

**FOOD ALLERGY MATRIX**

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Menu Item	Category	Ingredients	Gluten	Dairy	Peanut	Tree Nut	Sesame	Egg	Lupin	Soya	Fish	Shellfish	Molluscs	Sulphites	Celery	Mustard	Compound item potential cross contamination items
SMASHED AVOCADO	BRUNCH	CHARCOAL SOURDOUGH ( WHEAT FLOUR, water, salt, yeast, malt, activated charcoal powder) LABNE (YOGURT, chilli, thyme, lemon, garlic) avocado, lemon, lime, salt, pepper, chives															Peanut, treenut, soya, celery, mustard
HEALTHY START	BRUNCH	CELERIAC, maple syrup, chilli flakes, EGGS, TOMATO (BALSAMIC VINEGAR, sugar, olive oil, salt, pepper) avocado, broccoli, cucumber, chives															celery, mustard
SWEET CORN FRITTERS	BRUNCH	sweet corn, spring onions, EGGS, TEMPURA FLOUR (WHEAT FLOUR, BAKING SODA, salt, dill, black pepper, FETA CHEESE, avocado, RED AMARANTH, lemon, rapeseed oil, herb oil ( basil, parsley, chives), HABERNERO HOT SAUCE (red pepper, rapeseed oil, , ALMONDS, salt, scotch bonnet chilli)															*** Habanero & almond sauce contains almonds/treenuts and is made offsite in kitchen and may be furthr cross contaminated
SHAKSHOUKA	BRUNCH	Tomato, onion, red peppers, red chilli, garlic, cumin, fresh coriander, paprika, turmeric, salt, pepper, sugar, CHARCOAL SOURDOUGH ( WHEAT FLOUR, water, salt, yeast, malt, activated charcoal powder), EGG, LABNE (YOGURT, chilli, thyme, garlic, lemon juice), chives, spring onion															Peanut, tree nut, sesame, soya, celery, mustard
SMOKED SALMON ROYAL	BRUNCH	RYE BREAD (DARK RYE FLOUR, water, salt, yeast, linseed gold, linseed brown, millet seed, sunflower seed, SESAME SEEDS) CHILLI PESTO (SUN- DRIED TOMATO, PARMESAN, SUNFLOWER SEEDS), rape seed oil, red chilli, lemon juice) HOLLANDAISE (BUTTER, EGG YOLK, VINEGAR, salt, smoked paprika), lemon, cucumber, SMOKED SALMON, chives, avocado, baby spinach, lime															Peanut, soya, celery, mustard *** Chilli pesto made offsite in kitchen using nuts and may be cross contaminated with treenuts

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FANCY BACON ROLL	BRUNCH	ROTI (WHEAT FLOUR, water, margarine (palm base), palm oil, rice flour, sugar, salt and BAKING POWDER (E500), HOLY FUCK HOLLANDAISE (EGG YOLK, BUTTER, lemon juice, VINEGAR, red chilli, paprika), BACON, EGG, red chilli, coriander, spring onion, CRISPY ONION, sriracha chilli sauce															Peanut, gluten, tree nut, sesame, soya
BONDI	BRUNCH	CHARCOAL SOURDOUGH ( WHEAT FLOUR, water, salt, yeast, malt, activated charcoal powder) SAUSAGE ( pork, RUSK, fennel seeds, garlic, salt, spices, herbs, WHEAT STARCH, E 450, E221) BACON, EGG, CHILLI PESTO (SUN- DRIED TOMATO, PARMESAN, SUNFLOWER SEEDS), rape seed oil, red chilli, lemon juice) mushroom, avocado, cucumber, lemon, salt, pepper, chives															Peanut, treenut, sesame, soya, celery, mustard  ***Chilli pesto made offsite in kitchen using nuts and may be cross contaminated with treenuts
VEGAN GRANOLA	BRUNCH	GRANOLA (gluten free oats, coconut chips, vegetable oil, ALMOND, sunflower seeds, pumpkin seeds, golden syrup, brown sugar, CRANBERRY, water) COCONUT YOGURT, berry coulis, , chia seeds,															Peanut, sesame, soya
GRANOLA	BRUNCH	GRANOLA (JUMBO ROLLED OATS, coconut chips, vegetable oil, ALMOND, sunflower seeds, pumpkin seeds, golden syrup, brown sugar, CRANBERRY, water) YOGURT, berry couli, chia seeds.															*** GRANOLA CONTAINS ALMONDS***
BANANA BREAD SANDWICH	BRUNCH	FLOUR, EGG, WALNUT, BUTTER, BAKING POWDER, MASCARPONE, YOGURT, sugar, banana, honey, salt, blueberries, strawberries, raspberries, ALMOND, berry couli															Peanut, sesame, soya, celery, mustard  ***BANANA BREAD CONTAINS WALNUTS INSIDE***



