

ALLERGEN MATRIX

If you are ordering for someone who has a food allergy or intolerance please let us know.

Our Allergen Matrix is available on request and on our website. It shows which of the 14 legally declarable allergens are contained in every dish on our menu. Because our recipes sometimes change it is important you let us know about any allergies every time you order. Though we recommend that you check the Matrix yourself our team will always be happy to advise, particularly if your allergy is not covered. We have strict procedures in place for taking and preparing allergen orders but you should be aware that allergenic ingredients are present on our premises and those of our suppliers.

Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee any of our dishes are 100% free of allergens.

ALLERGEN MATRIX





INTRODUCTION

Hello, welcome to our allergy information guide which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order. Please let a member of our team know if you have an allergy or intolerance to any ingredient, even if you have dined with us before. Our Allergen Statement is present on our menus so that our position on allergens is very clear.

ALLERGEN MATRIX

This is our Allergen Matrix which contains a list of all the dishes served in our Lounges. At the top we have listed the 14 declarable allergens for your reference. On the right-hand side of the matrix you will find the modification column which allows you to remove certain key allergens from your favourite dishes.

Core and Kids
GF & Vegan
Drinks
Specials

	A RED dot means that the dish contains the specified allergenic ingredient. i.e. The ingredient is not included in the menu description but may be part of a sauce.
	A GREEN highlighted box means the dish can be modified to remove the specific allergenic ingredient. See Modification column and make sure to inform your waiter of your allergy(ies) when ordering at the till.
M	A black M means the dish "May Contain". The term 'May Contain' is used to highlight where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contamination may still be a risk. Cross-contamination happens when traces of allergens get into products accidentally during the manufacturing, handling, transport or storage of foods.
	A BLUE Asterisk means that the dish is fried in oil that may also be used to fry other dishes that contains the allergen
	VEGETARIAN
	VEGAN

MENU CATEGORY CORE & KIDS 2019	DISH																MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN	
Brunch	Lounge Breakfast		WHEAT BARLEY		•			•					•	•					GF Option Available
Brunch	Veggie Breakfast		WHEAT BARLEY		•			•			M		•		M	✓			GF & Vegan Options Available
Brunch	Big Lounge Breakfast		WHEAT BARLEY OATS		•			•					•	•					GF Option Available
Brunch	Big Veggie Breakfast		WHEAT BARLEY		•			•			M		•		M	✓			GF & Vegan Options Available
Brunch	Feta and Avocado Eggs	M	WHEAT RYE BARLEY		•			•			M	•	•	•	M	✓			GF Option Available
Brunch	Granola Bowl		OATS					•			M		•	ALMOND	✓				
Brunch	Lounge Eggs with Bacon		WHEAT		•			•				M	•	•	M				GF Option Available
Brunch	Lounge Eggs with Chorizo, Guacamole & Peppers		WHEAT		•			•				M	•	•	M				GF Option Available
Brunch	Lounge Eggs with Mushrooms		WHEAT		•			•				M	•	•	M	✓			GF Option Available
Brunch	Lounge Eggs with Smoked Salmon		WHEAT		•	•		•				M	•	•	M				GF Option Available
Brunch	Lounge Eggs with Spinach		WHEAT		•			•				M	•	•	M	✓			GF Option Available
Brunch	Diner Brunch	•	WHEAT		•	M		•		•	M	M	•	•	M				

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
			WHEAT RYE BARLEY															
Brunch	Avocado Brunch		WHEAT RYE BARLEY		•			M				M	M	•		✓		GF & Vegan Options Available
Brunch	Chorizo & Feta Shakshuka		WHEAT RYE BARLEY		•			•				M	M					GF Option Available
Brunch	Feta Shakshuka		WHEAT RYE BARLEY		•			•				M	M					GF Option Available
Brunch	Breakfast Muffin		WHEAT		•			•					•	•				
Brunch	Buttermilk Pancakes with Bacon and Maple Syrup		WHEAT		•			•		M	M		•	M	M			
Brunch	Buttermilk Pancakes with Compote and Greek Yogurt		WHEAT		•			•		M	M		•	•	M	✓		
Brunch	Smocked Bacon Butty		WHEAT BARLEY					•					•	•				GF Option Available
Brunch	Sausage Butty		WHEAT BARLEY					•					•	•				GF Option Available
Brunch	Toast with Marmalade		WHEAT BARLEY					•					•			✓		GF & Vegan Options Available
Brunch	Toast with Jam		WHEAT BARLEY					•					•			✓		GF & Vegan Options Available
Brunch	Toast with Marmite	•	WHEAT RYE BARLEY OATS					•					•			✓		Vegan Option Available

