

ALL DAY PRODUCTS AND THEIR ALLERGEN CONTENT

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 ☑ Does not contain dairy
 ☑ Does not contain gluten
 V Vegetarian
 V Vegan

CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Fresh: Wheat or Barley, Corn, Spelt or Kamut	Prawn, Crab, Lobster, Crayfish					Corn, Mussels, Whitebait, Oysters, Shell and Squid		Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachios, Cashews and Macadamia				Sulphur Dioxide, D-Dimethyl or Dimethyl

PRODUCTS	INGREDIENTS	DATE	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Berry Bites	Almond Milk, Wild Berries, Dark Banana, Coconut Oil, Hemp Protein (100g)	14/1/23	Nuts											✓			
Cocoa Power	Almond Milk, Banana, Raw Cocoa, Cacao Nibs, Date Syrup & Tahini	12/1/23	Nuts, Sesame Seeds											✓		✓	
Yoghurt	Apple, Juice (Strawberry, Citrus, Vanilla, Pistachio, Lemon, Orange), Coconut Water, Coconut Oil	14/1/23												✓			
Nut Butter	Almond Milk, Peanut Butter, Tahini, Date Syrup	14/1/23	Nuts, Peanuts, Sesame Seeds										✓	✓	✓		
Vanilla Ice	Almond Milk, Banana, Honey, Tahini & Vanilla	17/1/23	Nuts, Sesame Seeds										✓		✓		
Lemonade	Filtered Juice Water, White Sugar, Mint, Lemon	12/1/23															
Raspberry Lemonade	Lemon Juice, Raspberries, Water, White Sugar, Mint, Lemon	14/1/23															

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Hot Pot	Wings, Hot Pot Dressing	14/1/23															
Coconut Yoghurt & Green Cookies	Coconut Yoghurt, Almonds, Spirulina, Pineapple, Banana, Lime Juice, Coconut Water, Pineapple	14/1/23															
Coconut Yoghurt & Berry Power	Coconut Yoghurt, Berries, Pineapple, Banana, Lemon Juice, Coconut Water, Date	14/1/23															
Strawberry, Coconut Yoghurt & Protein Bar	Coconut Yoghurt, Strawberry, Coconut Protein Bar	12/1/23															
Sunrise Panache	Almond Milk, Date, Maple Syrup, Toasted Coconut, Chia, Sunflower & Pumpkin Seeds, Cinnamon	17/1/23	Cereals containing gluten, Nuts		✓								✓				
Tahini Granola	Roasted Brown Rice and Almonds, Pumpkin Seeds, Cinnamon & Salt, Tahini, Maple, Sunflower Seeds	14/1/23	Nuts										✓		✓		
Farmer's Porridge	Coconut yoghurt, things berries, pomegranate seeds, granola, Gluten Free oats, pomegranate, apricots, honey, butter, golden syrup, soft brown sugar, vanilla	17/1/23	Dairy (Milk, Butter)							✓							















