

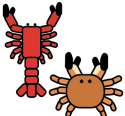













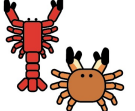
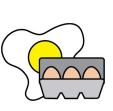
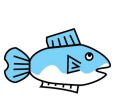
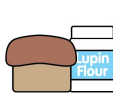






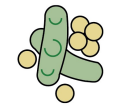



DISHES AND THEIR ALLERGEN CONTENT - Opera Catering Ltd - Opera Cafe Jericho

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spicy Chicken Wrap		X		X			X		X				M.C.	X
Roast Chicken Wrap		X		X			X		X				M.C.	X
Aubergines Wrap (V)		X		X			X		X				M.C.	X
Falafel Wrap (VE)		X										X		X
Tomatoes, Basil and Pesto Toasties (V)		X					X			X	M.C.			
Mushroom & Spinach Toasties (V)		X					X							
Kimchi Toasties (V)		X					X							
Harrisa Chicken, Rockets & Mozzarella Toasties		X					X			X				
Falafel Salad (VE)	X	X										X	X	X
Chicken Ceasar Salad		X		X			X			M.C.		M.C.	M.C.	X
Moussaka (GF if served without bread) (VE)		X												X
Lentil Soup (Gf if served without bread) (Ve)		X												X

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	Celery	Cereals containin g gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Eggs Royale		X		X	X		X						X	X
Eggs, Smoked Salmon & Avocado	X	X		X	X		X						X	X
Eggs Funghi (V)		X		X			X						X	X
Shakshuka Eggs (V)		X		X			X						X	
Eggs & Avocado (V)	X	X		X			X						X	X
Moroccan Egg Wrap (V)		X		X			X		X				X	X
Tahini Broad Beans & Avo Toast (VE)	X	X										X	X	X
Sufra		X		X			X		X			X	X	
Avo & Hash Fry Up (Low Gluten)				X			X					X		X
Breakfast Bun		X		X			X							X

Review date: 20th May 2026



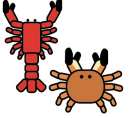

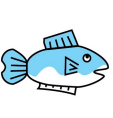









Reviewed by: Keri Oldmeadow



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DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Toast & Butter		X					X							
Hummus & Toast		X										X		
Poached eggs & Toast		X		X										
Scrambled eggs & Toast		X		X			X							
Mashed Avocado & Toast		X												X
Tiramisu Blondie		X		X			X						X	
Ultimate Carrot Cake (VE)		X								X			X	
Burnt Cheese Cake (Low gluten)				X			X							
Pistachio Cannoli (Low Gluten)				M.C.			X			X	M.C.		X	
Pistachio Cookies		X		X			X			X			X	
Pistachio Baklava		X					X			X	M.C.	M.C.		
Blueberry Muffin		X		X			X							X

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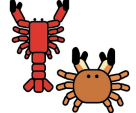
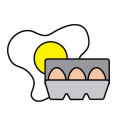
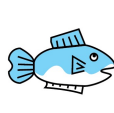
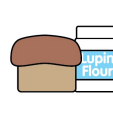






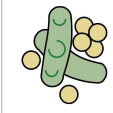

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Maple & Pecan Pie Bar (Ve)		X								X			X	
Croissant (V)		X		X			X							
Almond Croissant (V)		X		X			X			X				
Pain Au Choc		X		X			X							
Cardamom Bun (V)		X		X			X						X	
Cinnamon Bun (V)		X		X			X						X	
Raspberry & Vanilla Croissant (V)		X		X			X							
Harissa Chicken Fatayer		X		X			X							
Spinach, Feta & Zaatar Fatayer		X		X			X					X		

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