

## SPRING ALLERGENS LIST

### GRANOLA

2 gluten, granola

7 milk, butter in granola, yoghurt

10 nuts, pecans in granola, almonds

12 sesame seeds, granola

### PORRIDGE

2 gluten, porridge oats

7 milk, milk in porridge

10 nuts, pistachios

### PINEAPPLE EXPRESS

2 gluten, porridge oats

10 nuts, almonds

### SPEARS OF JOY

2 gluten, sourdough

4 eggs, poached eggs

7 milk, butter on toast, whipped ricotta, Parmesan

### PEAS, LOVE AND AVOCADO

2 gluten, sourdough

4 eggs, poached eggs

10 nuts, candied walnuts

12 sesame seeds, tahini dressing

### HUEVOS ROTOS

4 eggs, fried eggs

7 milk, chorizo

9 mustard, Ballymaloe Relish

### CHORIZO ROYALE

2 gluten, brioche bun, chorizo pattie

4 eggs, fried eggs, brioche bun

7 milk, Swiss cheese, brioche bun

13 soy, Chorizo Pattie

14 sulphur, pickled cucumbers, chimichurri, chorizo pattie

(12 sesame, 13 soy brioche bun)

(2 gluten, 4 egg, 7 milk hash browns)

### LEEK AND DESTROY

2 gluten, Foccaccia, pangratta

4 eggs, poached eggs

7 milk, smoked cheese cream leeks, pangratta

9 mustard, smoked cheese cream leeks

### STREET HAWKER

2 gluten, sourdough

4 eggs, scrambled eggs

7 milk, butter on toast, cream in scrambled eggs

13 soy, chilli oil

### BEAN ME UP

1 celery, beans

4 eggs, fried eggs

7 milk, feta cheese, chipotle creama

14 sulphur, pickled red onions, beans

NONE OF THE ABOVE

2 gluten, sourdough

4 eggs, poached, fried, scrambled egg

7 milk, butter on toast, cream in  
scrambled eggs

SAUSAGE, 2 gluten, 14 sulphur

BLACK PUDDING, 2 gluten

HALOUMI, 7 milk

HASH BROWNS, (2 gluten, 4 egg, 7 milk)

PEANUT CRUNCH, 2 gluten, 7 milk, 11  
peanuts (10 nuts)

ALMOND BUTTER, 10 nuts (11 peanuts,  
12 sesame seeds)