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Banana Cake	Banana, Milk, Olive Oil, Flour, Cinnamon, Eggs, Sugar	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Biscuits With Chocolate	Butter, corn syrup, coconut, dark chocolate	14/1/23															
Biscuits With Coconut	Butter, corn syrup, coconut	14/1/23															
Biscuits With Peanut	Butter, corn syrup, coconut, peanuts	14/1/23	Peanut														
Carrot Cake	Carrots, walnuts, sugar, eggs, cinnamon, olive oil, flour, butter	V	Cereals containing gluten, Milk, Egg, Nuts		✓		✓			✓			✓				
Chocolate Brownie	Flour, butter, chocolate, eggs, butter, cocoa powder	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Chocolate Chip Cookies	Flour, butter, chocolate, eggs, butter, cocoa powder	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Chargrill, Caribbean & Lime Cake	Almonds, Sugar, Roasted Oil, Eggs, Zucchini, Pistachio, Lime, Poppy Seeds, Cinnamon, Salt	V	Nuts, Eggs				✓						✓				
Crustless Tray	Chia, pumpkin seeds, honey, golden syrup, butter, soft brown sugar, maple syrup, carob powder, vanilla	V			✓		✓			✓							
Honey & Banana Muffin	Banana, Milk, Olive Oil, Flour, Cinnamon, Eggs, Sugar, Salt	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Orange & Almond Cake	Orange, eggs, sugar, almonds, salt	14/1/23	Nuts (Almonds), Egg				✓						✓				
Chocolate Bun	Chocolates, butter, eggs, sugar, flour	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Carrot Bun	Carrots, butter, eggs, soft brown sugar, flour, walnuts, cinnamon, olive oil	V	Cereals containing gluten, Milk, Egg, Nuts		✓		✓			✓			✓				
Maroon Honey Bun	Almonds, butter, eggs, sugar, flour, raw honey	V	Cereals containing gluten, Milk, Egg, Nuts (Almonds)		✓		✓			✓			✓				
Lemon & Pistachio Bun	Lemons, butter, eggs, sugar, coconut, pistachios, almonds	1/23	Milk, Egg, Nuts (Almonds, Pistachios)				✓			✓			✓				
Poppyseed Loaf	Orange, butter, eggs, sugar, flour, poppyseeds, almond	V	Cereals containing gluten, Milk, Egg, Nuts (Almonds)		✓		✓			✓			✓				
Vegan & Raspberry Loaf	Lemons, vanilla, olive oil, raspberries, flour, sugar	17/1/23	Cereals containing gluten (Wheat), Milk, Egg, Nuts (Almonds)		✓					✓			✓				
Gluten Free - Granola	Chia, poppyseeds, apricots, honey, butter, golden syrup, soft brown sugar, vanilla	1/23	Milk							✓							

BREAKFAST PRODUCTS AND THEIR ALLERGEN CONTENT

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CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freshly prepared on Site Crisp, Spelt or Kaniwa	Prawn, Crab, Lobster, Crayfish					Corn, Mussels, Whelk, Oysters, Snail and Squid		Almonds, Hazelnuts, Walnuts, Pistachios, Brazil, Pistachios, Cashews and Macadamia				Sulphur Dioxide, Citrus Oils or Citrus

COFFEES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Smashed Avocado on Toast	Avocado, Real Choc, Lime, Garlic, Coconut Oil, Olive Oil, Salt, Pepper, Toast, Feta, 7 Seeds Leaf, Olive Oil	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
Virgin Smashed Avocado on Toast	Avocado, Real Choc, Lime, Garlic, Coconut Oil, Olive Oil, Salt, Pepper, Toast, 7 Seeds Leaf, Olive Oil	✓ / ✓ Vg	Cereals containing gluten, Sesame Seeds		✓										✓		
Kala Rostita Avocado on Toast	Kala, Grilled with Olive Oil, Salt & Pepper, Avocado (DOP), Lemon, Honey, Olive Oil	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
Salmon, Egg, Avocado on Toast	Avocado, Egg, Milk, Mustard, Salmon, Parsley, Lime Juice, Toast, 7 Seeds Leaf, Olive Oil	✓	Cereals containing gluten, Fish, Egg, Mustard, Sesame Seeds		✓		✓				✓			✓			
Salmon, Ricotta, Avocado on Toast	Avocado, Salmon, Lime Juice, Ricotta, Toast, 7 Seeds Leaf, Olive Oil	✓	Cereals containing gluten, Fish, Milk, Sesame Seeds		✓		✓			✓				✓			

BREAKFAST	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Egg & Bacon Sarnie	Butter, Egg, Milk, Seasoning, Sausage, Shrimps	✓	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Egg & Bacon Sarnie	Butter, Egg, Milk, Seasoning, Bacon, Shrimps	✓	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Sarnie	Eggplant, Potato, Egg, Tomato, Chilli, Parsley	✓ / ✓ Vg	Cereals containing gluten, Egg, Sesame Seeds		✓		✓								✓		
Virgin Sarnie - In Development	Eggplant, Potato, Tomato, Chilli, Parsley	✓ / ✓ Vg	Cereals containing gluten, Egg, Sesame Seeds		✓		✓								✓		
Breakfast, Spinach & Egg Wrap	Avocado, Spinach, Egg, Spinach, Whig, Tofu, 20 Year, Oil	✓ / ✓ Vg	Cereals containing gluten, Egg, Sesame Seeds		✓		✓								✓		
Spinach & Cream Cheese Toast	Salmon, Oil, Cream Cheese, Lemon, 4 packs, olive	✓	Cereals containing gluten, Milk, Fish, Salmon, Sesame Seeds (Peanut)		✓		✓			✓							✓

