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Halloumi Cheese (( <b>Milk</b> , Salt, Mint), Vegetable Oil)

# Mayonnaise Pot

Sides, Extras &  
Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			Contains Dijon mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Rapeseed Oil, Cornflour, Sugar, Spirit Vinegar, Salt, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Seeds, Spirit Vinegar, Salt), Modified Starch, Tapioca Starch, Preservative (Potassium Sorbate), Turmeric



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract)



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			Contains celery salt
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener (Modified Maize Starch), Salted <b>Egg Yolk</b> ( <b>Egg</b> Yolk, Salt), Medium PERi PERi Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin)), Salt, Stabiliser (Guar Gum), <b>Celery</b> Salt, Paprika, Colour (Paprika Extract)

# Churrasco PERinaise Pot

Sides. Extras &  
Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Thickener: Modified Maize Starch, Medium Bulk (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour: Paprika Extract

# Rustic Portuguese Roll

Sides, Extras &  
Garnish →



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V Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat and Oat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Butter portion contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Roll may contain Soya
Sulphites			

Ingredients
RUSTIC PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Sodium Stearoyl-2-Lactylate), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent (Ascorbic Acid), Potato Flakes (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic <b>Oat</b> Milk (Spring Water, Organic Gluten Free <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
Served with a butter portion ( <b>Milk</b> )

# Tortilla Wrap

Sides, Extras &  
Garnish



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt

# Avocado

Sides, Extras &  
Garnish



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Contains <10ppm sulphites.

Ingredients
Avocado, Lime juice, Essential Lime Oil, Preservative (Potassium Metabisulphite (Sulphites))

# PERi-PERi Gravy

Sides, Extras &  
Garnish



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Savoury stock (9%) (Water, Yeast Extract, Salt, Sugar, Apple Juice Concentrate, Natural Flavourings, Sunflower Oil, Maize Starch, Leek Powder, Onion Powder), Cooked Chicken Thigh (4%), Modified Maize Starch, Yeast Extract, Lemon Juice Concentrate, Rapeseed Oil, Caramelised Sugar Powder, Demerara Sugar, Thyme, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Ground Bay, Black Pepper, Sage, Ground Bay

# Hash Browns

Sides, Extras &  
Garnish



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Vegetarian



Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Potatoes, Sunflower Oil, Dehydrated Potato, Salt, Sugar, Potato Starch, Flavourings, Spices OR
Potatoes, Potato Starch, vegetable Oils (Rapeseed and Sunflower oil), Onions, Potato Flakes, and starch, Salt, Pea Starch, Dextrose, White Pepper, Glycose Syrup, Onion Oil OR
Potatoes, Palm Oil, Onion, Potato Flakes, Salt, White Pepper, Dextrose, Turmeric OR
Potatoes, Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydroxypropylmethylcellulose, Diphosphates, Spices OR
Potatoes, Sunflower Oil, Potato Starch, Onions, Potato Flakes, Salt, Pea fibres, Dextrose, Flavouring (Onion), Pepper OR
Potatoes Potato starch, Vegetable oils (Rapeseed, Sunflower, in varying proportions), Diced onions, Potato flakes, Pea starch, Dextrose, Salt, White pepper, Glucose syrup, Onion oil

# Baked Beans

Sides, Extras &  
Garnish



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract

# Grilled Tomato & Mushrooms

Sides, Extra &  
Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Grilled Tomato - Tomato
Mushrooms - Grilled Mushroom, Rapeseed Oil, PERi-Salt



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**V** Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Blossom Honey, Birds Eye Chilli, Natural Capsicum Flavouring

# Spices and Sauces



Please click on each card to view more information on each product, including cross contamination notes and ingredients.



Vegetarian



Plant-based

## Balsamic Vinegar

CONTAINS  
Sulphites



## Extra Virgin Olive Oil

CONTAINS  
n/a



## Spices

CONTAINS  
n/a



## PERi-PERi Sauces

CONTAINS  
n/a



Gatwick Breakfast

# Balsamic Vinegar

Spice & Sauces →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Contains Sulphites.

