

asian rice

flat bread WHEAT

thai green curry

WHEAT SOYA LACTOSE CRUSTACEAN SULPHITES
chicken : egg* mustard* celery* sesame*

satay

WHEAT SOYA LACTOSE NUTS SESAME SULPHITES
chicken : egg* mustard* celery*

sticky ginger

WHEAT SOYA CELERY SULPHITES egg* lactose*
chicken : LACTOSE mustard* sesame*

sweet chilli

SOYA SESAME
chicken : LACTOSE egg* mustard* celery*

mexican rice

flat bread WHEAT
coleslaw EGG MUSTARD SULPHITES

chipotle pork

BARLEY CELERY FISH SULPHITES

chicken & chorizo

WHEAT SOYA LACTOSE CELERY SULPHITES egg*
chicken : mustard* celery* sesame*

falafel

SOYA CELERY SULPHITES egg* lactose*

pasta bowl

pasta WHEAT

pesto

WHEAT NUTS LACTOSE EGG MUSTARD
chicken : soya* celery* sesame*

avocado

WHEAT NUTS LACTOSE EGG MUSTARD

cheesy

WHEAT LACTOSE EGG MUSTARD
chicken : soya* celery* sesame*

bacon & tomato

WHEAT SOYA LACTOSE EGG CELERY MUSTARD

alfredo

WHEAT LACTOSE EGG MUSTARD

mac - classic

WHEAT LACTOSE

mac - 3 cheese

WHEAT LACTOSE EGG

noodle pot

egg noodle WHEAT EGG

satay

WHEAT SOYA LACTOSE NUTS SESAME SULPHITES
chicken : egg* mustard* celery*

teriyaki

WHEAT SOYA SULPHITES SESAME
chicken : LACTOSE egg* mustard* celery*

laksa

LACTOSE CELERY SOYA SULPHITES
sauce may contain : egg* milk*
prawns : CRUSTACEAN

pad thai

WHEAT SOYA NUTS FISH SULPHITES
chicken : LACTOSE egg* mustard* celery* sesame*
prawns : CRUSTACEAN

sweet chilli

SOYA sesame*
chicken : LACTOSE WHEAT egg* mustard* celery* sesame*

bang bang

WHEAT SOYA SESAME SULPHITES
chicken : LACTOSE egg* mustard* celery*
cashew : NUTS

chow mein

WHEAT SOYA CRUSTACEAN sesame*
chicken : LACTOSE egg* mustard* celery*

bagels

bagel WHEAT SESAME BARLEY

smoked salmon

FISH LACTOSE MUSTARD SULPHITES

bacon & brie

LACTOSE

pastrami

LACTOSE EGG MUSTARD SULPHITES

brie avocado

LACTOSE NUTS

wraps

tortilla WHEAT

chicken chorizo

SOYA LACTOSE CELERY SULPHITES egg*
chicken : WHEAT mustard* celery* sesame*

feta & beetroot

LACTOSE SULPHITES

chicken avocado

LACTOSE NUTS EGG MUSTARD
chicken : WHEAT celery* sesame* soya*

caesar chicken

LACTOSE EGG
chicken : WHEAT mustard* celery* sesame* soya*

falafel & hummus

SOYA SESAME CELERY

prawn & avocado

CRUSTACEAN EGG MUSTARD SULPHITES

salad bowl

chorizo

BARLEY LACTOSE SOYA EGG

asian chicken

WHEAT LACTOSE NUTS SESAME SOYA SULPHITES
chicken : egg* mustard* celery* sesame*

feta & walnut

BARLEY LACTOSE NUTS SULPHITES

falafel & hummus

LACTOSE EGG SESAME
flat bread : WHEAT

caesar

WHEAT LACTOSE EGG
chicken : soya* mustard* celery* sesame*