



## NEW BREAKFAST ALLERGEN INFORMATION 2022

DOES IT CONTAIN?																	
PRODUCTS INDEX	ALLERGENS														Dietary Choices		Comments
	Gluten	Milk/Dairy	Egg	Fish	Crustacean	Molluscs	Soya	Sulphites/ Sulphur dioxide	Sesame	Celery	Mustard	Peanut	Tree Nuts Products	Lupin	Suitable for Vegetarians	Suitable for Vegans	
Plain Omelette	✓	✓	✓				✓								NO	NO	Wholemeal Baguette - Soy & Gluten / Omelette - Egg & Milk
Cheese Omelette	✓	✓	✓				✓								NO	NO	Wholemeal Baguette - Soy & Gluten / Cheese Omelette - Milk, Dairy
Spinach Omelette	✓	✓	✓				✓								NO	NO	Wholemeal Baguette - Soy & Gluten / Spinach Omelette - Egg & Milk
Scrambled Egg	✓	✓	✓				✓								NO	NO	Wholemeal Baguette - Soy & Gluten / Scramble Egg - Egg & Milk
Fried Eggs Sunny Side Up	✓		✓				✓								NO	NO	Wholemeal Baguette - Soy & Gluten / Fried Egg - Egg
Egg Benedict	✓	✓	✓					✓							NO	NO	Sulphites - balsamic vinegar , muffin - gluten & milk
Shakshuka	✓	✓	✓				✓								YES	NO	Shakshuka - Egg, Dairy / Wholemeal Baguette - Gluten & Soya
Gondola PizzaExpress	✓	✓	✓				MCT								NO	NO	Gondola - Gluten, Dairy, Egg / Carlo - Soy (MCT)
Avo on Toast	✓	✓	MCT				✓								YES	NO	Wholemeal Baguette - Gluten, Milk & Soy, Egg (MCT)
Lotus Biscoff French Toast	✓	✓	✓				✓								YES	NO	Lotus Biscoff - Soy & Gluten / Brioche Bread - Gluten, Dairy & Egg
Home Made Pancakes (served with Pancake Syrup)	✓	✓	✓					MCT							YES	NO	Pancake syrup - Sulphites (MCT) / Pancakes - Gluten, Egg, Milk
Home Made Pancakes ( served with Nutella)	✓	✓	✓				✓					✓			YES	NO	Nutella - Soy & Nuts / Pancakes - Gluten,Egg, Milk
Sambazon Acai Bowl	✓						✓		MCT			✓			YES	NO	Granola - Gluten, Soy & Nuts, Sesame (MCT) / Peanut Butter - Nut & Soy
Yogurt Parfait	✓	✓					✓		MCT			✓			YES	NO	Yogurt - Dairy , Granola - Gluten, Soy, Nuts, Sesame (MCT)
Overnight Apple & Blueberry Bircher	✓	✓										✓			YES	NO	Almond Milk -Nuts / Yogurt - Dairy , Gluten - Oats
Healthy Acai Berry Smoothie												✓			YES	NO	Almond Milk - Nuts
Fresh Fruit Salad		✓													YES	NO	Fruit Yogurt - Dairy (milk)

**NOTE:** Dishes might contain traces of Dairy & Sesame coming from Oregano and Black Pepper

**Your safety is of the utmost importance to us. Our allergen menu details information on our ingredients and dishes.**

**Although, appropriate controls have been implemented, unfortunately, as all the products are produced in an environment that handles Nuts & Gluten, it is not possible for us to guarantee our busy kitchens are 100% allergen/contamination free.**

Approved By: QA Manager

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