



# How this guide works

Last Updated :  
27/01/26 Version 2

## 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, 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 or kitchen processes 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 full ingredients and allergen information.

[View Menu](#)

# Food & Menu Specifications

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



Starters



Chicken



Burgers, Pittas, Wraps



Nandinos



Salads & Bowls



Desserts



Sides



Spices & Sauces



Extras & Garnish



Drinks



Trial Items (Not available in all restaurants)

# Starters



How this

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

Vegetarian

Plant-based

## Halloumi Sticks & Chilli Jam

CONTAINS  
Milk



## Houmous with PERi-PERi Drizzle & Pitta Bread

CONTAINS  
Gluten • Sesame



## PERi-PERi Nuts

CONTAINS  
Nuts



## Spicy Mixed Olives

CONTAINS  
n/a



## Sweet Potato Wedges with Garlic PERinaise

CONTAINS  
n/a



## Cheesy Garlic Pitta

CONTAINS  
Gluten • Milk



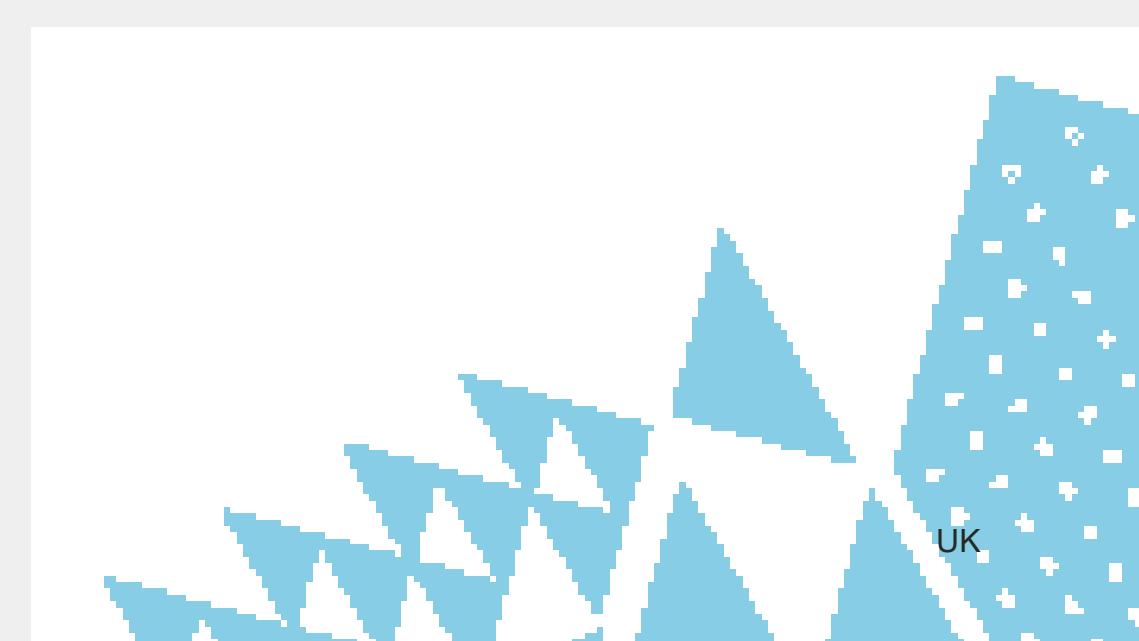
## Halloumi Sticks & PERi-Honey

CONTAINS  
Milk



## Bubble & Squeak Croquettes

CONTAINS  
Milk • Egg • Mustard



# Halloumi Sticks & Chilli Jam

Starters →



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V Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi sticks contain pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
HALLOUMI STICKS (Milk, Salt, Mint)
CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))
RAPESEED OIL

# Halloumi Sticks & PERi-Honey

Starters →



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V Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi sticks contain pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
HALLOUMI STICKS (Milk, Salt, Mint)
PERi-Honey (Blossom Honey, Birds Eye Chilli, Natural Capsicum Flavouring)
RAPESEED OIL

# Houmous with PERi-PERi Drizzle and Pitta Bread

Starters →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			Houmous contains sesame paste
Soya & Derivatives			
Sulphites			

Ingredients
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt
HOUMOUS (Chickpeas (Chickpeas, Water, Sodium Bicarbonate), Lemon Juice, Rapeseed Oil, Water, <b>Sesame</b> Paste, Salt, Garlic Puree, Preservative (Potassium Sorbate))
PERi-PERi Drizzle (Olive Oil, Lemon Juice, Chilli Infused Sunflower Oil (Sunflower Oil, Red Chilli, Salt), Garlic Puree, Red Chilli Puree, Red Wine Vinegar, Salt, Spices (Paprika, African Birds Eye Chilli)

# PERi-PERi Nuts

Starters →



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Vegetarian



Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			May contain gluten from wheat and barley
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives		✓	Contains almonds, cashews and macadamia nuts. May contain hazelnuts, walnuts, pistachios, Brazil nuts and pecans.
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
<b>Almonds, Cashew Nuts, Macadamia Nuts, PERi-PERi Spice Mix (Paprika Powder, Salt, Red Chilli Powder, African Birds Eye Chilli Powder), Sunflower Oil</b>

# Spicy Mixed Olives

Starters →



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Vegetarian



Plant-based

Allergen Type	Contains	May-contains	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
Pitted Green and Purple Olives, Garlic Cloves, Red Peppers, Mushrooms, Salt, Grape Vinegar, Rapeseed Oil, Dried Garlic, Herbes De Provence, Black Pepper, Chilli

# Sweet Potato Wedges with Garlic PERinaise

Starters →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
SWEET POTATO WEDGES (Sweet Potato, Rapeseed Oil, Batter (Maize, Potato), Rice Flour, Potato Dextrin, Salt, Stabiliser (Xanthan Gum), Colour (Paprika Extract), Turmeric Extract
GARLIC PERINAISE (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

# Cheesy Garlic Pitta

Starters →



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V Vegetarian

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

Ingredients
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt
GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley
CHEEDDAR CHEESE ( <b>Milk</b> )
RED PEPPER CHUTNEY (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Birds Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin)
SPRING ONIONS
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)

# Bubble & Squeak Croquettes

Starters →



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V Vegetarian

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives	✓		Caesar Dressing contains pasteurised eggs
Fish & Derivatives			
Lupin			
Milk & Derivatives			Caesar Dressing contains pasteurised milk
Molluscs			
Mustard	✓		Caesar Dressing contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
BUBBLE & SQUEAK CROQUETTE (Potato, Sprouts, Cabbage, Gluten Free Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Maize Starch, Psyllium Fibre), Red Onion, Water, Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine (Palm Oil, Rapeseed Oil, Water, Salt), Salt, Olive Oil, Rapeseed Oil, Peri Pachanga Africa S Nabe Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Ground Bay), Parsley, Black Pepper)
CAESAR DRESSING (Rapeseed Oil, Water, Medium Fat Hard <b>Cheese (Milk)</b> , Lemon Juice, Salted Free Range <b>Egg Yolk</b> (Free Range <b>Egg Yolk</b> , Salt), Spirit Vinegar, Sugar, Garlic Puree, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Flour, Spirit Vinegar, Sea Salt, <b>Mustard</b> Husk, Pimento, Turmeric), Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind concentrate, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Tomato Paste, Salt, Puremami (Maltodextrin, Smoked Yeast Powder, Smoked Mushroom Powder), Capers, Black Pepper, Preservative: Potassium Sorbate)

# Chicken



How this

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



Vegetarian



Plant-based

## Chicken Livers & Rustic Portuguese Roll

CONTAINS  
Gluten • Milk

## Nando's Chicken Butterfly

CONTAINS  
n/a

## Nando's Chicken Thighs / Fillets/ Pulled

CONTAINS  
n/a

## Nando's Chicken Quarter, Half, Whole

CONTAINS  
n/a

## Boneless Platter

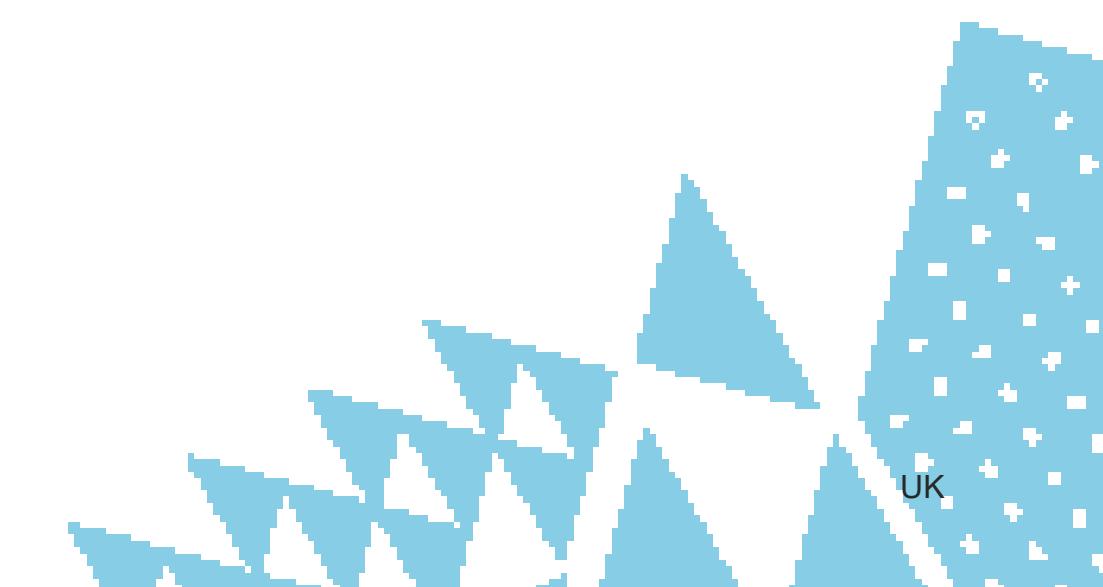
CONTAINS  
n/a

## Nando's Chicken Wings

CONTAINS  
n/a

## Extra Saucy Wings

CONTAINS  
Egg • Milk • Mustard



# Nando's Chicken Livers & Rustic Portuguese

Chicken  

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

Ingredients
CHICKEN LIVERS (Chicken Liver, Liver Sauce (Rapeseed Oil, Onion, Water, Tomatoes, Garlic Puree, Spirit Vinegar, Spice Mix (Sea Salt, Spices (Red Chilli Pepper, Paprika, Birds Eye Chilli), Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Citric Acid), Salt, Green Chilli, Cornflour, Stabilisers (Xanthan Gum, Guar Gum)
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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
BUTTER PORTION (Butter ( <b>Milk</b> ))
BASTING SAUCE ( <a href="#">View Spices</a> )