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BEEF TOMAHAWK	DINNER	Beef, cherry tomato, watercress, salt, black pepper, potatoes, rapeseed oil, truffle oil, <b>PARMENSAN</b>															
SIRLOIN STEAK	DINNER	Beef, cherry tomato, watercress, salt, black pepper, potatoes, rapeseed oil, truffle oil, <b>PARMESAN</b>															
FIRE ROASTED AUBERGINE	DINNER	aubergine, coconut risotto ( arborio rice, coconut milk, spring onion, mushrooms, onion, garlic, thyme, salt, black pepper ), <b>TAHINI MISO SAUCE ( TAHINI, SESAME PASTE, MISO PASTE</b> , ginger, rapeseed oil, lemon juice, agave), chilli flakes, pomegranate seeds, kale															celery, mustard
CHICKEN PARMIGIANA	DINNER	Chicken Breast, <b>BREAD CRUMBS, EGG, FLOUR</b> , tomato reduction [tomatoes, onion, garlic, sugar, salt, pepper] <b>MOZZARELLA, PARMESAN, prosciutto</b>															celery, mustard
TANDOORI SALMON	DINNER	<b>SALMON, TANDOORI MASALA</b> ( Salt , Coriander , <b>MUSTARD</b> , Beetroot Extract , Fenugreek , Black Pepper , Onion Powder , Cinnamon , Garlic Powder , Cumin , Nutmeg , Ginger , Cardamom , Clove , Paprika , Chilli Powder , <b>CELERY</b> , Spice Extracts , Bay , Natural Colours: (Paprika Extract, Turmeric Extract) Lemon Oil , Citric Acid) <b>CRISPY RICE SALAD</b> [chickpea, puffed black rice, puffed white rice, rapeseed oil, <b>MUSTARD SEEDS</b> , turmeric, salt) coriander, lime, <b>TAMARIND SAUCE</b> ( tamarind paste, sugar, water, salt, modified maize starch, cumin powder, ginger powder, red chilli powder, acetic acid, <b>SODIUM BENZOATE</b> ) mango powder], cucumber, avocado, dill, mint, <b>YOGURT</b> , rapeseed oil, red amaranth															
ASIAN CHICKEN SALAD	DINNER	chicken, red cabbage, Chinese cabbage, bean shoots, cucumber, coriander, mint, <b>CANDIED RED CHILLI</b> [red chilli, sugar, <b>WHITE WINE VINEGAR</b> ] <b>ASIAN CHICKEN DRESSING [SRIRACHA CHILLI SAUCE, FISH SAUCE, SWEET CHILLI SAUCE, CRISPY ONION, CASHEWS</b> , coconut flakes, coconut milk, . lime juice]															Molluscs, Peanut, Soya, celery, mustard



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SPICY TUNA TOSTADA	SMALLS	<b>SPINACH WRAP (WHEAT FLOUR</b> (with calcium, iron, niacin, thiamine) water, rapeseed oil, raising agents (E450, E500, E341), humectant (glycerine), salt, spinach powder, sugar, yeast, acidity regulators (E296,E330), yeast, preservatives (E282) <b>TUNA, SASHIMI DRESSING (SOY, TAHINI, SESAME SEED OIL,</b> rapeseed oil, lime juice) tiger's milk (lime juice, garlic, coriander, red onion, <b>CELERY, FISH SAUCE,</b> chilli), avocado mash ( avocado, lemon juice, salt, olive oil), <b>CANDIED RED CHILLI</b> (red chilli, sugar, <b>WHITE WINE VINEGAR</b> ) chives, red chilli, <b>WASABI MAYO</b> [ ( rapeseed oil, <b>SOYBEAN OIL, PASTEURIZED EGG YOLK, VINEGAR,</b> salt, <b>MUSTARD</b> ), wasabi powder[ horseradish, <b>MUSTARD,</b> tapioca starch, spinach powder] lime juice															shellfish, molluscs