



How this guide works

Last Updated :
07/01/2026 V1

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



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

Wheat flour, Butter, Water, Sugar Cane, Yeast, **Wheat** Gluten, **Eggs**, Salt, Whole **Milk** Powder, Sugar, **Wheat** Sourdough (Water, Fermented **Wheat** 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

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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
Molluscs			
Mustard			
Nuts & Derivatives			May contain almond, hazelnut and pecan
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya
Sulphites			

Ingredients

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

Pastel de Nata



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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 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: (**Milk**, Sugar, Water, **Egg** Yolk, **Wheat** (gluten) flour, Corn starch, Flavouring (Cinnamon, Lemon)), Dough: (**Wheat** (gluten) flour, Butter (**Milk**), Water, Salt, Cinnamon powder)

Buttermilk Pancakes

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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 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 **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)), Banana, Maple Syrup, Blueberries, Unsalted Butter (Pasteurised Cream (**Milk**)), Icing Sugar

Can be served with maple syrup or honey

This is also applicable for Nandino’s Pancakes

Chicken



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,

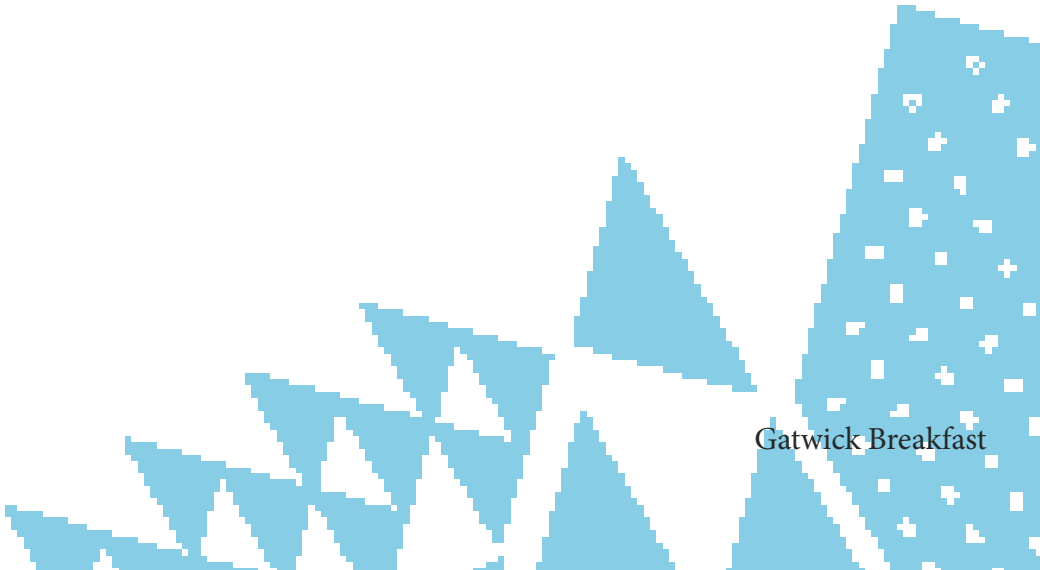
CONTAINS

n/a

Grilled Chicken Burger

CONTAINS

Gluten



Nando's Chicken - Quarter, Half

Chicken →

Home

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			
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 ([View Spices](#))

Grilled Chicken Burger

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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 **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, 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 ([View Spices](#))

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



PERi-Powered Avo Toast



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V 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			

Ingredients

RUSTIC ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin,Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, SeaSalt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free Oats, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina)

AVOCADO (Avocado, Lime)

WHOLE BLACK PEPPERCORN

FETA (**Milk**)

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))

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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 (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour, **Soya**

OR

MALTED BROWN BLOOMER (**Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted **Wheat** Flakes, Wheat Bran, Yeast, Malted **Barley** Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted **Wheat** Flour, Flour Treatment Agents (E300), Palm Fat, **Wheat** Flour, **Soya**

Served with a portion of butter.

Can be served with strawberry jam, blackcurrant jam, honey or marmite.


