















LUNCH PRODUCTS & THEIR ALLERGEN CONTENT

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CELERY	CEREALS CONTAINING GLUTEN Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	CRUSTACEANS Prawns, Crabs, Lobster, Crayfish	EGGS	FISH	LUPIN	MILK	MOLLUSC Clams, Mussels, Whelks, Oysters, Snails and Squid	MUSTARD	NUTS Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachos, Cashew and Macadamia	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE Sulphur Dioxide, (>10mg/kg or 10mg/L)

MAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Charred Flank Steak	Steak (Beef), Worcestershire Sauce (Barley, Fish), Dijon Mustard, Red Wine Vinegar, Black Pepper, Garlic, Sunflower Oil	Ⓢ	Cereals containing gluten (Worcestershire Sauce), Fish (Worcestershire Sauce), Mustard, Sulphites (Vinegar)		✓			✓				✓					✓
Lime Leaf Tofu Curry	Tofu, Bok Choy, portobello, Shitake, chilli ginger sauce(Tamari, Maple Syrup, Rice Vinegar, Red Chilli, Garlic, Ginger, Black and White Sesame Seeds, Sesame Oil), Lime Leaf sauce (Sunflower oil,water, tomato puree, ginger, tamari, salt, sugar cane, koji, lime juice, red chilli, garlic, turmeric, lime leaf, raw cane sugar & crushed chilli), coconut milk, Thai basil, spring onion, coriander & Sesame Seeds.	Ⓢ / Ⓒ / V / Ve	Sesame (Sesame Seeds), Soya (Tofu/Soy Sauce), Sulphur (rice vinegar)												✓	✓	✓
Grilled Chermoula Chicken	Chicken, Ras Al Hanout, Za'atar, Salt, Pepper, Preserved Lemon Puree, Olive Oil, Tomato Puree, Lemon Juice, Citric Acid, Parsley, Coriander, Tahini, Spinach,Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes, & Parsley.	Ⓢ / Ⓒ	Sesame Seeds (Tahini, Za'atar), Sulphites.												✓		✓
Grilled Harissa Chicken	Chicken Thigh, Rose Petal Harissa - Water, Sunflower Oil, Paprika, Water, Sunflower Oil, Paprika, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinnamon, Ground Coriander, All Spice	Ⓢ / Ⓒ	NA														
Gotcha Salmon	Salmon, gotcha marinade (Water, Tomatoes, Starch, Sugar, Salt, Vinegar, Potassium Sorbate, Spices, Sweetener, Granulated Sugar, Rice Wine Vinegar, Gochujang, Glucose Syrup, Black Beans, Red Pepper Juice, Soy Sauce Powder, Onion Powder, Onion Juice, Tomato Powder, White Wine Vinegar,, Vegetable Oil, Ground Cayenne, Salt, Acetic Acid, Rice Flour, Dijon Mustard, Mustard Seeds, Spirit Vinegar, Waxy Maize Starch	Ⓢ / Ⓒ	Fish, Mustard, Soya & Sulphites.					✓				✓				✓	✓
BASE	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Brown Rice	Brown Rice, Salt, Olive Oil, Parsley	Ⓢ / Ⓒ / V / Ve	NA														
Baby Spinach	Raw Fresh Baby Spinach	Ⓢ / Ⓒ / V / Ve	NA														
Farmer's Grains	Freekeh, Bulgur wheat, Chickpea, Za'atar, Parsley, Fried Onion, Rapeseed Oil, Olive Oil, Harissa Rose Petal Paste (Water, Sunflower Oil, Paprika, Garlic , Salt, Cumin, Coriander seeds, Chilli, Acidity regulator [Citric Acid (E330)], Black, Pepper, Smoked Paprika, Dried Rose Petals, Cinnamon, All Spice), Black Sesame Seeds.	Ⓢ / V / Ve	Cereals containing gluten (durum wheat), Sesame		✓										✓		
WARM SIDES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Broccoli	Broccoli, Olive Oil, Black Pepper, Salt	Ⓢ / Ⓒ / V / Ve	NA														
Squash' Mac' N' Cheese	Pasta (Wheat),Butternut squash, Béchamel (Milk, Soya, flour, nutmeg, salt, white pepper, Cornflour), Black pepper, Grana Padano, Mozzarella, cheddar, Nutmeg, Salt,		Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya		✓					✓						✓	