BREAKFAST PASTRY	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Stack & Egg	Stack, 7 Egg 2 packs, Chopped Salad, Roasted Veg, Tomato & Bacon, 100g Spinach	☑ ☑	Egg, Salmon, Chicken, Mustard (if included)				✓	✓				✓					✓
Virgin Stack & Egg	Stack, 7 Egg 2 packs, Chopped Salad, Roasted Veg, Tomato & Bacon, 100g Spinach	☑ ☑ / ✓ Vg	Sesame Seeds												✓		
Stack & Bacon & Egg	7 Fresh Items & 2 Eggs (Star Toast) / Roasted Veg, Herb Bread, Oil	✓	Cereals containing gluten, Egg, Sesame Seeds		✓		✓								✓		
Stack & Bacon	Stack, 7 Egg, 2 packs, Chopped Salad, Roasted Veg, Herb Bread, Oil	✓	Cereals containing gluten, Egg, Sesame Seeds		✓		✓			✓					✓		
Stack & Egg	7 Eggs, 20 Year, Whig, Spinach, Chopped Salad, Roasted Veg	☑ / ✓ Low Gluten	Cereals containing gluten, Trout, Gluten, 20 Year, Egg, Sesame Seeds (Peanut)		✓		✓								✓		

COFFEES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Chocolate	Wheat Flour, Butter, Sugar	✓	Cereals containing gluten, Milk		✓					✓							
Peanut Chocolate	Wheat Flour, Butter, Sugar, plain chocolate	✓	Cereals containing gluten, Milk		✓					✓							
Almond Chocolate	Wheat Flour, Butter, Sugar, almonds	✓	Cereals containing gluten, Milk, Nuts		✓					✓			✓				

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Farmer 2 Pastas	Coconut oil, egg, orange, corn, jamon, green seeds, olive oil, water, free run, paprika, spices, honey, butter, golden syrup, coffee, cinnamon, vanilla seeds	☑ ✓	Dairy, Milk (Butter)							✓							
Almond Porridge	Oats, Almond Milk, Water	☑ / ✓ Vg	Cereals containing gluten (Oats), Nuts (Almonds)		✓								✓				
Ruby Health Porridge	Oats, Flax Seed, Roasted Almonds (2%), Roasted Almond Flours (1%), Coconut, Biscuits, Sugar, Salt, Salt (E301), Almond Milk, Water	☑ / ✓ Vg	Cereals containing gluten (Oats), Nuts (Almonds)		✓								✓				

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	Ferme, Wheat, Rice, Barley, Oats, Spelt or Kamut	Prawn, Crab, Lobster, Crayfish					Clam, Mussel, Whelk, Oyster, Snail and Squid		Almonds, Hazelnut, Walnut, Pecan, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide, C10H16S2 or C10H16S