# Nando's Chicken Wings

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Allergen Type	Contains	May-contains	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 WINGS (Chicken Wings, 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> )

# Nando's Chicken – Quarter, Half, Whole

Chicken →



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Allergen Type	Contains	May-contains	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> )

# Nando's Chicken Thighs/Fillet/Pulled

Chicken 



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Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			ONLY Pulled Chicken may contain milk from chicken processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MARINATED CHICKEN THIGHS/ FILLET/PULLED (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> )

# Nando's Chicken Butterfly

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Allergen Type	Contains	May-contains	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 BUTTERFLY CHICKEN BREAST (Chicken Breast, 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> )

# Extra Saucy Wings

Chicken →



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Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives	✓		Lightly spiced yogurt mayo contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard	✓		Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MARINATED CHICKEN WINGS (Chicken Wings, 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> )
PERi TAMER (Water, Brown Sugar, Sugar, Tomato Paste, Spirit Vinegar, Cane Molasses, Lemon Juice, Rapeseed Oil, Smoked Paprika, Apple Juice From concentrate, Salt, Garlic Puree, Stabiliser: Xanthan Gum, Stabiliser: Guar Gum)
LIGHTLY SPICED YOGURT MAYO (Water, Yogurt ( <b>Milk</b> ), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, Free Range <b>Egg</b> Yolk Powder, Coriander Leaves, Salt, <b>Mustard</b> Powder, Lemon Juice Concentrate, Red Chillies, Onion Powder, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Preservative (Potassium Sorbate), Ground White Pepper, Ground Coriander, Birds Eye Chillies)

# Boneless Platter

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Allergen Type	Contains	May-contains	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 THIGHS AND BUTTERFLY BREAST (Chicken Breast, Chicken Thighs, 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> )

# Burgers, Pittas, Wraps



How this

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



Vegetarian



Plant-based

## Beanie Pitta

CONTAINS  
Milk • Soya • Egg • Gluten



## Beanie Wrap

CONTAINS  
Milk • Soya • Egg • Gluten • Mustard



## Beanie Burger

CONTAINS  
Milk • Soya • Egg • Gluten



## Fino Pitta

CONTAINS  
Milk • Mustard • Gluten

## Grilled/Double Chicken Burger

CONTAINS  
Gluten

## Grilled/Double Chicken Pitta

CONTAINS  
Gluten

## Grilled/Double Chicken Wrap

CONTAINS  
Gluten • Milk • Egg • Mustard

## Garlic Churrasco Burger

CONTAINS  
Gluten

## The Chickle Burger

CONTAINS  
Gluten • Milk • Sulphites

## The Great Imitator Wrap

CONTAINS  
Gluten • Soya



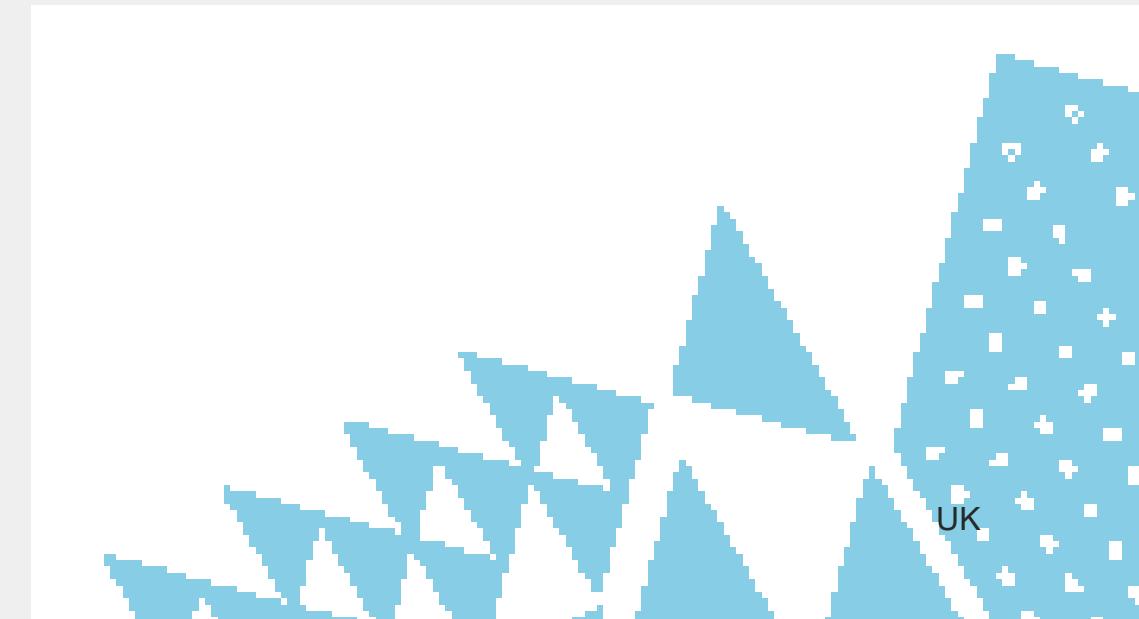
## The Big Cheese

CONTAINS  
Gluten • Milk • Sulphites



## Nandoca Choice Burger

CONTAINS  
Gluten • Milk



# Beanie Pitta

Burgers, Pittas, Wraps →



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V Vegetarian

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Beanie patty contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Beanie patty contains soya
Sulphites			

Ingredients
BEANIE PATTY (Pea Flour, Cheddar Cheese ( <b>Milk</b> ), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured <b>Soya</b> Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, <b>Soya</b> Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, <b>Egg</b> Powder, Pumpkin Seeds, Medium Fat Hard Cheese ( <b>Milk</b> ), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt
RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)
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)
BASTING SAUCE ( <a href="#">View Spices</a> )

# Beanie Wrap

Burgers, Pittas, Wraps →



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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			Lightly spiced yogurt mayo and beanie patty contain pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk. Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard			Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Beanie patty contains soya
Sulphites			

Ingredients
BEANIE PATTY (Pea Flour, Cheddar Cheese ( <b>Milk</b> ), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured <b>Soya</b> Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, <b>Soya</b> Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, <b>Egg</b> Powder, Pumpkin Seeds, Medium Fat Hard Cheese ( <b>Milk</b> ), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil
WRAP (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)
LETUCE LEAF
CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))
LIGHTLY SPICED YOGURT MAYO (Water, Greek Style Yogurt ( <b>Milk</b> ), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, <b>Egg</b> Yolk Powder, Coriander, Salt, <b>Mustard</b> Powder, Lemon Juice Concentrate, Milled Red Chillies, Onion Powder, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabilisers (Guar Gum, Xanthan Gum), Ground White Pepper, Ground Coriander, African Birds Eye Chillies)

# Beanie Burger

Burgers, Pittas, Wraps →



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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 oats
Crustaceans			
Eggs & Derivatives			Beanie patty contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Beanie patty contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives	✓		Beanie patty contains soya. Rustic roll may contain soya
Sulphites			

Ingredients
BEANIE PATTY (Pea Flour, Cheddar Cheese ( <b>Milk</b> ), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured <b>Soya</b> Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, <b>Soya</b> Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, <b>Egg</b> Powder, Pumpkin Seeds, Medium Fat Hard Cheese ( <b>Milk</b> ), Salt, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Rapeseed Oil
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 <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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> 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> )



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Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten		✓	Pitta bread contains gluten from wheat. Caramelised red onion made using malt vinegar, gluten present at <20ppm from barley
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi cheese contains pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			Roast Garlic aioli contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MARINATED CHICKEN FILLET OR THIGHS (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt)
HALLOUMI CHEESE (( <b>Milk</b> , Salt, Mint), Rapeseed Oil)
CARAMELISED RED ONION RELISH ( Sliced Red Onions, Malt Vinegar (From <b>Barley</b> ), Colour (Ammonia Caramel), Demerara Sugar, Muscovado Sugar, Sugar, Modified Maize Starch, Garlic Puree, Lemon Juice Concentrate, Salt, Ground Cumin, Paprika, African Birds Eye Chillies, Dried Oregano, Ground Coriander) OR ( Caramelised Red Onions (Red Onion, Balsamic Vinegar (Wine Vinegar, Grape Must), Muscovado Sugar, Sunflower Oil), Water, Brown Sugar, Malt Vinegar (From <b>Barley</b> ), Sugar, Cornflour, Dehydrated Onion, Garlic Puree, Concentrated Lemon Juice, Salt, Onion Powder, Ground Cumin, Paprika, Birds Eye Chilli, Ground Coriander, Oregano
LETTUCE LEAF
Roast GARLIC AIOLI (Water, Rapeseed Oil, Garlic Puree, Cornflour, Lemon Juice, Chives, Spirit Vinegar, Parsley, Salt, Modified Starch, Tapioca Starch, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Seeds, Spirit Vinegar, Salt), Spices (Paprika, Chilli (Capsicums, African Bird's Eye Chillies)), Flavouring: Lactic Acid)

# Grilled/Double Chicken Pitta

Burgers, Pittas, Wraps →



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
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)
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt)
RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)
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)
BASTING SAUCE ( <a href="#">View Spices</a> )

# Grilled/Double Chicken Burger

Burgers, Pittas, Wraps



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Allergen Type	Contains	May-contains	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, 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 <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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> 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 Tomato Relish (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> )

# Sunset Burger

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**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

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

Burgers, Pittas, Wraps



## Ingredients

MARINATED CHICKEN THIGHS (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, 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 **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina. (Potato Flakes, Emulsifier (Mono & Di Glycerides Of Fatty Acids), Organic **Oat** Milk (Spring Water, Organic **Oats**, Sunflower Oil, Sea Salt), Yeast, **Wheat** Semolina.