Banana & Blueberry Porridge



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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 (**O**atmilk, Pure Rolled **O**ats)

BANANA

BLUEBERRIRES

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

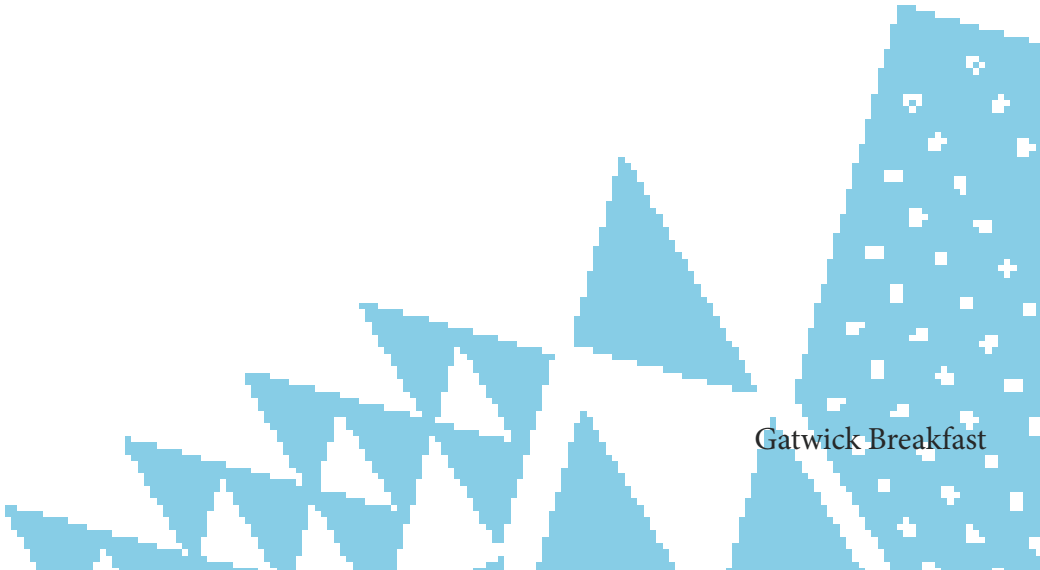
Gluten • Egg • Milk • Mustard



The Daybreaker

CONTAINS

Gluten • Sulphites • Egg



Sausage Breakfast Roll



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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 mus-tard
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 contains* information please click on the link here

How this guide works >

Ingredients

CHICKEN SAUSAGE ([see Chicken Sausage](#))

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina)

LIGHTLY SPICED YOGURT MAYO ([see Extras & Garnish](#))

RAPESEED OIL

BASTING SAUCE ([View Spices](#))

Sausage & Fried Roll



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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 **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina),

FRIED **EGGS** (Whole **eggs**, Vegetable Oil)

LIGHTLY SPICED YOGURT MAYO (see Extras & Garnish)

RAPESEED OIL

BASTING SAUCE ([View Spices](#))

Veggie Breakfast Roll



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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 **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin,Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, Wheat Semolina (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina)

CHILLI JAM ([see Extras & Garnish](#))

HALLOUMI CHEESE (**Milk**) ([see Extras & Garnish](#))

AVOCADO ([see Extras & Garnish](#))

RAPESEED OIL

TOMATO SLICE

LIGHTLY SPICED YOGURT MAYO ([see Extras & Garnish](#))

BASTING SAUCE ([View Spices](#))

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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 contains* information please click on the link here

How this guide works >

Ingredients

CHICKEN SAUSAGE ([see Chicken Sausage](#))

RUSTIC PORTUGUESE ROLL (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin,Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & DiGlycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** 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 ([View Spices](#))



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



The Big Breakfast



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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 contians sulphites

Ingredients

CHICKEN SAUSAGE ([See Chicken Sausage](#)), **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), RAPESEED OIL, PERi Salt, BLACK PEPPER, SALT, CHIVES

BASTING SAUCE ([View Spices](#))

WHITE BLOOMER (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour, **Soya**





OR

MALTED BROWN BLOOMER (**Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted **Wheat** Flakes, **Wheat** Bran, Yeast, Malted **Barley** Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted **Wheat** Flour, Flour Treatment Agents (E300), Palm Fat, **Wheat** Flour, **Soya**