MENU CATEGORY CORE & KIDS 2019	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS					
Burrito Wrap	Roasted Sweet Potato	•	WHEAT		•	M	•		•	M	M	M	•	M	✓		Vegan Option Available			
Burrito Wrap	Pulled Beef Chili	•	WHEAT		•		•		•	M		•	•	M						
Burrito Wrap	Smoked Paprika & Pulled Chicken	•	WHEAT		•	M	•		•	M	M	M	•	M						
Panini	Tomato & Mozzarella	•	WHEAT RYE BARLEY		•		•		•		M	M	•		✓					
Wrap	Falafel & Avocado	•	WHEAT		•		•		•		•		•		✓					
Wrap	Falafel Avocado & Halloumi	•	WHEAT		•		•		•		•		•		✓					
Panini	Chicken & Chorizo	•	WHEAT RYE BARLEY		•		•		•		M	M	•							
Sandwich	Fish Finger Sandwich	•	WHEAT BARLEY		•	•	•	*	•			•	•							
Sandwich	Twisted Chicken Club Ciabatta	•	WHEAT RYE BARLEY		•	*	•		•		M	•	•				GF Option Available			
Sandwich	New York Deli Beef Sandwich	•	WHEAT RYE BARLEY	M	•	•	•	M	•	M	M	M	•	M			GF Option Available			

MENU CATEGORY CORE & KIDS 2019	DISH															VEGETARIAN VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	
Salads	Grilled Halloumi & Falafel (No Dressing)						•					•		•		✓		Vegan Option Available
Salads	Chicken, Bacon & Avocado (No Dressing)	M					•		M		•	•	•					
Salads	Supergreen (No Dressing)				M						•	•	•		✓	✓		
Dressing	Caesar				•	•	•				M							
Dressing	Blasamic & Honey												•		✓			
Dressing	Lime & Chilli											•			✓	✓		

MENU CATEGORY CORE & KIDS 2019	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN
Mains	Buttermilk Fried Chicken	•	M		•	*		•		•		M	•	•				
Mains	Mac Cheese		WHEAT					•		•					M	✓		
Mains	Mac Cheese with Spinach & Broccoli		WHEAT					•		•					M	✓		
Mains	Mac Cheese with Streaky Bacon		WHEAT					•		•					M			
Mains	Mac Cheese with Pulled Beef Chilli	M	WHEAT					•		•		•			M			
Mains	Chicken, Chorizo & Prawn Jambalaya	M	WHEAT	PRAWNS LOBSTER	M	•				M		•		M				
Mains	Hot Smoked Salmon Fishcake	M			•	•		•		•		*	•					
Mains	Mexican Superbowl	M			M			M		M		•		M	✓			
Mains	Mexican Superbowl with Halloumi	M			M			•		M		•		M	✓			
Mains	Mexican Superbowl with Chorizo	M			M			M		M		•		M				
Mains	Tin Pan Louie's Beef Chilli	M						•		M		•		M				
Mains	Bang Bang Chicken Noodles	•	WHEAT		*	*		•		•	•	•	•	M	CASHEW			
Mains	Steak Frites							•		•								

MENU CATEGORY CORE & KIDS 2019	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN
Burgers	Lounge Burger	•	WHEAT		•	•		•		•		M	•	•	M			GF Option Available
Burgers	Hero Burger	•	WHEAT		•			•		•		M	•	•	M			GF Option Available
Burgers	Lounge Bacon Cheeseburger	•	WHEAT		•	•		•		•		M	•	•	M			GF Option Available
Burgers	Superhero Burger	•	WHEAT		•	•		•		•		M	•	•	M			GF Option Available
Burgers	Halloumi Burger	•	WHEAT		•			•		•		•	•	•	M	✓		GF Option Available
Burgers	Chicken, Bacon & Avocado Burger	•	WHEAT		•	•		•		•		M	•	•	M			GF Option Available
Burgers	'Beyond' Cheese Burger	•	WHEAT		M			M		•		M	•	•	M	✓	Ⓟ	GF Option Available
Burgers	Ultimate Chicken Burger	•	WHEAT		•	*		•		•		M	•	•	M			GF Option Available
Hot Dogs	Lounge Hot Dog	•	WHEAT RYE		•	M		•		•	M	M	M	•	M			
Hot Dogs	Moving Mountains Hot Dog	M	WHEAT RYE		M			M		•	M	M	M	M	M	✓	Ⓟ	