SMOKY RED PEPPER CHUTNEY (Roasted Red Pepper, Brown Sugar, Water, Spirit Vinegar, Lemon Juice, Red Pepper, Red Chilli Purée, Corn Flour, Salt, Chipotle Chilli, Chilli, Spices (Paprika, Cayenne, Birds Eye Chilli), Gelling Agent (Pectin), Ground Coriander, Bay Leaves, Ground Cumin))

CHEDDAR CHEESE (**Milk**)

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)

BASTING SAUCE ([View Spices](#))

# The Chickle Burger

Burgers, Pittas, Wraps



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

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			Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Roll may contain soya
Sulphites			Pickles contain sulphites at <6ppm

Ingredients
MARINATED CHICKEN FILLET (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Red Chilli Pepper, Paprika, 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, 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 <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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
PICKLES (Cucumber, Onion, Sugar, Sea Salt, Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)
CHEDDAR CHEESE (Whole <b>Milk</b> , Salt, Microbial Rennet, Starter Culture), GARLIC PERINAISE (Water, Rapeseed Oil, Sugar, Vinegar Blend (Spirit Vinegar, Cider Vinegar), Modified Maize Starch, Medium Bulk (Vegan) (Water Spirit Vinegar, Onion, Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Bay Leaf), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon zest, Stabiliser: Guar Gum, Stabiliser: Xanthan Gum), Spice Mix (Salt, Red Chilli Pepper), Paprika, White Pepper, Yeast Extract, Flavourings, Colour: E100), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Colour: Paprika Extract, Rapeseed Oil, Paprika), PERI-TOMATO RELISH (Tomatoes, Brown Sugar, Water, Onion, Red Wine Vinegar, Roasted Red Pepper, Tomato Paste, Cornflour, Cane Molasses, Salt, Worcester Sauce (Water, Treacle, Spirit Vinegar, Tamarind, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger Powder, Paprika, Cloves), Lemon Juice, Garlic Puree, Ginger Puree, Spices (Smoked Paprika, Red Chilli Pepper, Birds Eye Chilli), Gelling Agent: Pectin (Citrus Peel, Sucrose, Diphosphates, Tricalcium phosphate, Sodium polyphosphate), Curry Powder (Coriander, Turmeric, Cumin, Black Pepper, Paprika, Caraway Seeds, Cayenne, Fenugreek, Salt, Garlic Powder, Rapeseed Oil, Oregano), Bay Leaf, Dried Cumin, Ground Coriander)
BURGER LEAF

# Grilled/Double Chicken Wrap

Burgers, Pittas, Wraps



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			Wrap contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Lightly spiced yogurt mayo contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Lightly spiced yogurt mayo contains pasteurised milk
Molluscs			
Mustard			Lightly spiced yogurt mayo contains mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
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)
WRAP (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)
LETTUCE LEAF
CHILLI JAM (Tomatoes, Brown Sugar, Red Wine Vinegar, Red Chilli, Red Onions, Cornflour, Tomato Paste, Garlic Puree, Salt, Gelling Agent (Pectin))
LIGHTLY SPICED YOGURT MAYO (Water, Greek Style Yogurt ( <b>Milk</b> ), Rapeseed Oil, White Wine Vinegar, Cornflour, Sugar, <b>Egg</b> Yolk Powder, Coriander, Salt, <b>Mustard</b> Powder, Lemon Juice Concentrate, Milled Red Chillies, Onion Powder, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabilisers (Guar Gum, Xanthan Gum), Ground White Pepper, Ground Coriander, African Birds Eye Chillies)
BASTING SAUCE ( <a href="#">View Spices</a> )

# 'The Great Imitator' Wrap

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 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant may contain celery
Cereals containing Gluten			Wrap and PERi-plant contain gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant contains soya
Sulphites			

Burgers, Pittas, Wraps



## Ingredients

PERi-PLANT PROTEIN (Water, Vegetable Proteins (**Wheat** and Pea), **Wheat** Powder, Seasoning Potato Starch, Thickeners (Methylcellulose, Arabic gum), Gelling Agent (Carrageenan), Rapeseed Oil)

**ONLY IN TRIAL RESTAURANTS:** PERi-PLANT PROTEIN (Plant Protein (Water, **Soy** protein, starch (corn, potato), **Wheat** gluten), vegetable oils (Sunflower and Rapeseed Oil), Citrus Fibre, Processed Eucheuma Seaweed, konjac gum, stabiliser (methylcellulose), Salt, Natural Flavouring, Yeast Extract, Garlic Powder, Onion Powder, Dextrose)

WRAP (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt)

LETTUCE LEAF

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

GARLIC PERINAISE (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

# Garlic Churrasco Burger

Burgers, Pittas, Wraps



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

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

Ingredients
MARINATED CHICKEN THIGHS (Chicken, Marinade (Spirit Vinegar, Rapeseed Oil, Spice Mix (Salt, Spices (Red Chilli Pepper, Paprika, African Birds Eye Chilli), Garlic Puree, Lemon, Green Chilli, Water)
PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Biga Dough (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Yeast, Salt), <b>Rye</b> Flour ( <b>Gluten</b> ), Yeast, Salt, Olive Oil, Crumb Softener ( <b>Wheat</b> Flour, Enzymes, Sunflower Oil), Bread Improver ( <b>Wheat</b> Flour, Emulsifier (Mono & Diacetyl tartaric Acid Esters of Mono & Diglycerides of Fatty Acids)), Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Enzymes)
GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes)), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley
MIXED SALAD LEAVES
PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)
SMOKY 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, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract)
BASTING SAUCE ( <a href="#">View Spices</a> )

# The Big Cheese

Burgers, Pittas, Wraps



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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Halloumi cheese contains pasteurised cow's, sheep's and goat's milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Rustic Portuguese roll may contain soya
Sulphites			Lime Juice contains sulphites at <10ppm

Ingredients
HALLOUMI CHEESE ( <b>Milk</b> , Salt, Mint)
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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
PINEAPPLE AND RED PEPPER SALSA (Red Pepper, Pineapple Slices, Chilli, Garlic, Cider Vinegar, Olive Oil, Brown Sugar, Lemon Juice Concentrate, Cornflour, Salt, Smoked Paprika)
AVOCADO (Avocado, Lime juice, Essential Lime Oil, Preservative (Potassium Metabisulphite ( <b>Sulphites</b> )))
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 (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract))
LETTUCE
RAPESEED OIL
BASTING SAUCE ( <a href="#">View Spices</a> )

# Nandoca Choice Burger

Burgers, Pittas, Wraps



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.

If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Rustic Portuguese roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		Cheddar cheese contains pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives	✓		Rustic Portuguese 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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
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)
CHEDDAR CHEESE (Whole <b>Milk</b> , Salt , Microbial Rennet, Starter Culture)
SMOKY 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, Xanthan Gum), Spice Mix (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper), Yeast Extract, Flavourings, Colour (Curcumin), Salt, Modified Starch, Garlic Puree, Tapioca Starch, Garlic Powder, Smoked Maltodextrin, Paprika, Colour (Paprika Extract)
PERI RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)
PICKLES (Cucumber, Onion , Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)
MANGO & LIME CHUTNEY (Diced Mango, Mango Purée (Mango, Cane Sugar), Diced Onion, Honey, Water, Garlic Puree (Garlic ), Lime Zest , Maize Starch , Cider Vinegar, Sea Salt, Lime Juice Concentrate
BASTING SAUCE ( <a href="#">View Spices</a> )

# Salads & Bowls



How this

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



Vegetarian



Plant-based

## Caesar Salad

CONTAINS  
Gluten • Egg • Milk • Mustard



## Spicy Rice Bowl

CONTAINS  
Sesame



## Mediterranean Salad

CONTAINS  
Milk



## Sol Bowl

CONTAINS  
Egg • Mustard • Sulphites



## Hearty Bowl

CONTAINS  
Gluten • Sulphites



# Caesar Salad

Salads & Bowls 



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 Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Garlic croutons contain gluten from wheat and barley
Crustaceans			
Eggs & Derivatives			Caesar dressing contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Italian hard cheese contains unpasteurised milk Caesar dressing contains pasteurised milk
Molluscs			
Mustard			Caesar dressing contains mustard Garlic croutons may contain mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Garlic croutons may contain soya
Sulphites			

Ingredients
LETTUCE
CAESAR DRESSING (Rapeseed Oil, Water, Medium Fat Hard Cheese ( <b>Milk</b> ), Lemon Juice, Salted Free Range <b>Egg</b> Yolk (Free Range <b>Egg</b> Yolk, Salt), Spirit Vinegar, Sugar, Garlic Puree, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Flour, Spirit Vinegar, Sea Salt, <b>Mustard</b> Husk, Pimento, Turmeric), Worcester Sauce (Water, Black Treacle, Spirit Vinegar, Tamarind concentrate, Salt, Onion Powder, Garlic Powder, White Pepper, Pimento, Ginger, Paprika, Clove), Cornflour, Tomato Paste, Salt, Puremami (Maltodextrin, Smoked Yeast Powder, Smoked Mushroom Powder), Capers, Black Pepper, Preservative (Potassium Sorbate))
ITALIAN HARD CHEESE ( <b>Milk</b> )
GARLIC CROUTONS ( <b>Wheat</b> Flour, Durum <b>Wheat</b> Semolina, Olive Oil, Extra Virgin Olive Oil, Sea Salt, Brewer's Yeast, <b>Barley</b> and Corn Malt Extract, Sugar, Dried Garlic, Dried Parsley, Natural Garlic Flavouring, Antioxidant (Rosemary Extract))

