

## **ALLERGENS AND WHERE TO FIND THEM WINTER 2026**

### **PORRIDGE**

2 gluten. Porridge, almond crumble

7 milk. Milk, condensed milk in compote

10 nuts. Almond crumble

### **GRANOLA**

2 gluten. Granola

7 milk. Yoghurt

10 nuts. Pecans & almonds in granola

12 sesame seeds. Granola

### **LENTILICIOUS**

1 celery. Vegetable stock in curry

2 gluten. Sourdough

4 eggs. Eggs

7 milk. Goats cheese, butter on toast

### **HUEVOS ROTOS**

4 egg. Fried eggs

7 milk. Chorizo

9 mustard. Ballymaloe relish

### **BLAT-TLE ROYALE**

2 gluten. Focaccia

4 egg. Fried eggs.

*( 9 mustard, 10 nuts, 11 peanuts, 12 sesame seeds in focaccia )*

*( 13 soya. Sriracha )*

### **STREET HAWKER**

2 gluten. Sourdough

4 egg. Eggs in scramble mix

7 milk. Cream in scramble mix, butter on toast

13 soya. Chilli oil

### **TRUFFLE SHUFFLE**

2 gluten. CEP bun

4 egg. Fried eggs, cep bun

7 milk. Halloumi, cep bun

14 sulphur. Pickled cucumbers

*(9 mustard, 10 nuts, 11 peanuts, 12 sesame seeds in cep bun)*

### **BOOZY CHICK**

1 celery. Vegetable stock in beans

2 gluten. Sourdough

4 eggs. Eggs

7 milk. Lubnah, butter on toast

10 nuts. Almonds

### **THE SCRAMBLER**

1 celery. Ketchup in hot sauce

2 gluten. Sausage patty, hot sauce, brioche bun

4 eggs. Scrambled eggs, brioche bun

5 fish. Worcestershire in hot sauce

7 milk. American cheese, cream in scramble, brioche bun

9 mustard. Hot sauce

13 soya. Sausage patty

14 sulphur. Pickled red onions, sausage patty, hot sauce

*(12, sesame seeds, 13 soya in brioche bun)*

**NONE OF THE ABOVE**

2 gluten. Sourdough

4 eggs. Eggs

7 milk. Cream in scrambled eggs