Ingredients
Wine Vinegar, Cooked Grape Must, <b>Sulphites</b>

# Extra Virgin Olive Oil

Spices & Sauces →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Extra Virgin Olive Oil



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Some of our PERi-ometer spices are made using lemons and other citrus fruit that contain shellac. For dietary suitability, please refer to the vegetarian or plant-based icons.
PERi-TAMER BASTING SAUCE  (Water, Brown Sugar, Sugar, Tomato Paste, Spirit Vinegar, Cane Molasses, Lemon Juice, Rapeseed Oil, Smoked Paprika, Apple Juice from Concentrate, Salt, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))
LEMON & HERB BASTING SAUCE  (Water, Lemon, Spirit Vinegar, Rapeseed Oil, Spice Mix (Sea Salt, Red Chilli Pepper, Paprika, African Birds Eye Chilli)), Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum), Green Chilli, Preservative (Potassium Sorbate))
MEDIUM BASTING SAUCE  (Water, Rapeseed Oil, Spirit Vinegar, Green Chilli, Spice Mix (Salt, Red Chilli Pepper, African Birds Eye Chilli, Paprika, Herb (Bay Leaf))), Lemon, Stabilisers (Guar Gum, Xanthan Gum), Onion, Preservative (Potassium Sorbate), Garlic Puree)
HOT BASTING SAUCE  (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Salt, Herb, (Bay Leaf)), Onion, Lemon, Green Chilli, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum))
WILD HERB BASTE  (Water, Spirit Vinegar, Onion, Rapeseed Oil, Lemon, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli); Herb (Bay Leaf)), Paprika, Green Chilli, Garlic Puree, Parsley, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate)
SWEET HEAT BASTE  (Water, Brown Sugar, Spirit Vinegar, Sugar, Tomato Paste, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, Birds Eye Chilli), Herb (Bay Leaf)), Lemon Juice, Cane Molasses, Rapeseed Oil, Garlic Puree, Green Chilli, Smoked Paprika, Concentrated Apple Juice, Salt, Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate, Stabiliser (Guar Gum))



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Celery			
Cereals Containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

**Some of our PERi-PERi sauces are made using lemons and other citrus fruit that contain shellac. For dietary suitability, please refer to the vegetarian or plant-based icons in the ingredients declarations on**

**EXTRA HOT PERi-PERi SAUCE** (Water, Spirit Vinegar, Spice Mix (Salt, Spices (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), Lemon, Green Chilli, Onion, Rapeseed Oil, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

**GARLIC PERi-PERi SAUCE** (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Herb (Bay Leaf)), Garlic Puree, Lemon, Rapeseed Oil, Green Chilli, Stabilisers (Guar Gum, Xanthan Gum)

**HOT PERi-PERi SAUCE** (Water, Spirit Vinegar, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli, Paprika)), Lemon, Onion, Green Chilli, Rapeseed Oil, Garlic Puree, Stabilisers (Guar Gum, Xanthan Gum)

**LEMON AND HERB PERi-PERi SAUCE** (Water, Lemon, Rapeseed Oil, Onion, Spirit Vinegar, Sugar, Salt, Garlic Puree, Red Chilli Puree, Rosemary, Thyme, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, African Bird's Eye Chilli), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate)

**MEDIUM PERi-PERi SAUCE** (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Bird's Eye Chilli), Herb (Bay Leaf)), Lemon, Rapeseed Oil, Green Chilli, Garlic Puree, Stabilisers (Guar Gum, Xanthan Gum)

**PERi-PERi VUSA** (Olive Oil, Lemon Juice, Spice Mix (African Birds Eye Chilli, Salt), Garlic Puree, Red Chilli Puree, Chilli Infused Sunflower Oil (Sunflower Oil, Chilli, Salt), Red Wine Vinegar

**WILD HERB PERi-PERi SAUCE** (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Herb (Bay Leaf)), Lemon, Rapeseed Oil, Green Chilli, Parsley, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

**XXX HOT PERi-PERi SAUCE** (Water, Green Chilli, Spirit Vinegar, Spice Mix (Salt, Spices (African Birds Eye Chilli, Red Chilli Pepper, Paprika), Herb (Bay Leaf)), Lemon, Onion, Rapeseed Oil, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

**SWEET & SMOKY PERi-PERi SAUCE** (Water, Brown Sugar, Spirit Vinegar, Sugar, Tomato Paste, Onion, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli), Herb (Bay Leaf)), Lemon Juice, Cane Molasses, Rapeseed Oil, Garlic Puree, Green Chilli, Smoked Paprika, Concentrated Apple Juice, Salt, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate)

**Creamy Salad Dressing** (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Roast Shallots (Shallots, Rapeseed Oil), Sugar, Salt, Cornflour, Tapioca starch, Modified Starch, Garlic Puree, Flavouring: Lactic Acid, Black pepper, Parsley, Oregano, Preservative: Potassium Sorbate, Fennel, Turmeric.