NAME	INGREDIENTS	TABS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Charred Pork Steak	Beef (Bovine), Worcestershire Sauce (Barley, Flax), Egg, Mustard & Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	☑	Cereals containing gluten, Worcestershire Sauce (Fish) (Worcestershire Sauce), Mustard (Sulphur Dioxide)		✓			✓				✓					✓
Charred Tofu Steak	Tofu, Sesame Oil, Vegetables Oil, Ginger, Spring Onion, Garlic, Rice Vinegar, White Miso, Miso, Maple Syrup, Aubergine, Black & White Sesame Seeds	☑ ☑ ☑ ✓ ✓ ✓ ✓	Sesame Seeds (Soy)												✓	✓	
Grilled Chicken & Green Tabouli	Chicken, Parsi Anchovy, 20 star, Salt, Pepper, Pineapple, Lemon Juice, Olive Oil, Tomato, Potato, Cornish Onion, Black Pepper, Coriander, Tahini, Chopped Ginger, Spinach, Cumin, Chilli Flakes, Honey, Garlic	☑ ☑ ☑	Sesame Seeds (Soy)												✓		
Malaysian Meatballs	Turkey Breast, High, Garlic, Red Onions, Ginger, Dried Chilli Flakes, Coriander, Red Beans, Lime Leaf, Honey, Lime Juice, Red Chilli, Fresh Lime, Coconut Milk Leaf, Tomato, Potato, Salt, Turmeric, Brown Sugar, Ginger, Garlic, Spring Onions, Soy Sauce	☑ ☑ ☑	Soya (Soy Sauce), Fish Sauce					✓									✓
Grilled Marissa Chicken	Chicken thigh, Boneless, Skinless, Whole, Soft Shelled Egg, Rapeseed Oil, Olive Oil, Sea Salt, Corn, Crushed Chilli, Aubergine, Regular (Egg), Herb, Onion, Paprika, Dried Onion Flakes, Crushed Black Pepper, Dehydrated Onions, Crushed Garlic, All Spices	☑ ☑ ☑	N/A														
Mac & Cheese	Pasta (Wheat), Broccoli, Kale, Breadcrumbs, Soya, Flour, nutmeg, salt, Cornflour, white pepper, Green Peppers, Nutmeg, Salt, Dry Red Chilli	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓							✓
Salmonite	Salmon (Wild), Chicken (Wild) Oil, Sunflower Oil, Parsley, Coriander, Red Wine Vinegar, Garlic, Crushed Onion, Orange, Citrus, Asahi Truffle	☑ ☑ ☑	Fish, Sulphur Dioxide (Red Wine Vinegar)					✓									✓

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Brown Rice	Brown Rice, Salt, Olive Oil, Parsley	☑ ☑ ☑ ✓ ✓ ✓															
Freshak	Freshak, Parsley, Olive Oil	☑ ✓ ✓ ✓ ✓	Cereals containing gluten (Soy, wheat)		✓												
Fresh Greens	Freshak, Cumin, Coriander, Red Peppers, Parsley, Red Onion, Garlic, Lemongrass	☑ ✓ ✓ ✓ ✓	Cereals containing gluten (Wheat)		✓												
Redly Spinach	Redly Fresh Spinach	☑ ☑ ✓ ✓ ✓															

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Broccoli Soup	Broccoli, Olive Oil, Black Pepper, Salt	☑ ☑ ✓ ✓ ✓	N/A														
Mac & Cheese - Original	Pasta (Wheat), Broccoli, Kale, Breadcrumbs, Soya, Flour, nutmeg, salt, white pepper, Cornflour, Green Peppers, Nutmeg, Salt, Dry Red Chilli	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓						✓	
Mac & Cheese - Kale & Chick - Autumn 2018	Pasta (Wheat), Broccoli, Kale, Breadcrumbs, Soya, Flour, nutmeg, salt, white pepper, Cornflour, Green Peppers, Nutmeg, Salt, Dry Red Chilli, Cauliflower & Kale	✓	Cereals containing gluten (Wheat), Dairy (Milk, Cheese)		✓					✓						✓	
Roasted Sweet Potatoes	Sweet Potatoes, 20 star, Parsley	☑ ✓ ✓ ✓ ✓	Cereals containing gluten (Soy, Gluten) (Soy, Gluten) (20 star)												✓		
White Cauliflower	Salt, Pepper, Coriander, Cumin, Parsley, Black Sesame, Olive Oil, Vegetables Oil, Coriander, Spring Onion	☑ ☑ ✓ ✓ ✓	Sesame Seeds												✓		
Wheat Greens	Mushrooms, Rocket, Tomato, Onions, Spring Onions, Olive Oil, Salt & Pepper, Miso	☑ ☑ ✓ ✓ ✓	N/A														
Roasted Butternut Squash Autumn 2018	Roasted Squash, Green Tahini, Olive Oil, Coriander, Salt & Pepper, Green Tabouli, Lemon Juice, Olive Oil, Chopped Ginger, Chopped Garlic, Salt & Pepper, Fresh Parsley, Fresh Coriander, Baked Spinach, Crushed Corn, Chilli Flakes, Honey	☑ ✓ ✓ ✓	Sesame Seeds												✓		