# Mediterranean Salad

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 **Vegetarian**

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Feta cheese contains pasteurised sheep's and goat's milk. May also contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Salads & Bowls



## Ingredients

SPICY MIXED OLIVES (Pitted Green and Purple Olives, Garlic Cloves, Red Peppers, Mushrooms, Salt, Grape Vinegar, Vegetable Oil, Dried Garlic, Herbes De Provence, Black Pepper, Chilli)

MIXED SALAD LEAVES

PERi SEMI-DRIED TOMATOES (Semi Dried Tomatoes, Rapeseed Oil, Sugar, Salt, Garlic, Chillies, Oregano)

CUCUMBER

BABY TOMATOES

PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)

FETA CHEESE (**Milk**)

SALAD DRESSING ((Extra Virgin Olive Oil, Fynbos Vinegar (Red Wine Vinegar, Concentrated Grape Must, Buchu, Honeybush, Rose Geranium, Wild Olives, Wild Rosemary), Salt, Black Pepper)

# Spicy Rice Bowl

Salads & Bowls



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Plant-based



Vegetarian

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			Spicy rice may contain almonds, pistachios and cashews
Peanuts & Derivatives			Spicy rice may contain peanuts
Sesame			Houmous contains sesame paste Spicy rice may contain sesame
Soya & Derivatives			
Sulphites			

Ingredients
SPICY RICE (Water, Long Grain Rice, Green Pepper, Rapeseed Oil, Onion Puree, Red Pepper, Tomato, Salt, Lemon Juice, Coriander Leaf, Garlic Puree, Parsley, Green Chilli Puree, Turmeric, Chilli Powder, Smoked Paprika, Bay Leaf Powder)
Peri-RAINBOW SLAW (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)
HOUMOUS (Chickpeas (Chickpeas, Water, Sodium Bicarbonate), Lemon Juice, Rapeseed Oil, Water, <b>Sesame</b> Paste, Salt, Garlic Puree, Preservative (Potassium Sorbate))
PICKLED CAULIFLOWER (Cauliflower, Sushi Vinegar (White Sugar, Spirit Vinegar, Rice vinegar, Salt), Spirit Vinegar, Water, Red Chillies, White Sugar, Turmeric, Salt, Sumac (Sumac, Salt), Oregano)
TENDERSTEM BROCCOLI (Tenderstem Broccoli, Garlic, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Salt, Black Pepper)
PERI PERI SEEDS (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano)



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## V Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives	✓		Coleslaw contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives	✓		May contain milk from kitchen processes
Molluscs			
Mustard	✓		Coleslaw contains mustard flour
Nuts & Derivatives		✓	Spicy rice may contain almonds, pistachios and cashews
Peanuts & Derivatives			Spicy rice may contain peanuts
Sesame			Spicy rice may contain sesame
Soya & Derivatives			
Sulphites	✓		Pickles contain sulphites at <6ppm

Ingredients
SPICY RICE (Water, Long Grain Rice, Green Pepper, Rapeseed Oil, Onion Puree, Red Pepper, Tomato, Salt, Lemon Juice, Coriander Leaf, Garlic Puree, Parsley, Green Chilli Puree, Turmeric, Chilli Powder, Smoked Paprika, Bay Leaf Powder)
COLESLAW (Cabbage, Mayonnaise (Rapeseed Oil, Water, Sugar, <b>Egg</b> , White Wine Vinegar, Spirit Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), <b>Mustard</b> Flour), Carrots, Onions, Parsley, White Wine Vinegar, Lactic Acid)
PICKLED CUCUMBER (Cucumber, Onion, Sugar, Sea Salt, Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)
MIXED LEAF SALAD
CHARRED CORN (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest), Salt, Modified starch, Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander, Flavouring: Lactic acid, Garlic Puree, Garlic Powder, Concentrated Lemon Juice, Onion Powder, Paprika, Birds eye chilli, Black Pepper, White Pepper, Ground Coriander)

# Hearty Bowl

Salads & Bowls



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Hearty Grains contains Barley, Spelt and Wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			Pickles contain sulphites at <6ppm

Ingredients
HEARTY GRAINS (Butternut Squash, Cooked Musu Black <b>Barley</b> (Water, Musu Black Barley), Cooked Pearl <b>Barley</b> (Peal <b>Barley</b> , Water), Cooked <b>Spelt</b> ( <b>Spelt</b> , Water), Cooked Giant Cous Cous (Water, Giant Cous Cous [ <b>Wheat</b> Flour]), Cooked Piccolo <b>Wheat</b> (Piccolo <b>Wheat</b> , Water), Green Chickpeas, Red Pepper, Kale, Rapeseed Oil, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Grain Spice Mix (Salt, Ground Paprika, Ground Coriander, Ground Cayenne Chilli, Cumin Seed, Cracked Black Pepper, Rapeseed Oil), Salt)
PERi-RAINBOW SLAW MIX (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel
PERi-PERi Seeds (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano)
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.
MIXED LEAF SALAD
PICKLED CUCUMBER (Cucumber, Onion, Sugar, Sea Salt, Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds, Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)
CHARRED CORN (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli, Garlic Puree, Lemon Zest), Salt, Modified starch, Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander, Flavouring: Lactic acid, Garlic Puree, Garlic Powder, Concentrated Lemon Juice, Onion Powder, Paprika, Birds eye chilli, Black Pepper, White Pepper, Ground Coriander)

# Nandinos



How this

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



Vegetarian



Plant-based

## Nandinos Chicken Breast

CONTAINS  
n/a



## Cucumber Sticks

CONTAINS  
n/a



## Nandinos Spicy Rice

CONTAINS  
n/a



## Nandinos Chips

CONTAINS  
n/a



## Little Pitta

CONTAINS  
Gluten • Celery

## Nandinos Corn on the Cob

CONTAINS  
n/a



## Nandinos Mac & Cheese

CONTAINS  
Milk • Gluten • Mustard



## Nandinos Bottomless Soft Swirl

CONTAINS  
Milk

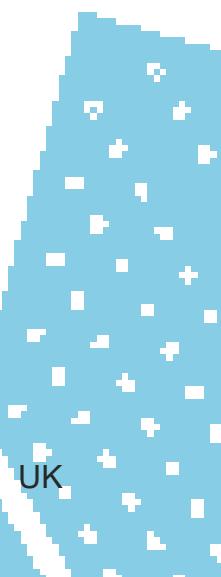


## Nandinos Chicken Wings

CONTAINS  
n/a

## Nandinos Burger

CONTAINS  
Gluten • Celery



# Nandinos Chicken Breast Fillet

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

**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

Allergen Type	Contains	May-contains	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> )



# Nandino Chicken Wings

Nandinos 



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Allergen Type	Contains	May-contains	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 WINGS (Chicken Wings, 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> )

# Nandinos Chips

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Vegetarian



Plant-based

Allergen Type	Contains	May-contains	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, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium Disphosphate



# Nandinos Corn on the Cob

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.

**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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
Sweetcorn

# Nandinos Mac & Cheese

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.

If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Mac & Cheese contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheese and Mac & Cheese contain pasteurised milk
Molluscs			
Mustard			Cheese sauce contains mustard powder
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MAC & CHEESE (Cooked Macaroni Pasta (Water, Durum <b>Wheat</b> Semolina), Water, Vintage Cheddar Cheese ( <b>Milk</b> ), Whole <b>Milk</b> , Single Cream ( <b>Milk</b> ), Medium Fat Hard Cheese ( <b>Milk</b> ), Mozzarella Cheese ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Salt, Modified Maize Starch, Yellow <b>Mustard</b> Powder, White Pepper, Ground Nutmeg)
CHEESE (Milk)



# Nandinos Spicy Rice

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.

**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds, pistachios and cashews
Peanuts & Derivatives			May contain Peanuts
Sesame			May contain Sesame
Soya & Derivatives			
Sulphites			

Ingredients
Water, Long Grain Rice, Green Pepper, Rapeseed Oil, Onion Puree, Red Pepper, Tomato, Salt, Lemon Juice, Coriander Leaf, Garlic Puree, Parsley, Green Chilli Puree, Turmeric, Chilli Powder, Smoked Paprika, Bay Leaf Powder



# Nandinos Bottomless Soft Swirl

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.

**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

 Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Vanilla soft serve ice cream contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
VANILLA SOFT SERVE ICE CREAM (Jersey Skimmed Milk, Milk Solids, Sugar, Coconut Oil, Glucose, Emulsifier (Mono- and Di-glycerides of Fatty Acids), Vanilla Flavouring, Stabilisers (Cellulose Gum, Guar Gum, Carrageenan, Sodium Alginate, Locust Bean Gum), Colour (Annatto))

# Cucumber Sticks

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**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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
Cucumbers





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Allergen Type	Contains	May-contains	Further Information
Celery			Heinz Ketchup contains celery
Cereals containing Gluten			Pitta bread contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
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)
PITTA BREAD (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt
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)
LETTUCE LEAF
HEINZ KETCHUP Tomatoes, Spirit Vinegar, Sugar, Salt, Spices, Spice & Herb Extract ( <b>Celery</b> )
BASTING SAUCE ( <a href="#">View Spices</a> )

# Nandino Burger

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Allergen Type	Contains	May-contains	Further Information
Celery			Heinz Ketchup contains celery
Cereals containing Gluten			Roll contains gluten from wheat and oats
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives		✓	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)
Roll (Fortified <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin, Folic Acid), Water, Organic <b>Oat</b> Drink ( <b>Gluten</b> )(Water, <b>Oats</b> , Sunflower Oil, Sea Salt), Potato Flakes (Potato Flakes, Mono- and diglycerides of fatty acids), Sugar, Yeast, Salt, Softener, (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Enzymes), Bread Improver ( <b>Gluten</b> ) (Mono- and diglycerides of fatty acids, Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Iron, Niacin, Thiamin, Folic Acid), Palm Oil, Ascorbic Acid, Enzymes)
RAPESEED OIL
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)
LETTUCE LEAF
HEINZ KETCHUP Tomatoes, Spirit Vinegar, Sugar, Salt, Spices, Spice & Herb Extract ( <b>Celery</b> )
BASTING SAUCE ( <a href="#">View Spices</a> )