MENU CATEGORY CORE & KIDS 2019	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
Naked Burgers	Lounge Burger Naked	•			•	•		•		•			M	•	•				
Naked Burgers	Hero Burger Naked	•			•			•		•					•				
Naked Burgers	Lounge Bacon Cheeseburger Naked	•			•	•		•		•			M	•	•				
Naked Burgers	Superhero Burger Naked	•	WHEAT		•	•		•		•			M	•	•				GF Option Available
Naked Burgers	Halloumi Burger Naked	•			•			•		•			•	•	•		✓		
Naked Burgers	Chicken, Bacon & Avocado Burger Naked	•			•	•		•		•			M	•	•				
Naked Burgers	'Beyond' Cheese Burger Naked	•								•					•		✓	Ⓥ	
Naked Burgers	Ultimate Chicken Burger Naked	•	M		•			•		•			M	•	•				
Naked Hot Dog	Lounge Hot Dog Naked	•	WHEAT RYE		•	M		•		•				•					
Naked Hot Dog	Moving Mountains Hot Dog Naked	M	WHEAT RYE							•				M			✓	Ⓥ	

MENU CATEGORY CORE & KIDS 2019	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	
Tapas	All tapas will automatically be served with Ciabatta Bread when a tapas board is ordered (x3)																	
Tapas	Patatas Bravas	M			M	M		M		M	M	M	M	•	M	✓	Ⓥ	
Tapas	Whipped Feta, Avocado, Harissa & Tomato		WHEAT RYE BARLEY		M			•				M	M			✓		GF Option Available
Tapas	Cheddar & Sweetcorn Fritter				•			•			M	M	M		M	✓		
Tapas	Supergreen Bowl				M			M				•	•	•		✓	Ⓥ	
Tapas	Hummus		WHEAT RYE BARLEY		M			M				•	M			✓	Ⓥ	GF Option Available
Tapas	Halloumi, Courgettes & Peppers				M			•				M	M			✓		
Tapas	Spinach & Goat Cheese Croquettes		WHEAT		M	*		•	*	*		M	M		M	✓		
Tapas	Salt & Pepper Squid		WHEAT		M	*		*	•	*		M	*					
Tapas	Smoked Paprika Pulled Chicken, Chorizo & Black Beans	M			M	M		M		M	M	M	M	•	M			
Tapas	Teriyaki Chicken		WHEAT		M			M				•	•					
Tapas	Beef & Pork Meatballs	M	•		M	M		M		M	M	M	M	•	M			
Tapas	Buttermilk Fried Chicken	•	M		M	*		•		•		M	•	M				

MENU CATEGORY CORE & KIDS 2019	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
Extras	6oz Burger																		
Extras	Avocado																✓	ⓧ	
Extras	Baked Beans																✓	ⓧ	
Extras	BBQ Chorizo																		
Extras	Black Pudding		WHEAT BARLEY OATS																
Extras	Burger Cheese slice							•									✓		
Extras	Buttermilk Chicken Thigh	•	•		*	*		•		•		M	•	M					
Extras	Button Mushrooms							•									✓	ⓧ	
Extras	Cheddar & Sweetcorn Fritters				•			•			M				M		✓		
Extras	Ciabatta with Oil and Balsamic		WHEAT RYE BARLEY		M			M				M	M	•			✓	ⓧ	
Extras	Falafel																✓	ⓧ	
Extras	Feta							•									✓		
Extras	Fried Egg				•												✓		
Extras	Fried Red Onions																✓	ⓧ	

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Extras	Hollandaise				•			•								✓		
Extras	House Slaw	•			•			•		•			•			✓		
Extras	Hummus										•					✓	Ⓥ	
Extras	Jalapenos												•			✓	Ⓥ	
Extras	Macaroni Cheese		WHEAT					•		•					M	✓		
Extras	Maple Syrup															✓	Ⓥ	
Extras	Muffin		WHEAT		M			•			M	•			M	✓		
Extras	Onion Rings		WHEAT			*		•	*	*		*				✓		
Extras	Pancake		WHEAT		•			•		M			•	M	M	✓		
Extras	Poached Egg				•								•			✓		
Extras	Pulled Pork	•								•								
Extras	Pulled Beef Chili												•					