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	Flour, Wheat, Rice, Barley, Oats, Spelt or Kamut	Prawn, Crab, Lobster, Crayfish					Clam, Mussel, Whelk, Oyster, Snail and Squid		Almonds, Hazelnut, Walnut, Pistachio, Brazil, Pecan, Cashew and Macadamia				Sulphur Dioxide, Citrus Oils or Citrus Juice

COOLDRINKS	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Broccoli, Red Pepper and Tuna Salad - Summer 2018	Broccoli, Red Pepper, Olive Oil, White Wine Vinegar, Lemon, Extra Virgin Sesame Seed, Soy, Pepper, Feta, Parsley	V Low Gluten	Dairy (Feta), Sesame (Vinegar), Sesame Seeds, Gluten (Wheat - Trace Amount)							☑					☑		
Roasted Chickpeas and Tomato Salad	Roasted Chickpeas, Cherry Tomatoes, Red Pepper, Courgette, Parsley, Hummus Dressing - White, Sunflower Oil, Paprika, Garlic Powder, Sea Salt, Cumin, Crushed Chickpeas, Parsley, Olive Oil, Sesame Seed, Black Olive, Red Wine Vinegar, Crushed Black Pepper, Citron, Ground Coriander, 40% Olive White Black Olive	☑ 42 V V Va	Sulphur Dioxide (Veget)														☑
Farmer's Salad	Red Pich, Courgette, Broccoli, Red Onion, Monk Fruit (E1402), 40% Olive Dressing - 40% Olive (Sesame seeds), Olive Oil, White wine vinegar, salt - 20% Olive, Sea Salt, Honey Dress	V Low Gluten	Cornish Cornishing Gluten (Sea Salt - 20% Olive)		☑					☑					☑		
Quinoa, Roasted Tomato & Cucumber Salad - Summer 2018	Roasted Tomatoes, Quinoa, Cucumber, Red Onion, Mixed Greens, Butterbean, Feta, Olive, Honey, White Wine Vinegar	☑ 42 V	Sulphur Dioxide (Veget)									☑					☑
Roasted Salad - Summer 2018	Spring Greens & Carrot Mix, Black Turb Beans, Coriander Leaf, Cauliflower, Crushed Lentils, Red Onion, Cucumber, Tomatoes, Jalapeno, Tomato Dressing (Oil), Olive Oil, Garlic, Lemon Juice, Lime Juice, Tomato)	☑ 42 V V Va										☑					
Beetroot Sprout, Feta & Red Pepper Salad - Autumn 2018	Roasted Beetroot, Sprouts, Roasted Red Pepper, Extra Virgin Olive Oil, White Wine Vinegar, Lemon Juice, Olive, Salt & Pepper Mix, Crushed Feta, Chopped Parsley - 20% Olive (Sesame Seeds)		Dairy (Feta), Sesame (Veget), Sesame Seeds, Gluten (Wheat - Trace Amount)		☑					☑					☑		☑
Avocado & Kale White Dressing 2018	Roasted Kale, Walnuts, Lemon, Olive Oil, Sea Salt, Sunflower Oil, Cabbage, Miso, Marinate, Avocado, Salt, 40% Olive, Lemon Juice, Miso Dressing, Black & White Sesame Seeds - Miso Marinate, Miso, Ginger, Crushed Chick, Spring Onion, Lime Juice, Garlic, Miso, Vegetables Oil & Salt, White Dressing - White Wine, White Wine Vinegar, White Sesame	☑ 42 V V Va	Sesame Seeds, Soya, Sulphur												☑	☑	☑
Egg Garden Salad	Tomato, Spring greens, red pepper, courgette, mushrooms, mixed green, parrot peas, spinach, chick beans, soft flower seeds, corn, soya seeds, black dressing (olive, vinegar, ginger, sunflower oil, sesame oil, lemon, salt, black mix)	☑ 42 V V Va	Sulphur (Veget), Sesame, Soya													☑	