# Sides



How this

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

Vegetarian

Plant-based

## Chips

CONTAINS  
n/a



## Coleslaw

CONTAINS  
Egg • Mustard



## Corn on the Cob

CONTAINS  
Milk



## Creamy Mash

CONTAINS  
Milk



## Garlic Bread

CONTAINS  
Gluten



## Tenderstem® Broccoli

CONTAINS  
n/a



## Fully Loaded Chips

CONTAINS  
Milk

## Macho Peas

CONTAINS  
n/a



## PERi-Salted Chips

CONTAINS  
n/a



## Rainbow Slaw

CONTAINS  
n/a



## Spicy Rice

CONTAINS  
n/a



## PERi-Mac & Cheese

CONTAINS  
Milk • Gluten • Mustard



## Portuguese Tomato Salad

CONTAINS  
n/a



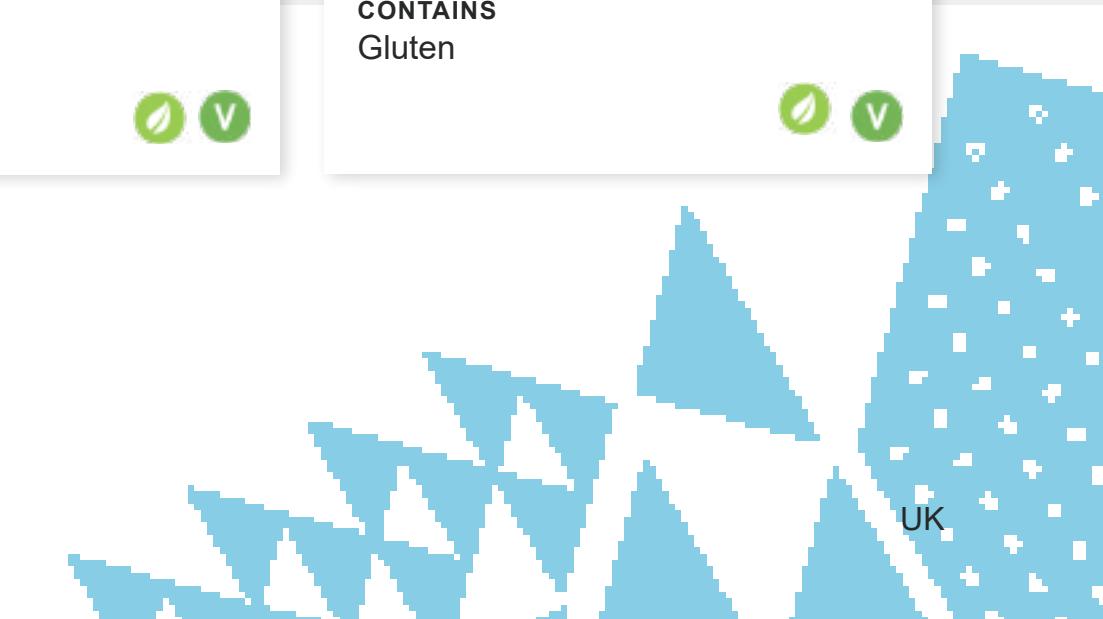
## Charred Corn

CONTAINS  
n/a



## Hearty Grains

CONTAINS  
Gluten



# Chips

Sides →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium Diphosphate

# Coleslaw

Sides →



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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			Contains mustard flour
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Cabbage, Mayonnaise (Rapeseed Oil, Water, Sugar, <b>Egg</b> , White Wine Vinegar, Spirit Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), <b>Mustard</b> Flour), Carrots, Onions, Parsley, White Wine Vinegar, Lactic Acid

# Corn on the Cob

Sides  

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 **Vegetarian**

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

Ingredients
Sweetcorn
Served with a butter portion ( <b>milk</b> )



# Creamy Mash

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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains butter and cream made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
Potato, Double Cream ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Salt, White Pepper

# Garlic Bread

Sides  

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 Vegetarian  Plant-based

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

Ingredients
PORTUGUESE ROLL (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Biga Dough (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Folic Acid), Water, Yeast, Salt), <b>Rye</b> Flour ( <b>Gluten</b> ), Yeast, Salt, Olive Oil, Crumb Softener ( <b>Wheat</b> Flour, Enzymes, Sunflower Oil), Bread Improver ( <b>Wheat</b> Flour, Emulsifier (Mono- And Diacetyltauric Acid Esters Of Mono- And Diglycerides Of Fatty Acids)), Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Enzymes)
GARLIC & CHILLI SPREAD (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes)), Garlic Puree, Water, Green Chilli, Garlic Powder, Salt, White Pepper, Parsley



# Tenderstem® Broccoli

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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Tenderstem Broccoli, Garlic, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Salt, Black Pepper



# Fully Loaded Chips

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

Ingredients
PERi SALTED CHIPS (Potatoes, Vegetable Oils (Rapeseed & Sunflower), Salt, PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract))
PULLED 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), Medium Basting Sauce (Water, Rapeseed Oil, Spirit Vinegar, Green Chilli, Spice Mix (Salt, Spices (Red Chilli Pepper, African Birds Eye Chilli, Paprika) Herb (Bay Leaf)), Lemon, Stabilisers (Guar gum, Xanthan Gum), Onion, Preservative (Potassium Sorbate), Garlic Puree
CHEDDAR CHEESE (Milk)
RAINBOW SLAW DRESSING (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel)
PERi-TAMER BASTE (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))
SPRING ONIONS
BASTING SAUCE ( <a href="#">View Spices</a> )

# Macho Peas

Sides  

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 Vegetarian  Plant-based

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

Ingredients
Peas, Mint, Olive Oil, Bicarbonate of Soda, Parsley, Salt, Birds Eye Chilli

# Rainbow Slaw

Sides  

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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 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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
SLAW MIX (Pink Cabbage, White Cabbage, Savoy Cabbage, Spring Green, Carrot, Radish, Butternut Squash), Dressing (Water, Rapeseed Oil, Olive Oil, Cider Vinegar, Sugar, Roast Shallots (Shallots, Sunflower Oil), Salt, Tapioca Starch, Modified Starch, Garlic Puree, Cornflour, Onion Powder, Spices (Paprika, Chilli (Capsicums, African Birds Eye Chillies)), Dried Red Pepper, Flavouring (Lactic Acid), Black Pepper, Parsley, Oregano, Preservative (Potassium Sorbate), Fennel
PERi-PERi Seeds (Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, African Birds Eye Chilli Flakes, Oregano)

# PERi-Salted Chips

Sides  

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**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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, Vegetable Oils (Rapeseed & Sunflower), Salt, Dextrose, Disodium Disphosphate, PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract)

# Spicy Rice

Sides →



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Vegetarian Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds, pistachios and cashews
Peanuts & Derivatives			May contain Peanuts
Sesame			May contain Sesame
Soya & Derivatives			
Sulphites			

Ingredients
Water, Long Grain Rice, Green Pepper, Rapeseed Oil, Onion Puree, Red Pepper, Tomato, Salt, Lemon Juice, Coriander Leaf, Garlic Puree, Parsley, Green Chilli Puree, Turmeric, Chilli Powder, Smoked Paprika, Bay Leaf Powder

# PERi-Mac & Cheese

Sides → 

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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			Pasta contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Cheese and Mac & Cheese sauce contains pasteurised milk
Molluscs			
Mustard			Mac & Cheese sauce contains mustard powder
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
MAC & CHEESE (Cooked Macaroni Pasta (Water, Durum <b>Wheat</b> Semolina), Water, Vintage Cheddar Cheese ( <b>Milk</b> ), Whole <b>Milk</b> , Single Cream ( <b>Milk</b> ), Medium Fat Hard Cheese ( <b>Milk</b> ), Mozzarella Cheese ( <b>Milk</b> ), Butter ( <b>Milk</b> ), Salt, Modified Maize Starch, Yellow <b>Mustard</b> Powder, White Pepper, Ground Nutmeg)
CHEDDAR CHEESE ( <b>Milk</b> )
PERi-CRUMB (Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Stabiliser (Hydroxypropyl Methylcellulose), Maize Starch, Psyllium Fibre), Garlic & Chilli Spread (Vegetable Shortening (Rapeseed Oil, Palm Oil, Water, Colour (Carotenes), Garlic Puree, Water, Green Chilli Puree, Garlic Powder, Salt, White Pepper, Parsley), Hot Baste (Water, Spirit Vinegar, Rapeseed Oil, Spice Mix (Birds Eye Chilli, Salt, Red Chilli Pepper, Paprika, Bay Leaf), Onion, Green Chilli, Lemon, Garlic Puree, Stabilisers (Xanthan Gum, Guar Gum)

# Hearty Grains

Sides  

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 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Contains Musu Black Barley, Pearl Barley, Spelt, Wheat, Piccolo Wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			May contain milk from kitchen processes
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
HEARTY GRAINS (Butternut Squash, Cooked Musu Black <b>Barley</b> (Water, Musu Black Barley), Cooked Pearl <b>Barley</b> (Peal <b>Barley</b> , Water), Cooked <b>Spelt</b> ( <b>Spelt</b> , Water), Cooked Giant Cous Cous (Water, Giant Cous Cous [ <b>Wheat</b> Flour]), Cooked Piccolo <b>Wheat</b> (Piccolo <b>Wheat</b> , Water), Green Chickpeas, Red Pepper, Kale, Rapeseed Oil, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Rapeseed Oil, Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Grain Spice Mix (Salt, Ground Paprika, Ground Coriander, Ground Cayenne Chilli, Cumin Seed, Cracked Black Pepper, Rapeseed Oil), Salt)
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.