# Drinks



Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## Beer

CONTAINS  
Gluten



## Karma Drinks Gingerella

CONTAINS  
n/a



## Beavertown Lazer Crush Alcohol Free IPA

CONTAINS  
Gluten



## Kids Pip Organic

CONTAINS  
n/a



## MOMO Elderflower Kombucha

CONTAINS  
n/a



## Rubro Iced Tea

CONTAINS  
n/a



## Soft Drinks

CONTAINS  
n/a



## Sxollie Cider

CONTAINS  
Sulphites



## Wines

CONTAINS  
Sulphites



## Cloudy Lemonade

CONTAINS  
n/a



## Water

CONTAINS  
n/a



## Portuguese Sparkling

CONTAINS  
Sulphites



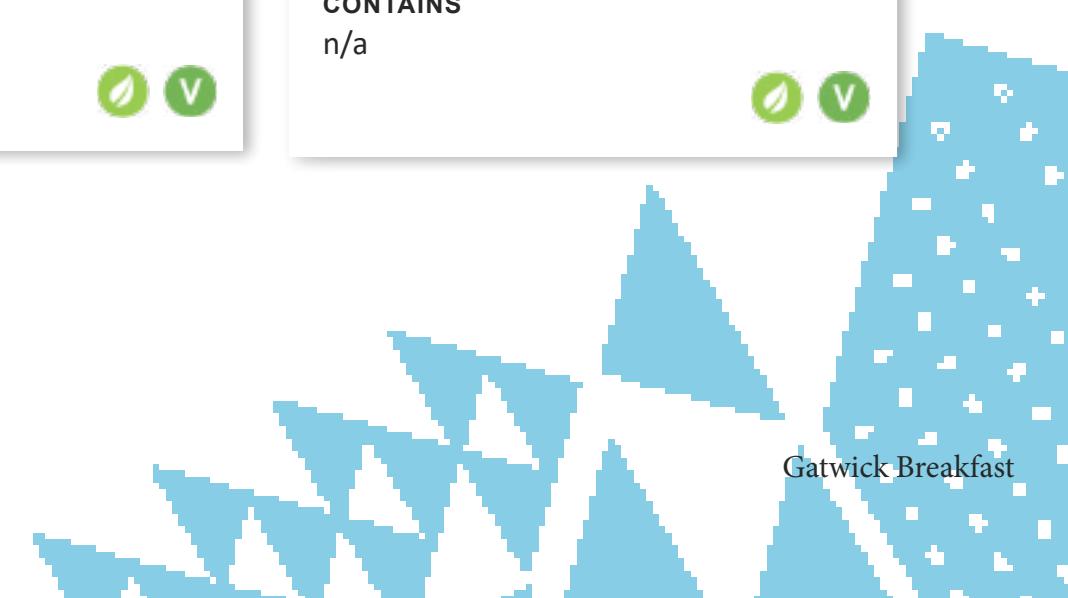
## Mimosa

CONTAINS  
Sulphites



## Orange Juice

CONTAINS  
n/a



# Drinks

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Please click on each card to view more information on each product, including cross contamination notes and ingredients.