SAUCES/DRINKS	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Tahini	Tahini (Ground), Water, Garlic, Lemon, Olive Oil, Black Pepper, Salt	☑ 42 V V Va	Sesame seeds												☑		
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar, Garlic, Crushed Red Onion, Olive Oil, Citrus, Coriander, Chili Flakes	☑ 42 V V Va	Sulphur Dioxide (Veget)														☑
Red Pepper	Red Pepper, Garlic, Onions, Thyme, Bay Leaf, Sesame Oil, Red Wine Vinegar, Crushed Chickpeas, Olive Oil, Olive Mustard, Salt, Black Pepper	☑ 42 V V Va	Mustard, Sulphur (Sodium Hydrogen Sulphite)									☑					☑

SANDWICHES - CP	INGREDIENTS	TAGS	ALLERGENS	CELESTIAL	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Beef Sandwich	Beef, Baby Spinach, Cheddar, Red Onion, Dijon Mustard, Multigrain Bapquette	☑ 42 V V Va	Cornish Cornishing Gluten, Fish, Mustard, Sulphur Dioxide		☑			☑				☑					☑
Roast Chicken and Broccoli Sandwich	Roast Chicken, Broccoli, Red Onion, Mayonnaise, Multigrain Bapquette		Cornish Cornishing Gluten, Egg, Milk		☑		☑										☑
Steakhouse Sandwich	Lean Beef, Paprika, Red Chili, Bay Leaf, Salt, Sunflower Oil, Thyme, Black Pepper, Crushed Feta, Spanish Mustard, Bapquette	V	Cornish Cornishing Gluten, Egg, Milk		☑												☑
Middle Eastern Veggie Sandwich	Avocado, Baby Spinach, Tomato, Chick, Zucchini	V V Va	Cornish Cornishing Gluten, Sesame seeds		☑										☑		

BRUNCH PRODUCTS AND THEIR ALLERGEN CONTENT

Our foods are freshly prepared in a small, busy kitchen, so we can't guarantee our food is 100% allergen free. Please take care and speak to our team about our ingredients before you order your food and drink.
 Please remember to check our apps regularly for any changes to our allergen information - the best thing we want is for anyone being brought out by us to take on an all day focus. If you have any further queries please don't hesitate to contact an email hello@fermejean.co.uk or speak to a member of our team.

- ☑️ Does not contain dairy
- ☑️ Does not contain gluten
- ✓ Vegetarian
- V/V Vegan

CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
	Freshly Whipped Cream, Cakes, Spelt or Kamut	Prawns, Crabs, Lobsters, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, Hazelnuts, Walnuts, Peanuts, Brazil, Pistachio, Cashew and Macadamia				Sulphur Dioxide, D-Dimethyl or Dimethyl

BRUNCH FAVOURITES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Stack, Eggs & Green Salad	Eggs, Avocado, Toast, Chopped Salad, Grilled Veg (Tomato, Mushroom, Spinach), Sweet Chilli Sauce, Green Sauce	☑️	Eggs, Milk, Cereals (Gluten containing), Mustard, Sesame Seeds		✓		✓	✓				✓			✓		
Toast Stack	Prosciutto, Baked Eggs, Avocado, Toast, Coriander, Red Onion, Olive Oil, Lemon Juice, Pesto & Soft Spread, Salt & Pepper	✓	Eggs, Milk, Cereals containing gluten, Sesame Seeds		✓		✓			✓					✓		
2 Plate	Smoked Salmon, Beige, Cream Cheese, Oil, Herbs, Egg Mayo, Mustard, Tomato & Onion	✓	Fish, Cereals containing gluten, Milk, Egg				✓	✓				✓					
Grilled Cheese Toastie	Butter, Banneton, Grated Cheese, Butter, Pickles, Salt & Pepper	✓	Cereals containing gluten, Milk, Sulphur Dioxide		✓					✓							✓
Veggie Burger	Broccoli, Mushroom, Aubergine, Cauliflower, Potatoes, Potatoes Sweet Potato, Wedges, Oil, Parsley, Red Pepper, Sauce	✓	Cereals containing gluten, Sesame Seeds, Sulphur Dioxide		✓										✓		✓
Stack, Eggs & Green Salad	Eggs, Avocado, Toast, Chopped Salad, Grilled Veg (Tomato, Mushroom, Spinach), Sweet Chilli Sauce, Green Sauce	☑️	Eggs, Milk, Cereals (Gluten containing), Mustard, Sesame Seeds		✓		✓								✓		