# Portuguese Tomato Salad

Sides → 

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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian  Plant-based

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

Ingredients
TOMATOES
PERI SEMI-DRIED TOMATOES (Semi Dried Tomatoes, Rapeseed Oil, Sugar, Salt, Garlic, Chillies, Oregano)
CUCUMBERS
PINK PICKLED ONIONS (Red Onions, White Sugar, Spirit Vinegar)

# Charred Corn

Sides  

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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 Vegetarian  Plant-based

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

Ingredients
SWEETCORN, GARLIC AND PAPRIKA DRESSING (Water, Rapeseed Oil, Sugar, White Wine Vinegar, Cornflour, Medium Sauce (Water, Spirit Vinegar, Onion, Spice Mix (Salt, Red chilli pepper, Birds eye chilli, Herbs), Rapeseed Oil, Lemon Juice, Green Chilli , Garlic Puree , Lemon Zest ), Salt , Modified starch , Colour: Paprika Extract (Rapeseed Oil, Colour: Paprika Extract (E160C Paprika Extract, Sunflower Oil)), Spice Mix (Flavouring, Salt, Paprika, Red chilli pepper, White Pepper, Yeast Extract, Colour: E100), Coriander , Flavouring: Lactic acid , Garlic Puree , Garlic Powder , Concentrated Lemon Juice , Onion Powder , Paprika , Birds eye chilli , Black Pepper , White Pepper , Ground Coriander )
SPRING ONIONS
PERi Salt (PERi-Salt (Salt, Spices (Paprika, Red Chilli Pepper, White Pepper, African Birds Eye Chilli), Sugar, Cornflour, Yeast Extract, Citric Acid, Flavourings, Colour (Paprika Extract))

# Desserts



How this

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

Vegetarian

Plant-based

## Choc-a-Lot Cake

CONTAINS  
Milk • Soya • Egg • Gluten



## Gooey Caramel Cheesecake

CONTAINS  
Milk • Egg • Gluten • Soya



## Mango Gelado

CONTAINS  
n/a



## Bottomless Soft Swirl

CONTAINS  
Milk



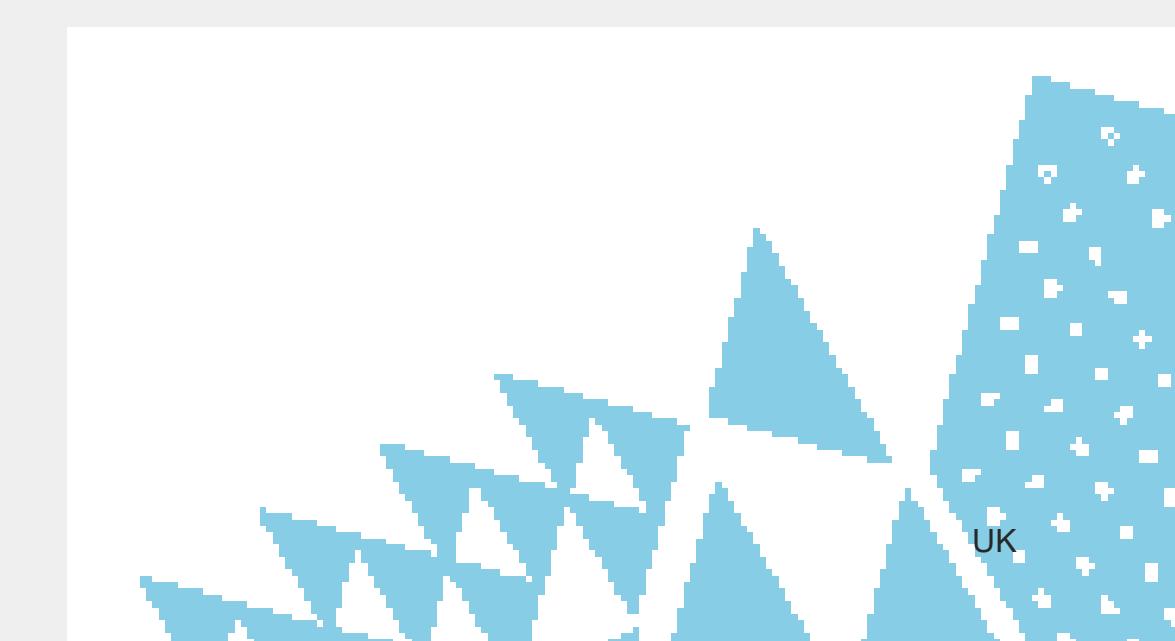
## Pastel de Nata

CONTAINS  
Milk • Egg • Gluten



## Chocolate Orange Brownie

CONTAINS  
Milk • Soya • Egg • Gluten



# Choc-a-Lot Cake

Desserts →



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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat. May contain gluten from Oats and Barley
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk from cake and cream
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds, walnuts, pecans, hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya lecithin
Sulphites			

Ingredients
Dark Chocolate (16%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>Soya Lecithin</b> )), Sugar, Whole <b>Milk</b> , Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Free Range <b>Egg</b> , Sour Cream ( <b>Milk</b> ), Rapeseed Oil, Water, Unsalted Butter ( <b>Milk</b> ), Stabiliser Blend (Sugar, Maltodextrin, Modified Starch, Thickener (Carrageenan)), Single Cream ( <b>Milk</b> ), Dark Chocolate Chunks (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>Soya Lecithin</b> ), Natural Vanilla Flavouring), Dark Chocolate Curls (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>Soya Lecithin</b> ), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder, Condensed Milk ( <b>Milk</b> , Granulated Sugar), Partially Inverted Refiners Syrup, Raising Agent (Sodium Bicarbonate), Salt, Natural Vanilla Flavouring, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid)) Served with a side of Cream ( <b>Milk</b> )

# Gooey Caramel Cheesecake

Desserts 



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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 Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat. May contain gluten from Oats and Barley
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains pasteurised milk from cheesecake and cream
Molluscs			
Mustard			
Nuts & Derivatives			May contain almonds, walnuts, pecans, hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains soya lecithin
Sulphites			

Ingredients
Cream Cheese (33%) ( <b>Milk</b> , Salt, Thickener (Guar Gum)), Dulce De Leche (14%) (Sugar, Water, Full Cream <b>Milk</b> Powder, Glucose Syrup, Fructose Syrup, Skimmed <b>Milk</b> Powder), Digestive Biscuit Crumb ( <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Wholemeal <b>Wheat</b> Flour, Vegetable Oil (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) Salt), White Chocolate (8%) (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Emulsifier ( <b>Soya</b> Lecithin), Natural Vanilla Flavouring), Sour Cream ( <b>Milk</b> ), Single Cream ( <b>Milk</b> ), <b>Egg</b> , Sugar, Unsalted Butter ( <b>Milk</b> ), <b>Wheat</b> Flour (Calcium Carbonate, Niacin, Iron, Thiamin, Folic Acid), Brown Sugar, Black Treacle, Natural Vanilla Flavouring, Thickener (Xanthan Gum) Served with a side of Cream ( <b>Milk</b> )

# Mango Gelado

Desserts ➔



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Vegetarian Plant-based

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

Ingredients
Water, Mango (35%), Sugar, Glucose, Oligofructose, Erythritol, Rice Starch, Pectin, Salt, Stabilisers (Tara gum), Acidity Regulator (Citric Acid)

# Pastel de Nata

Desserts →



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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg
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</b> Yolk, <b>Wheat</b> Flour, Corn Starch, Flavouring (Cinnamon, Lemon)), Dough ( <b>Wheat</b> Flour, Butter ( <b>Milk</b> ), Water, Salt, Cinnamon Powder)

# Chocolate Orange Brownie

Desserts 



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 Vegetarian

Allergen Type	Contains	May-contain	Further Information
Celery			
Cereals containing Gluten			Brownie contains gluten from wheat
Crustaceans			
Eggs & Derivatives			Brownie contains pasteurised egg. Gelado may contain eggs.
Fish & Derivatives			
Lupin			
Milk & Derivatives			Brownie and Gelado contain pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			Gelado may contain hazelnuts and pistachios
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Brownie contains Soya.
Sulphites			

Ingredients
CHOCOLATE ORANGE BROWNIE: Rapeseed Oil, Free Range egg, wheat Flour (wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Demerara Sugar, Chocolate (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (soya Lecithin), Natural Vanilla Flavouring), Compound Coating Dark (Sugar, Vegetable Fat (Palm Kernel, Palm, Shea), Fat Reduced Cocoa Powder, Emulsifier (Lecithins), Natural Vanilla Flavouring), Orange Flavoured Chocolate Pieces (7%) (Sugar, Cocoa Mass, Glucose Syrup, Cocoa Butter, Skimmed Milk Powder, Whey Powder Milk, Vegetable Fats (Palm, Shea), Emulsifier (Lecithins), Natural Orange Flavouring, Acid (Citric Acid)), Double Cream (milk), Fat Reduced Cocoa Powder, Orange Zest (2%), Single Cream (milk), Unsalted Butter (milk), Flavouring.
VANILLA SCOOP GELADO: Milk (milk), Sugar, Cream (milk), Refined coconut oil, rehydrated skimmed milk (milk), glucose, Madagascar vanilla, salt, flavours. Emulsifiers: mono and diglycerides of fatty acids. Stabilizer: tara gum, guar gum.