Vegetarian

Plant-based

## Hot Drink with Milk

CONTAINS  
Milk



## Coffee with Oat

CONTAINS  
Gluten



## Tea

CONTAINS  
n/a



## Sipsmith Gin & Tonic

CONTAINS  
n/a



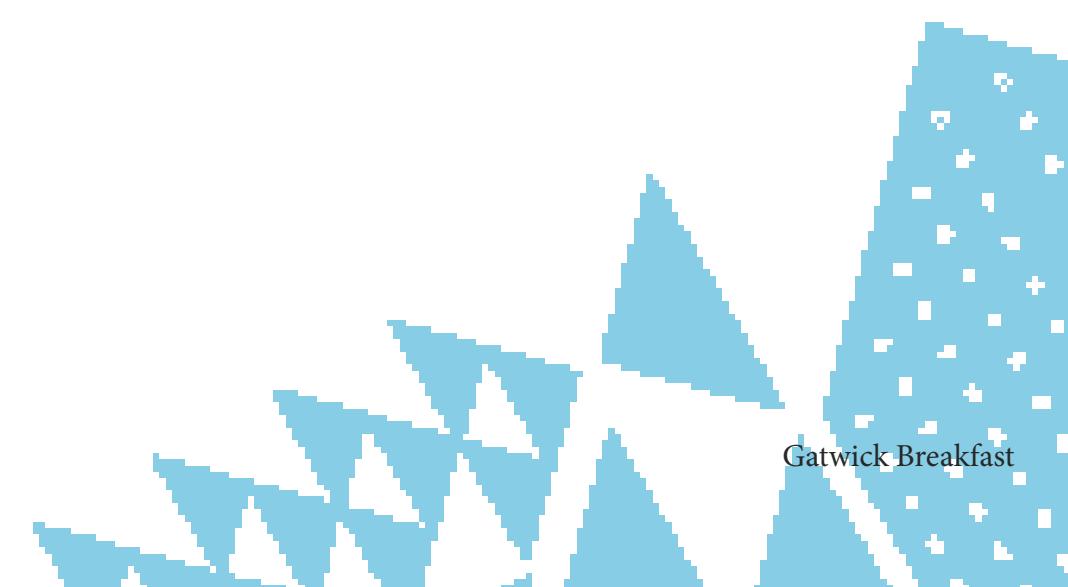
## Pickle House Bloody

CONTAINS  
Celery



## Frozen Cocktails

CONTAINS  
n/a





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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Freedom Pils and Sagres beer contain gluten from barley. Camden Pale Ale contains gluten from wheat and barley.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
FREEDOM PILS (Spring Water, Malted <b>Barley</b> , Hops, Yeast)
SAGRES BEER (Water, Malted <b>Barley</b> , Maize, <b>Barley</b> , Hop Extract)
CAMDEN PALE ALE (Water, Malted <b>Barley</b> , Malted <b>Wheat</b> , Hops)

# Karma Drinks Gingerella

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Carbonated water, organic sugar, organic ginger extract (0.6%), organic lemon juice from concentrate, natural flavours (ginger and sweet blackberry), antioxidant: ascorbic acid.

# Beavertown Lazer Crush Alcohol Free IPA

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Contains gluten from barley.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Malted <b>Barley</b> , Hops, Yeast



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
CLOUDY APPLE JUICE (Organic Apple Juice (100%))
PINEAPPLE & MANGO SMOOTHIE (Organic Apple Juice, Organic Pineapple Juice (15%), Organic Banana Puree, Organic Mango Puree (7%), Organic Orange Juice)

# MOMO Elderflower Kombucha

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Filtered water, Kombucha culture, Organic raw cane sugar, Organic apple juice, Organic tea, Organic Elderflower.

# Rubro Iced Tea

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
<b>PEACH RUBRO</b> (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Peach Flavouring with Other Natural Flavouring)
<b>BERRY RUBRO</b> (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Raspberry Flavour, Natural Strawberry Flavour)
<b>LEMON RUBRO</b> (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Lemon Flavouring with Other Natural Flavourings)

# Soft Drinks

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
<b>COCA-COLA</b> (Sugar, Water, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine).
<b>DIET COKE</b> (Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings (Caffeine, Phosphoric Acid, Citric Acid), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Antifoaming Agent (Dimethylpolysiloxane). Contains a source of phenylalanine.
<b>FANTA ZERO</b> - (Water, Sugar, Citric Acid, Malic Acid, Stabilisers (Acacia Gum, Sucrose Acetate Isobutyrate, Glycerol Esters of Wood Rosins), Sweeteners (AcesulfameK, Aspartame), Acidity Regulator (Sodium Gluconate), Natural Orange Flavouringswith Other Natural Flavourings, Antioxidant (Ascorbic Acid), Preservatives(PotassiumSorbate, Sodium Benzoate), Colour (Carotenes), Anti-Foaming Agent(Dimethylpolysiloxane). Contains a source of phenylalanine
<b>Sprite ZERO</b> - (Water, Citric Acid, Natural Lemon and Lime Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate)). Contains a source of phenylalanine.
<b>COKE ZERO</b> (Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Antifoaming Agent (Dimethylpolysiloxane)). Contains a source of phenylalanine.
<b>DR PEPPER</b> (Carbonated Water, Colour (Caramel E150d), Flavourings (Including Caffeine), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Preservative (Potassium Sorbate).



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Contains Sulphites.

Ingredients
Golden Delicious Apples, Preservative (Potassium Metabisulphite)



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Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			All contain Sulphites.