AVO	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
The Classic Avoc	Prosciutto, Red Onion, Lemon Juice, Coriander, Olive Oil, Salt, Pepper, Pesto, Sauce, Toasted Soft Shell, Oil	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
The Vegan Chisel Avoc	Avocado, Red Onion, Lemon Juice, Coriander, Olive Oil, Salt, Pepper, Toast - 7 seeded loaf, Olive Oil	V/V, GF	Cereals containing gluten, Milk, Sesame Seeds		✓										✓		

SHARING	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Farmers Breakfast V	2 Fried Eggs with Mushrooms, 2x Avocado, Tomato, Chopped, Fresh Salad, Fries & Lettuce	✓	Cereals containing gluten, Egg, Milk, Sulphur Dioxide, Sesame Seeds		✓		✓			✓					✓		✓
Smiley Split/Stack	2x Avocado, Sweet Potato, Baked, Soft Shell, Fresh Salad & Potatoes, Sweet Potato Wedges & Puncty Red Pepper Sauce	✓	Cereals containing gluten, Sesame Seeds, Sulphur Dioxide		✓										✓		✓

WILD RICE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Blue Prawn Salmon	Raw Salmon, Rice or Baby Gem, Pickles, Cabbage, Courgette, Coriander, Avocado, Oil, Mustard, Youso Dressing, Lime	☑️	Fish, Soy					✓									
Waka Chicken	Chicken, High, Milk, Rice or Baby Gem, Pickles, Cabbage, Courgette, Coriander, Avocado, Oil, Mustard, Youso Dressing, Lime	☑️	Soya, Sesame Seeds, Soy												✓	✓	
Sesame Tofu	Tofu, Sesame Seeds, Rice or Baby Gem, Pickles, Cabbage, Courgette, Coriander, Avocado, Oil, Mustard, Youso Dressing, Lime	☑️ V/V	Soya, Sesame Seeds, Soy												✓	✓	
Wheat Rice	Wheat Rice with Olive Oil, Lemon	☑️ V/V															

BRUSH	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Eggs French Toast Fried	Eggs, Oil	☑️ V/V	Eggs				✓										
Grilled Veg & Mashed Potato	Tomato, Mushroom, Cavendish, Parsley	☑️ V/V															
Smoked Salmon	Fish, Sesame Seeds	☑️	Fish, Sesame Seeds					✓							✓		
Hot Fry Cheese	Smoked Salmon, Oil, Sesame Seeds	✓	Cereals containing gluten, Milk, Soy		✓					✓						✓	
Smoked Salmon, Butter, Banneton & Mustard	Smoked Salmon, Butter, Banneton, Mustard	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		

CONFECTIONERY	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Banana Walnut Torte	Banana, Cacao, Cream, Protein, Strawberry, Tiramisu, Vanilla, Cacao, Sugar	✓	Cereals containing gluten, Milk, Sesame Seeds		✓					✓					✓		
Tiramisu, Cacao & Yogurt	Cocoa, Tiramisu, Strawberry, Raspberry, Tiramisu, Vanilla, Cacao, Sugar, Dairy, Soft	☑️ V/V	Sesame Seeds												✓		
Franzose 2 Partis	Cocoa, Protein, Strawberry, Raspberry, Tiramisu, Vanilla, Cacao, Sugar, Dairy, Soft	☑️ V/V	Dairy, Milk (Butter)							✓							
Almond Porridge	Corn, Almond Milk, Water	☑️ V/V	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				
Ruby Health Porridge	Corn, Flax, Seed, Almond, Almond (2%), Almond (Almond), Water	☑️ V/V	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				
Almond Butter with Soft Salt	Almond, Butter, Soft Salt	☑️ V/V	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				
Vegan Donuts - Vanilla	Flour, Almond Milk, Vegetables Oil, Baking Powder, Baking Soda, Vanilla, Sugar, Salt	☑️ V/V	Cereals containing gluten (Soya), Milk (Almond)		✓								✓				