The Big Veggie Breakfast

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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			Served with a portion of butter, Scrambled Egg contains millk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Both bloomers contain soya
Sulphites			

Ingredients

HALLOUMI CHEESE ([See Extra & Garnish](#)), **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), AVOCADO, GRILLED MUSHROOM (See Extras & Garnish), TOMATO, GARLIC AND CHILLI SPREAD (see Extras & Garnish), RAPESEED OIL, PERi Salt, BLACK PEPPER, SALT, CHIVES

BASTING SAUCE ([View Spices](#))

WHITE BLOOMER (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour, **Soya**

OR

MALTED BROWN BLOOMER (**Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted **Wheat** Flakes, **Wheat** Bran, Yeast, Malted **Barley** Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted **Wheat** Flour, Flour Treatment Agents (E300), Palm Fat, **Wheat** Flour, **Soya**



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



Semi-skimmed Milk



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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

Milk

Buttermilk Pancakes



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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



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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

WHITE BLOOMER (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour, **Soya**

OR

MALTED BROWN BLOOMER (**Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted **Wheat** Flakes, **Wheat** Bran, Yeast, Malted **Barley** Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted **Wheat** Flour, Flour Treatment Agents (E300), Palm Fat, **Wheat** Flour, **Soya**

EGGS ((Eggs can be poached, fried or scrambled) (only Scrambled **Eggs** contain PASTEURISED SemiSkimmed **Milk**, Black Pepper)), RAPESEED OIL

Orange Juice



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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

Orange Juice

****MAY CONTAIN SHELLAC****

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V

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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V 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 **Wheat** Flour (**Wheat** 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)

EGGS (**Eggs**, PASTEURISED Semi-Skimmed **Milk**, 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 (**Milk**)

Can be served with Hash brown ([See hash brown](#))

Chicken Benedict

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V 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 Hollandasie contain 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, **Milk**, Double Cream, PASTEURISED **Egg** Yolk, Cornflour, Sugar, Lemon Juice Concentrate, Dijon **Mustard** (Water, **Mustard** Seed, Spirit Vinegar, Salt), Salt, Emulsifier: **Soya** Lecithin, White Wine Vinegar),

MEDIUM BASTE ([See Marinade and Sauces](#)))

ENGLISH MUFFIN (White **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Rapeseed Oil, [**Rye** Flour (Wholemeal **Rye** Flour), Water], Yeast, Salt, Crumb Softener (Enzymes, **Wheat** Flour), Bread Improver (**Wheat** Flour, Flour Treatment Agent: Ascorbic Acid)) ,

BABY SPINACH

CHILLI JAM ([See Extras and Garnish](#))

BASTING SAUCE ([see Marinade & Sauces](#))

CHIVES

PERI SALT ([see Extras & Garnish](#))

OLIVE OIL

Eggs on Toast

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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			Scrambled eggs and Butter portion contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives	✓		Bloomer bread contains soya
Sulphites			

Ingredients

WHITE BLOOMER (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472 (e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour, **Soya**

OR

MALTED BROWN BLOOMER (**Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Malted **Wheat** Flakes, **Wheat** Bran, Yeast, Malted **Barley** Flour, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Malted **Wheat** Flour, Flour Treatment Agents (E300), Palm Fat, **Wheat** Flour, **Soya**

EGGS ((Eggs can be poached, fried or scrambled) (only Scrambled **Eggs** contain PASTEURISED Semi-Skimmed **Milk**, Black Pepper)), RAPESEED 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
Suphites

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.

Ingredients

Chicken thigh fillet (89%), Water (4%), Rusk (4%) (Cereals containing **gluten**) (**Wheat** flour (4%) (**Wheat** 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 **Sulphite** (Sulphur Dioxide (**Sulphites**)), Dextrose), olive pomace oil (1%), Dextrose, Parsley 3mm Frozen

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 (**Milk**)

Chilli Jam

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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 ((**Milk**, Salt, Mint), Vegetable Oil)

Mayonnaise Pot



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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 **Mustard** (Water, **Mustard** 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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V 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 **Egg** Yolk (**Egg** 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), **Celery** 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 **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Bakery Improver (Fortified **Wheat** Flour (**Wheat** 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 **Oat** Milk (Spring Water, Organic Gluten Free **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

Served with a butter portion (**Milk**)

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 **Wheat** Flour (**Wheat** 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.