***The Chocolate Orange Brownie will be served with a scoop of vanilla ice cream for eat-in orders, and served on its own for takeaway.***

# Bottomless Soft Swirl

Desserts →



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Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Vanilla soft serve ice cream contains pasteurised milk.
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
VANILLA SOFT SERVE ICE CREAM (Jersey Skimmed <b>Milk</b> , <b>Milk</b> Solids, Sugar, Coconut Oil, Glucose, Emulsifier (Mono- and Di-glycerides of Fatty Acids), Vanilla Flavouring, Stabilisers (Cellulose Gum, Guar Gum, Carrageenan, Sodium Alginate, Locust Bean Gum), Colour (Annatto)

# 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



## Beanie Patty

CONTAINS  
Milk • Soya • Egg



## 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



## PERi- Honey

CONTAINS  
n/a



## Churrasco PERInaise

CONTAINS  
n/a



## PERi-PERi Drizzle

CONTAINS  
n/a



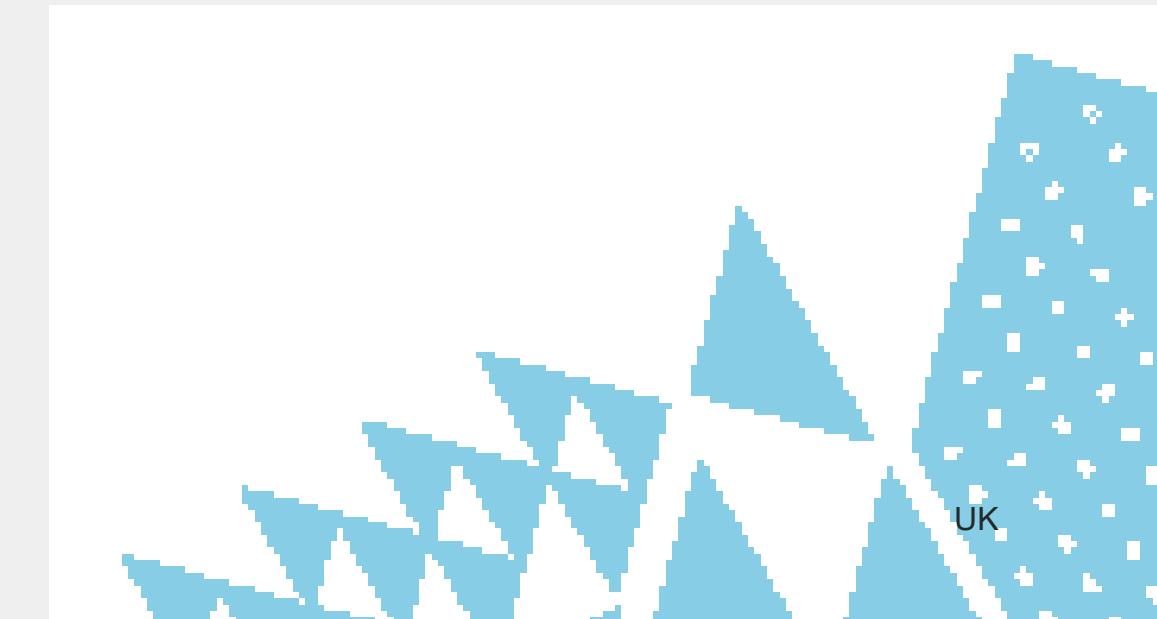
## PERi-Plant Strips

CONTAINS  
Gluten • Soya



## Chicken Thighs/Fillet/Pulled-

CONTAINS  
n/a



# 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



## Tortilla Wrap

CONTAINS  
Gluten



## Pitta

CONTAINS  
Gluten • Milk



## Avocado

CONTAINS  
Sulphites



## PERi-PERi Gravy

CONTAINS  
n/a

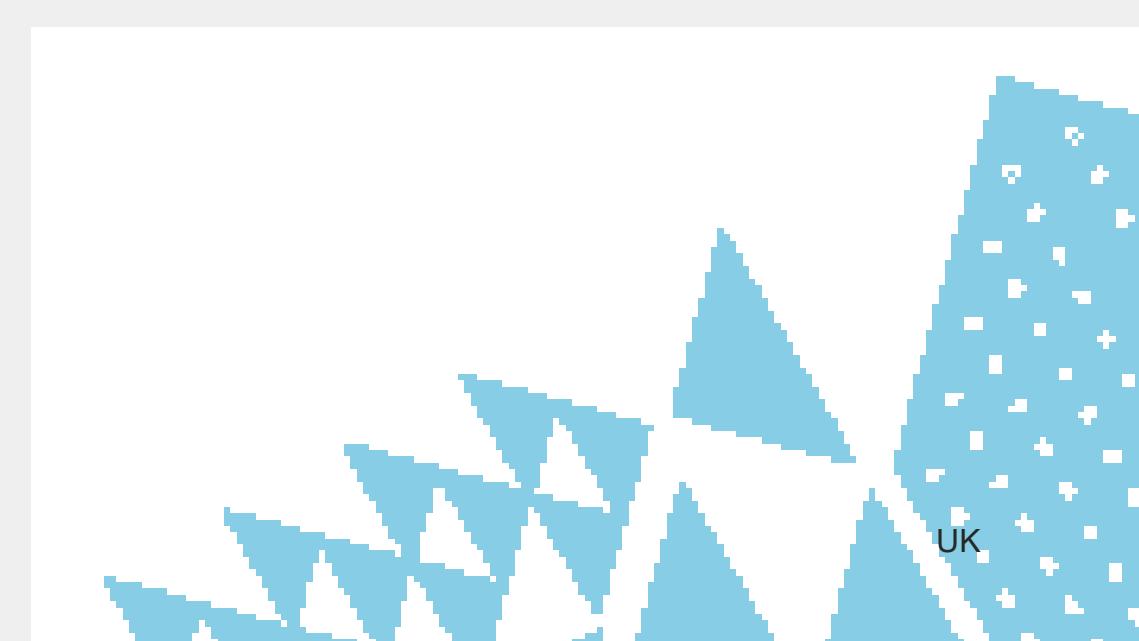
## Grilled Pineapple

CONTAINS  
n/a



## Pickle Mix

CONTAINS  
Sulphites



# Beanie Patty

Extras & Garnish →



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V Vegetarian

Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			Contains pasteurised egg powder
Fish & Derivatives			
Lupin			
Milk & Derivatives			Contains cheese made from pasteurised milk
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			Contains Soya
Sulphites			

Ingredients
Pea Flour, Cheddar Cheese ( <b>Milk</b> ), Water, Chickpeas, Carrots, Onions, Adzuki Beans, Sweetcorn, Green Beans, Vegetarian Burger Mix (Textured <b>Soya</b> Protein, Pea Flour, Fibre (Pea Fibre, Guar Gum, Psyllium Fibre), Salt, Potato Fibre, <b>Soya</b> Protein Concentrate, Vegetable Fat (Palm), Tomato Powder, Onion Powder, Yeast Extract, Sage, Onion Extract, Spice Extracts, Herb Extract), Lentils, Tomato Puree, Peas, <b>Egg</b> Powder, Pumpkin Seeds, Medium Fat Hard Cheese ( <b>Milk</b> ), Salta, Garlic, Coriander, Green Chilli, Black Pepper, Cayenne Pepper), Vegetable Oil

# Cheddar Cheese Slice

Extras & Garnish →



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Vegetarian

Allergen Type	Contains	May-contains	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

Extras & Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

Extras & Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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, Unwaxed 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



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Vegetarian

Allergen Type	Contains	May-contains	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

# Grilled Halloumi Cheese

Extras & Garnish ➔



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Vegetarian

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

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

# Mayonnaise Pot

Extras & Garnish



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# PERi-PERi Drizzle

Extras & Garnish 



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If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.

 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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
Olive Oil, Lemon Juice, Chilli Infused Sunflower Oil (Sunflower Oil, Red Chilli, Salt), Garlic Puree, Red Chilli Puree, Red Wine Vinegar, Salt, Spices (Paprika, African Birds Eye Chilli)

# PERi-Salt

Extras & Garnish 



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 Vegetarian  Plant-based

Allergen Type	Contains	May-contains	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-contains	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</b> Yolk ( <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

Extras & Garnish →



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Vegetarian



Plant-based

Allergen Type	Contains	May-contains	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

# PERi-Plant Strips/Fillet

Extras & Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May-contain	Further Information
Celery			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant may contain Celery
Cereals containing Gluten			Contains gluten from wheat
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			
Molluscs			
Mustard			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant may contain Mustard
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-plant contains Soya
Sulphites			

Ingredients
Water, Vegetable Proteins ( <b>Wheat</b> and Pea), <b>Wheat</b> Powder, Seasoning Potato Starch, Thickeners: Methylcellulose, Arabic gum, Gelling Agent (Carrageenan), Vegetable Oil
<b>ONLY IN TRIAL RESTAURANTS:</b> PERi-PLANT PROTEIN FILLET: (Plant Protein (Water, <b>Soy</b> protein, starch (corn, potato), <b>Wheat</b> gluten), vegetable oils (Sunflower and Rapeseed Oil), Citrus Fibre, Processed Eucheuma Seaweed, konjac gum, stabiliser (methylcellulose), Salt, Natural Flavouring, Yeast Extract, Garlic Powder, Onion Powder, Dextrose)



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Vegetarian

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

Ingredients
Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Water, Sourdough (Sourdough, Salt, Brandy Vinegar, <b>Wheat</b> Starch), Yeast, Salt
Served with a butter portion ( <b>Milk</b> )

# Rustic Portuguese Roll

Extras & Garnish →



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Vegetarian

Allergen Type	Contains	May-contains	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 <b>Oats</b> , Sunflower Oil, Sea Salt), Yeast, <b>Wheat</b> Semolina.
Served with a butter portion ( <b>Milk</b> )

# Tortilla Wrap

Extras & Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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, Folic Acid), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Raising Agents (Sodium Carbonates, Malic Acid, Diphosphates), Sugar, Stabiliser (Sodium Carboxymethyl Cellulose), Salt

# Avocado

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 ( <b>Sulphites</b> ))

# PERi-PERi Gravy

Extras & Garnish →



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Allergen Type	Contains	May-contains	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

# Grilled Pineapple

Extras & Garnish →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# Pickle Mix

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			Pickles contain sulphites at <6ppm

Ingredients
PICKLED CUCUMBER (Cucumber, Onion, Sugar , Sea Salt , Garlic Puree (Garlic Puree, Garlic, Citric Acid), Fennel Seeds,Coriander Seeds, Caraway Seeds, Black peppercorns, Turmeric, Dried Dill, Water, Spirit Vinegar)
PICKLED CAULIFLOWER (Cauliflower, Sushi Vinegar (White Sugar, Spirit Vinegar, Rice vinegar, Salt), Spirit Vinegar, Water, Red Chillies, White Sugar, Turmeric, Salt, Sumac (Sumac, Salt, Oregano))