Ingredients
SPIER SAUVIGNON BLANC (Grapes (Sauvignon Blanc), Sulphur Dioxide ( <b>Sulphites</b> ))
SPIER CHARDONNAY (Grapes (Chardonnay), Sulphur Dioxide ( <b>Sulphites</b> ))
SPIER CABERNET SAUVIGNON (Grapes (Cabernet Sauvignon), Sulphur Dioxide ( <b>Sulphites</b> ))
SPIER MERLOT (Grapes (Merlot and other Red Varietal Grapes), Sulphur Dioxide ( <b>Sulphites</b> ))
CREATIVE BLOCK 2 (Grapes (Sauvignon Blanc, Sémillon), Sulphur Dioxide ( <b>Sulphites</b> ))
CREATIVE BLOCK 5 (Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot, Malbec, Sulphur Dioxide ( <b>Sulphites</b> ))
LEVITY ROSE (Contains Sulphur Dioxide ( <b>Sulphites</b> ))
SPIER ROSE CANS (Contains Sulphur Dioxide ( <b>Sulphites</b> ))

# Cloudy Lemonade

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water, Lemon Juice (10%), Lime Juice (5%), Sugar, Lemon Cells (3%), Sweetener (Sucralose)

# Frozen Cocktails (available in selected restaurants)

Drinks →



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Vegetarian

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
<b>Our cocktails are served with a wedge of lime which contains shellac.</b>
<b>WATERMELON SLUSHIE</b> (Water, Sugar, Watermelon Puree (10%), Vodka, Cranberry Juice, Lime Juice, Blood Orange Juice, Lemon Juice, Guava Puree (1.4%), Strawberry Puree, Sugarcane Liqueur, Citric Acid, Lemon Peel, Hibiscus (0.1%), Mint
<b>SUNSET SLUSHIE</b> (Water, Pineapple Juice (9%), Vodka, Passion Fruit, Coconut Syrup, Sugar, Mango Puree (4%), Guava Puree, Peach Liqueur (1.4%), Raspberry Puree, Citric Acid, Lemon Peel, Vanilla)

# Tropical Quencher

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Pineapple juice, Water, Mango purée, Coconut water, Peach purée, Passion Fruit juice, Guava purée, Antioxidant: Ascorbic acid.



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Water

# Hot Drinks with Milk

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Hot drinks with added milk contain milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
ESPRESSO/ DOUBLE ESPRESSO - Espresso (Water, Coffee)
BLACK AMERICANO - Americano (Water, <b>Milk</b> , Coffee)
CAPPUCCINO - Espresso (Water, coffee), <b>milk</b>
LATTE - Espresso (Water, coffee), <b>milk</b>
WHITE AMERICANO - Americano (Water, coffee), <b>milk</b>
GALAO - Espresso (Water, coffee), <b>milk</b>
EVERYDAY BREW - Tea, <b>milk</b>
EARL GREY - Tea, <b>milk</b>
HOT CHOCOLATE - ( <b>Milk</b> , Sugar, Skimmed <b>Milk</b> Powder, <b>Milk</b> Permeate Powder, Co-

# Hot Drinks with Oat

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			Oat Drink contains gluten from Oats.
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
CAPPUCCINO - Espresso (Water, coffee), <b>Oat</b> Drink (Water, <b>Oats</b> (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)
LATTE - Espresso (Water, coffee), <b>Oat</b> Drink (Water, <b>Oats</b> (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)
WHITE AMERICANO - Americano (Water, coffee), <b>Oat</b> Drink (Water, <b>Oats</b> (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)
GALAO - Espresso (Water, coffee), <b>Oat</b> Drink (Water, <b>Oats</b> (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)
EVERYDAY BREW - Tea, <b>Oat</b> Drink (Water, <b>Oats</b> (10%), Rapeseed Oil, Acidity Regulator



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
HONEYBUSH & ROOIBIOS
PEPPERMINT

# Sipsmith Gin & Tonic

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Sipsmith London Dry Gin, tonic water, sweeteners, natural flavouring: quinine

# Portuguese Sparkling wine

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Contains Sulphites.

For *contains* and *may contains* information please click on the link here

How this guide works >

Ingredients
SPARKLING WINE (Grape Juice ( <b>Sulphites</b> ))

Gatwick Breakfast



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Contains Sulphites.

Ingredients
SPARKLING WINE (Grape Juice ( <b>Sulphites</b> )) ORANGE JUICE (Oranges)

# Orange Juice

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Oranges.

# The Pickle House Bloody Mary

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May contain	Further Information
Celery			Contains celeray salt.
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Tomatoes 60%, water, Original Pickle Juice 20% (apple cider vinegar, water, cucumber, salt, sugar, turmeric and fennel), vodka 17.5%, vegan Worcester sauce (water, treacle, tamarind, garlic, salt, balsamic vinegar, cayenne pepper, caramel, cloves), horseradish, black pepper, salt, <b>celery</b> salt and cayenne pepper)