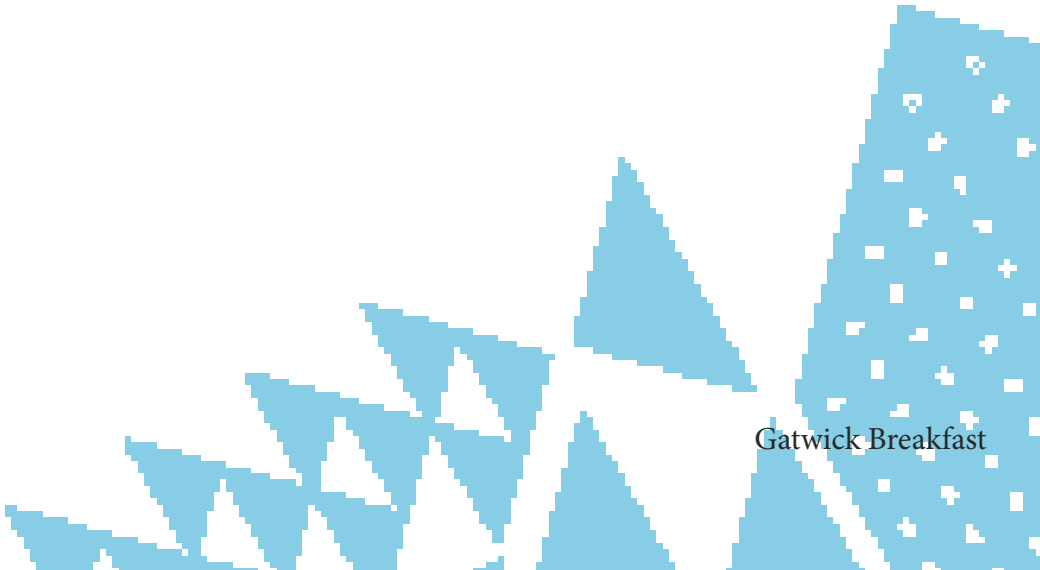
Vegetarian Plant-based

Balsamic Vinegar
CONTAINS
Sulphites

Extra Virgin Olive Oil
CONTAINS
n/a

Spices
CONTAINS
n/a

PERi-PERi Sauces
CONTAINS
n/a



Balsamic Vinegar



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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, **Sulphites**

Extra Virgin Olive Oil



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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			