# 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

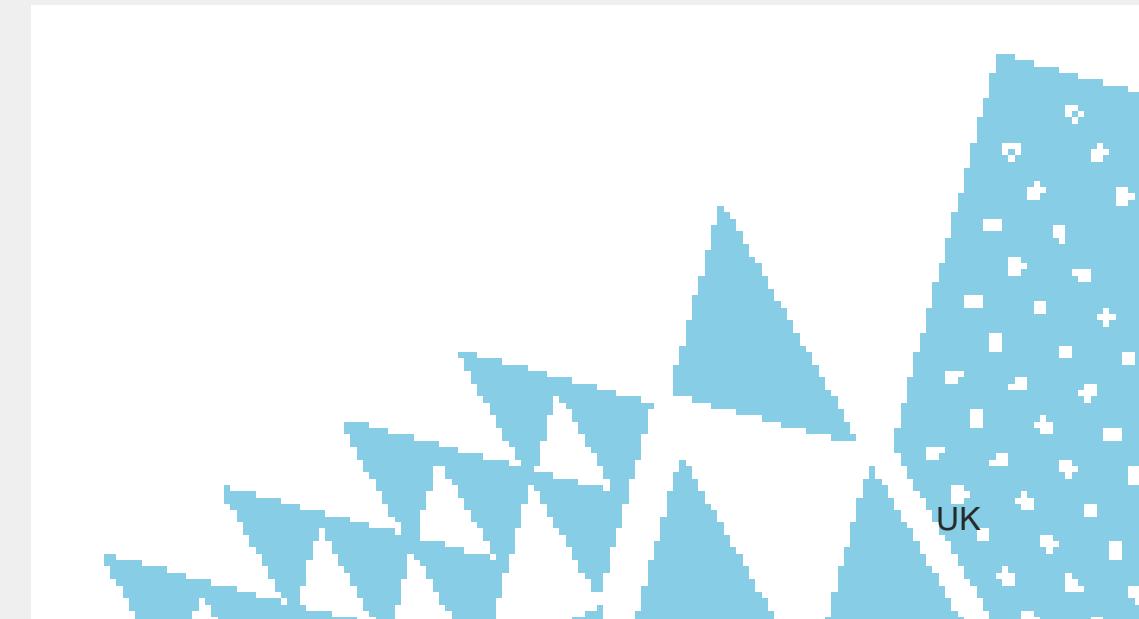
CONTAINS  
n/a

## PERi-PERi Sauces

CONTAINS  
n/a

## Malt Vinegar

CONTAINS  
Gluten



# Balsamic Vinegar

Spices & Sauces →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Wine Vinegar, Cooked Grape Must, Sulphites

# Extra Virgin Olive Oil

Spices & Sauces →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# Malt Vinegar

Spices & Sauces →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Malt Vinegar (From Barley)



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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))
EXTRA 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))
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))

# PERi-PERi Sauces

Spices & Sauces



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Allergen Type	Contains	May Contain	Further Infomation
Celery			
Cereals Containing Glu-			
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))

**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.)

**PERi-Ketchup Hot** (Water, Tomato Paste, Brown Sugar, Spirit Vinegar, Sugar, Cornflour, Spice Mix (Salt, Red Chilli Pepper, Birds Eye Chilli, Paprika), Lemon, Onion, Salt, Green Chilli, Garlic Puree, Preservative: Potassium Sorbate, Paprika, White Pepper, Ground Ginger, Garlic Powder)

# Drinks 1/2



How this

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



**Americano - With Milk**  
CONTAINS  
n/a



**Rubro Iced Tea**  
CONTAINS  
n/a



**Soft Drinks**  
CONTAINS  
n/a



**Sxollie Cider**  
CONTAINS  
Sulphites



**Wines**  
CONTAINS  
Sulphites



**Frozen Cocktails**  
CONTAINS  
n/a

**Tropical Quencher**  
CONTAINS  
n/a



**Cloudy Lemonade**  
CONTAINS  
n/a



**Water**  
CONTAINS  
n/a



**Espresso/ Double Es-**  
CONTAINS  
n/a



**Americano - No Milk**  
CONTAINS  
n/a



**MOMO Elderflower Kombucha**  
CONTAINS  
n/a



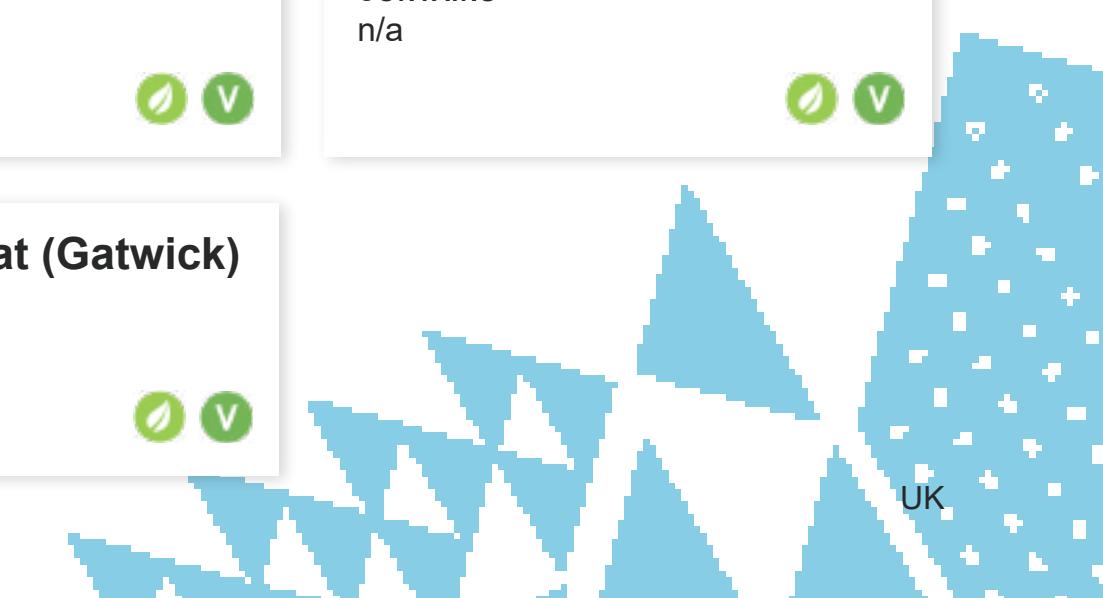
**Tea (Gatwick)**  
CONTAINS  
n/a



**Hot Drinks with Milk**  
CONTAINS  
Milk



**Coffee with Oat (Gatwick)**  
CONTAINS  
Gluten



# Drinks 2/2



How this

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



Vegetarian



Plant-based

## Portuguese Sparkling

CONTAINS  
Sulphites



## Mimosa

CONTAINS  
Sulphites



## Orange Juice

CONTAINS  
n/a



## Sipsmith Gin & Tonic

CONTAINS  
n/a



## Pickle House Bloody

CONTAINS  
Celery





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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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-contains	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

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# Kids Pip Organic

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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)

# Rubro Iced Tea

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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 (Carbonated Water, Orange Fruit from Concentrate (4%), Citric Acid, Sweeteners (Acesulfame K, Aspartame), Preservative (Potassium Sorbate), Malic Acid, Natural Orange Flavouring with Other Natural Flavourings, Vegetable Concentrates (Carrot, Pumpkin), Antioxidant (Ascorbic Acid), Stabiliser (Guar Gum)). 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.
IRN BRU (Carbonated Water, Sugar, Acid (Citric Acid), Flavourings (Including Caffeine, Ammonium Ferric Citrate & Quinine), Sweeteners (Aspartame, Acesulfame K), Preservative (E211), Colours (Sunset Yellow FCF, Ponceau 4R)). 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)).

# Sxollie Cider

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Golden Delicious Apples, Preservative (Potassium Metabisulphite)



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Allergen Type	Contains	May-contains	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
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-contains	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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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. The cocktails are plant based when the lime is removed.
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)
Served with a lime wedge
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)
Served with a lime wedge

# Tropical Quencher

Drinks →



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**If you have an allergy please speak to the manager on duty, so that extra precautions can be taken.**

Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# Espresso / Double Espresso

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Espresso (Water, Coffee)

# Americano - No Milk

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
Americano (Water, Coffee)

# Americano - With Milk

Drinks →



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V Vegetarian

Allergen Type	Contains	May-contains	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
Americano (Water, Milk, Coffee)

# Hot Drinks with Milk (Machine Only)

Drinks 



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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Allergen Type	Contains	May-contains	Further Information
Celery			
Cereals containing Gluten			
Crustaceans			
Eggs & Derivatives			
Fish & Derivatives			
Lupin			
Milk & Derivatives			Hot chocolate powder contains milk powder
Molluscs			
Mustard			
Nuts & Derivatives			
Peanuts & Derivatives			
Sesame			
Soya & Derivatives			
Sulphites			

Ingredients
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, Cocoa Powder)

# MOMO Elderflower Kombucha

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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

# Hot Drinks with Oat (Gatwick Only)

Drinks →



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Vegetarian Plant-based

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
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 (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)
EARL GREY - Tea, <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)

# Tea (GATWICK ONLY)

Drinks →



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Allergen Type	Contains	May-contains	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 (GATWICK ONLY)

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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 (GATWICK ONLY)

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
SPARKLING WINE (Grape Juice (Sulphites))

# Mimosa (GATWICK ONLY)

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	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
SPARKLING WINE (Grape Juice (Sulphites))
ORANGE JUICE (Oranges)

# Orange Juice (GATWICK ONLY)

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 (GATWICK ONLY)

Drinks →



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Vegetarian Plant-based

Allergen Type	Contains	May-contains	Further Information
Celery			Celery salt in tomato mix
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, cayenne pepper and <b>celery</b> salt)

# Trial - Only available in selected restaurants



How this

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



Vegetarian



Plant-based

Please visit the Nando's App and select your local restaurant, here you can view any trial products currently in your restaurant, along with their allergen information.

**For full ingredient details and further information pertaining to trial products, please speak to a manager in the restaurant.**