MENU CATEGORY CORE & KIDS 2019	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
Extras	Side Salad				M						•						✓	Ⓥ	
Extras	Slice of Toast		WHEAT BARLEY					•									✓		GF & Vegan Options Available
Extras	Slow Roasted Tomato																✓	Ⓥ	
Extras	Smoked Salmon					•													
Extras	Smocked Streaky Bacon																		
Extras	Smoked Back Bacon														•				
Extras	Spinach							•									✓		
Extras	Sweet Pot Fries																✓	Ⓥ	
Extras	Tenderstem Broccoli with Chilli														•		✓	Ⓥ	
Extras	Vegan Bacon Slice		WHEAT RYE														✓	Ⓥ	
Extras	Vegan Button Mushroom																✓	Ⓥ	
Extras	Vegan Cheese Slice																✓	Ⓥ	
Extras	Vegan Toast		WHEAT BARLEY												•		✓	Ⓥ	
Extras	Vegan Spinach																✓	Ⓥ	

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Puddings	Lounge Sundae: Brownie & Choc Sauce		WHEAT		•			•					•	•	M	✓		
Puddings	Lounge Sundae: Raspberries & Compote		WHEAT		•			•			M		•	•	M	✓		
Puddings	Lounge Sundae: Sticky Toffee & Caramel Sauce		WHEAT		•			•					•	•		✓		
Puddings	Sticky Toffee Pudding		WHEAT		•			•						•		✓		
Puddings	Salted Caramel Cheesecake		WHEAT OATS		M			•					•	•		✓		
Puddings	Warm Chocolate Brownie				•			•					•	•	M	✓		
Puddings	Churros & Two Sauces		WHEAT		M	*		•	*	*	M		•	•	M	✓		
Cakes	Dark Chocolate & Orange Torte												•			✓	Ⓥ	
Cakes	Chocolate Brownie				•			•					•		M	✓		
Cakes	Carrot Cake		WHEAT												WALNUT PISTACHIO	✓	Ⓥ	
Cakes	Lounge Berry Crumble		WHEAT		•			•								✓		
Cakes	Mince Pies		WHEAT										•		M	✓	Ⓥ	
Cakes	Toasted Teacake		WHEAT		•			•			M		•		M	✓		

MENU CATEGORY CORE & KIDS 2019	DISH	ALLERGENS															DIETARY		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
Kids	Snack Pot (Included with Every Kids Main Meal)		WHEAT				M					•	M	M		✓	ⓧ		
Kids	Lounge Breakfast		WHEAT BARLEY		•		•					•	•	•				If Allergic to Sesame ask for no Hummus	
Kids	Buttermilk Pancakes, with Berry Sauce & Banana		WHEAT BARLEY		•		•		M	M		•	•	•	M	✓		If Allergic to Sesame ask for no Hummus	
Kids	Baked Beans on Toast with Cheese		WHEAT BARLEY				•					•	•	M		✓		If Allergic to Sesame ask for no Hummus	
Kids	Sausage Chips and Beans		WHEAT				M					•	M	•				If Allergic to Sesame ask for no Hummus	
Kids	Macaroni Cheese and Garlic Bread		WHEAT RYE BARLEY		M		•		•			•	M	M	M	✓			
Kids	Beef Burger		WHEAT				M					•	•	M				If Allergic to Sesame ask for no Hummus	
Kids	Beef Burger GF REMOVE BREADSTICKS				•							•						If Allergic to Sesame ask for no Hummus	
Kids	Fish Fingers		WHEAT			•	*	*	•			•	*	M				If Allergic to Sesame ask for no Hummus	
Kids	Chicken Lollipop GF REMOVE BREADSTICKS				*	*	*		*			•	M	M				If Allergic to Sesame ask for no Hummus	
Kids	Falafel Burger		WHEAT		M		M					•	•	M	M	✓	ⓧ		
Kids	Falafel Burger GF REMOVE BREADSTICKS				•							•				✓			
Kids	Salad Side				M				•							✓	ⓧ		

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Kids Puddings	Ice Cream, Chocolate Sauce				M			•					•	•		✓		
Kids Puddings	Fruit Sundae		WHEAT		•			•			M		•	•	M	✓		
Kids Puddings	Brownie, Ice Cream, Choc Sauce				•			•					•	•	M	✓		