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Roasted Sweet Potato	Sweet Potatoes, Za'atar, Olive Oil, Harissa Rose Petal Paste (Water, Sunflower Oil, Paprika, Garlic , Salt, Cumin, Coriander seeds, Chilli, Acidity regulator [Citric Acid (E330)], Black, Pepper, Smoked Paprika, Dried Rose Petals,Cinnamon, All Spice	⚡ / ⚡ / V / Ve	Sesame Seeds (Za'atar)															✓		
Whole Cauliflower	Cauliflower, Coriander Cumin, Rose Petal Harissa - Sunflower Oil, Paprika, Water, Garlic Puree, Sea Salt, Cumin, Crushed Chili, Acidity Regulator (Citric Acid), Smoked Paprika, Dried Rose Petals, Cracked Black Pepper, Cinammon, Ground Coriander, All Spice, Black Sesame, Coriander, Spring Onion	⚡ / ⚡ / V / Ve	Sesame Seeds																✓	
Miso Hispi & Aubergine	Aubergines, Hispi Cabbage, Miso Dressing (Sunflower Oil Miso Paste (water, soya beans, rice, salt), rice wine vinegar,sesame Oil mirin,ginger, brown sugar), coriander, white sesame, black sesame	⚡ / ⚡ / V / Ve	Sesame Seeds, Soya, Sulphur															✓	✓	✓
COLD SIDES		TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE			
Freekeh & Feta Salad	Freekeh, Chickpeas, Cucumber, Pickled green chilli(citric acid, salt)Spring Onion, Coriander, Mint, Feta, Sumac, Cumin, Olive Oil, Lemon Juice, Salt.	⚡ / V	Milk, Gluten		✓					✓								✓		
Seasonal Slaw	White Cabbage, Brussles sprouts, Broccoli, Pickle Red Onion (Onion, sugar, salt, red wine vinegar) Pecan nuts, Shichimi (red pepper, orange peel, black sesame, yellow sesame, seaweed, ginger, Japanese pepper). Soy sauce, Sesame oil, Olive oil, Lemon, Salt.	⚡ / ⚡ / V / Ve	Nuts, Sulphur Dioxide, Sesame, Soya															✓	✓	✓
Kale Miso Slaw	Kale, White Cabbage, Radish, Pickled Cabbage, Avocado, Lemon Juice, Black & White Sesame Seeds, Miso Dressing (Sunflower Oil Miso Paste (water, soya beans, rice, salt), rice wine vinegar,sesame Oil mirin,ginger, brown sugar)	⚡ / ⚡ / V / Ve	Sesame Seeds, Soya, Sulphur										✓		✓	✓		✓	✓	
Walnut Winter Leaves	Lettuce, Radish, Avocado, Walnuts, Zaatar, Walnut & dill dressing (olive oil, red wine vinegar, almond milk(almonds, rice, sunflower oil), walnuts, honey, Dijon mustard, dill, salt, garlic)	⚡ / ⚡ / V	Nuts, Sulphur Dioxide, Mustard, Sesame									✓	✓		✓			✓	✓	
SAUCES / DRESSING		TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE			
Tahini	Tahini (Sesame) Water, Garlic, Citric Acid, Sunflower oil, Salt	⚡ / ⚡ / V / Ve	Sesame seeds												✓					
Chimichurri	Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chilli Flakes	⚡ / ⚡ / V / Ve	Sulphur Dioxide (Vinegar)																✓	
Red Pepper	Red Pepper, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chilli, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Salt, Black Pepper	⚡ / ⚡ / V / Ve	Mustard, Sulphites (Sodium Hydrogen Sulphite)									✓							✓	
J's Aioli	Yogurt (cow's milk), Mayonnaise(Rapeseed oil, Egg Yolk, spirit vinegar, sugar, salt), Garlic, Lemon	⚡ / ⚡	Milk, Eggs, Sulphur Dioxide				✓			✓									✓	