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

How this guide works >

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

Tropical Quencher
CONTAINS
n/a

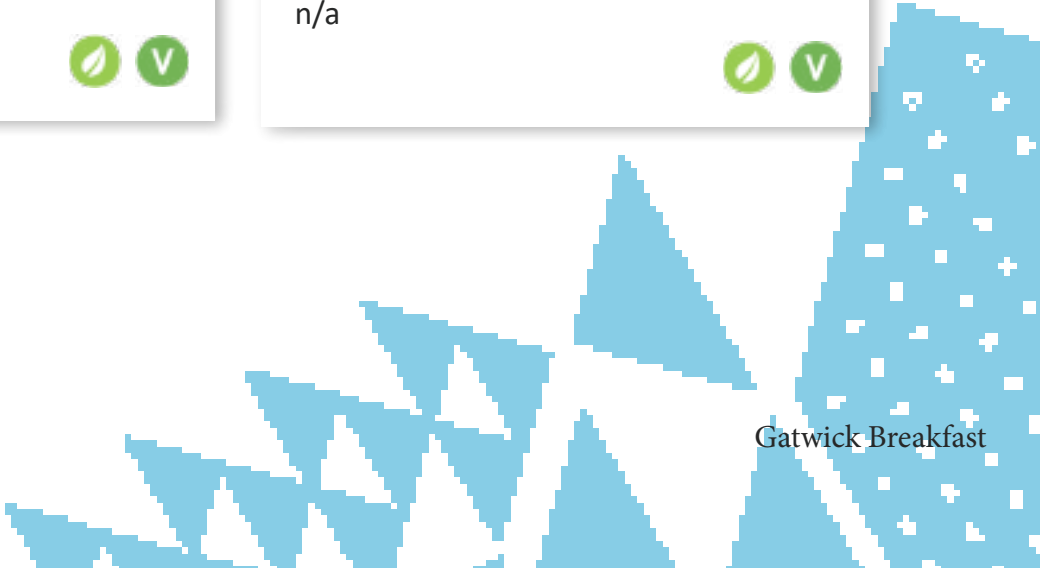
Cloudy Lemonade
CONTAINS
n/a

Water
CONTAINS
n/a

Portuguese Sparkling
CONTAINS
Sulphites

Mimosa
CONTAINS
Sulphites

Orange Juice
CONTAINS
n/a



Drinks



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



Beer



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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 **Barley**, Hops, Yeast)

SAGRES BEER (Water, Malted **Barley**, Maize, **Barley**, Hop Extract)

CAMDEN PALE ALE (Water, Malted **Barley**, Malted **Wheat**, Hops)

Karma Drinks Gingerella

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V 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

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V

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 **Barley**, 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



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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

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V 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

PEACH RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Peach Flavouring with Other Natural Flavouring)

BERRY RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Raspberry Flavour, Natural Strawberry Flavour)

LEMON RUBRO (Water, Sugar, Acid (Ascorbic Acid), Rooibos Extract (0.2%), Natural Lemon Flavouring with Other Natural Flavourings)

Soft Drinks

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V 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

COCA-COLA (Sugar, Water, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine).

DIET COKE (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.

FANTA ZERO - (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

SPRITE ZERO - (Water, Citric Acid, Natural Lemon and Lime Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate)). Contains a source of phenylalanine.

COKE ZERO (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.

DR PEPPER (Carbonated Water, Colour (Caramel E150d), Flavourings (Including Caffeine), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Preservative (Potassium Sorbate).

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V 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 **(Sulphites)**)


SPIER CHARDONNAY (Grapes (Chardonnay), Sulphur Dioxide **(Sulphites)**)

SPIER CABERNET SAUVIGNON (Grapes (Cabernet Sauvignon), Sulphur Dioxide **(Sulphites)**)

SPIER MERLOT (Grapes (Merlot and other Red Varietal Grapes), Sulphur Dioxide **(Sulphites)**)

CREATIVE BLOCK 2  (Grapes (Sauvignon Blanc, Sémillon), Sulphur Dioxide **(Sulphites)**)

CREATIVE BLOCK 5  (Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot, Malbec, Sulphur Dioxide **(Sulphites)**)

LEVITY ROSE  (Contains Sulphur Dioxide **(Sulphites)**)

SPIER ROSE CANS (Contains Sulphur Dioxide **(Sulphites)**)

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V 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)

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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

Our cocktails are served with a wedge of lime which contains shellac.

WATERMELON SLUSHIE (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

SUNSET SLUSHIE (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)

Our cocktails are served with a wedge of lime which contains shellac.

Tropical Quencher

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V 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.

Water

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V 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



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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, Milk , Coffee)
CAPPUCCINO - Espresso (Water, coffee), milk
LATTE - Espresso (Water, coffee), milk
WHITE AMERICANO - Americano (Water, coffee), milk
GALAO - Espresso (Water, coffee), milk
EVERYDAY BREW - Tea, milk
EARL GREY - Tea, milk
HOT CHOCOLATE - (Milk , Sugar, Skimmed Milk Powder, Milk Permeate Powder, Co-

Hot Drinks with Oat

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V 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), **Oat** Drink (Water, **Oats** (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)

LATTE - Espresso (Water, coffee), **Oat** Drink (Water, **Oats** (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)

WHITE AMERICANO - Americano (Water, coffee), **Oat** Drink (Water, **Oats** (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)

GALAO - Espresso (Water, coffee), **Oat** Drink (Water, **Oats** (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)

EVERYDAY BREW - Tea, **Oat** Drink (Water, **Oats** (10%), Rapeseed Oil, Acidity Regulator



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V 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



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V 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



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V 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 (**Sulphites**))



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V 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 (**Sulphites**))
ORANGE JUICE (Oranges)

Orange Juice



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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



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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, **celery** salt and cayenne pepper)