

AUTUMN ALLERGENS AND WHERE TO FIND THEM 2026

GRANOLA

2 gluten, granola

4 egg, candied pecans

7 milk, butter in granola & yoghurt

10 nuts, almonds in granola & candied pecans

12 sesame seeds, in granola

PORRIDGE

2 gluten, porridge oats & pumpkin seed crunch

7 milk, milk in porridge

THE PIG EASY

2 gluten, patty & brioche & Cajun sauce

4 egg, fried egg & brioche

7 milk, brioche & smoked cheese

9 mustard, pickled red cabbage & Cajun sauce

12 sesame seed, brioche

13 soy, brioche & patty & Cajun sauce

14 sulphur, patty, pickled red cabbage

AVO LAUGH

2 gluten, sourdough

4 eggs, poached eggs

7 milk, feta & butter on toast

10 nuts, dukkha

12 sesame seed, dukkah

14 sulphur, hot honey

MAGIC MUSHROOMS

2 gluten, focaccia & crispy chilli oil (possibly)
4 eggs, poached eggs & parmesan
7 milk, ricotta & parmesan & wild mushrooms
11 peanuts, crispy chilli oil (possibly)
13 soy, crispy chilli oil
14 sulphur, wild mushrooms

GENERAL XL

2 gluten, brioche bun
4 egg, fried eggs & brioche bun
7 milk, brioche bun
9 mustard, ballymaloe relish
12 sesame seed, brioche bun
13 soy, brioche bun

HUEVOS ROTOS

4 eggs, fried eggs
7 milk, chorizo
9 mustard, Ballymaloe

STREET/SWEET HAWKER

2 gluten, sourdough & chilli oil (possibly)
4 eggs, scrambled eggs
7 milk, butter on toast & cream in scrambled eggs
13 soy, chilli oil

EGGS YOUR WAY

2 gluten, sourdough
4 eggs, eggs

7 milk, cream in scrambled egg & butter on toast