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF Brunch	Lounge Breakfast GF				•			•						•				
GF Brunch	Veggie Breakfast GF				•			•			M				M	✓		
GF Brunch	Big Lounge Brekafast GF				•			•						•				
GF Brunch	Big Veggie Breakfast GF				•			•			M				M	✓		
GF Brunch	Feta & Avocado Eggs GF	M			•			•			M	•	•	•	M	✓		
GF Brunch	Lounge Eggs & Bacon GF				•			•						•				
GF Brunch	Lounge Eggs with Chorizo, Guacamole & Peppers GF				•			•						•				
GF Brunch	Lounge Eggs with Mushrooms GF				•			•						•		✓		
GF Brunch	Lounge Eggs with Smoked Salmon GF				•	•		•						•				
GF Brunch	Lounge Eggs with Spinach GF				•			•						•		✓		
GF Brunch	Avocado Brunch GF				•									•				
GF Brunch	Chorizo & Feta Shakshuka GF				•			•										
GF Brunch	Feta Shakshuka GF				•			•								✓		
GF Brunch	Bacon Butty GF				•			•						•				
GF Brunch	Sausage Butty GF				•			•						•				

GLUTEN FREE AND VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		GF Salads	Grilled Halloumi & Falafel Salad (No dressing) GF							•				•		•		✓
GF Salads	Chicken, Bacon & Avocado Salad (No dressing) GF	M						•		M		•	•	•				
GF Salads	Supergreen Salad (No dressing) GF				M							•	•	•		✓	✓	
GF Salad Dressing	Caesar Dressing GF				•	•		•				M						
GF Salad Dressing	Balsamic & Honey GF													•		✓		
GF Salad Dressing	Lime & Chilli GF												•			✓	✓	

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF Sandwiches	Twisted Chicken Club GF	•	M		•	*		•		•		M	•	•				
GF Sandwiches	New York Deli Beef Sandwich GF	•	M	M	•	•	M	•	M	•	M	M	M	•				
GF Mains	Buttermilk Fried Chicken GF	•	M		•	*		•		•		M	•	•				
GF Mains	Hot Smoked Salmon Fishcake GF	M			•	•		•		•	M		*	•	M			
GF Mains	Mexican Superbowl GF	M			M			M			M		•		M	✓	Ⓢ	
GF Mains	Mexican Superbowl with Chorizo GF	M			M			M			M		•		M			
GF Mains	Mexican Superbowl with Halloumi GF	M			M			•			M		•		M	✓		
GF Mains	Tin Pan Louie's Beef Chilli GF	M						•		M			•	M				
GF Mains	Steak Frites GF							•		•								

GLUTEN FREE AND VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		All GF Burgers will automatically be served with GF Bread Roll which contains EGGS																
GF Burgers	Bread Roll GF				•													
GF Burgers	Lounge Burger GF	•			•	•		•			•	M	•	•				
GF Burgers	Hero Burger GF	•			•			•			•			•				
GF Burgers	Lounge Bacon Cheeseburger GF	•			•	•		•			•	M	•	•				
GF Burgers	Super Hero Burger GF	•	M		•	•		•			•	M	•	•				
GF Burgers	Chicken, Bacon & Avocado Burger GF	•			•	•		•			•	M	•	•				
GF Burgers	Halloumi Burger GF	•			•			•			•	•		•			✓	
GF Burgers	Ultimate Chicken Burger GF	•	M		•	*		•			•	M	•	•				
GF Burgers	Beyond Cheese Burger GF	•			•						•			•			✓	

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS					
Extras	American Cheese GF							•									✓			
Extras	Avocado GF																✓	Ⓟ		
Extras	Buttermilk Fried Chicken GF	•	M		*	*		•		•		M	•	M						
Extras	Button Mushrooms GF																✓	Ⓟ		
Extras	Cheddar & Sweetcorn Fritters GF				•			•			M				M	✓				
Extras	Chorizo GF																			
Extras	Falafel GF																✓	Ⓟ		
Extras	Feta GF							•									✓			
Extras	Fried Egg GF				•												✓			
Extras	Fried Red Onions GF																✓	Ⓟ		

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS					
Extras	Guacamole GF																✓	ⓧ		
Extras	Hash Browns GF																✓	ⓧ		
Extras	Hollandaise GF				•			•									✓			
Extras	Hummus GF										•						✓	ⓧ		
Extras	Jalapenos GF																✓	ⓧ		
Extras	Maple Syrup GF																✓	ⓧ		
Extras	Pulled Beef Chili GF												•							
Extras	Smoked Streaky Bacon GF																			
Extras	Spinach GF							•									✓			

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		All tapas will automatically be served with GF Bread Roll which contains EGGS when a tapas board is ordered (x3)																
GF Tapas	Bread Roll GF				•											✓		
GF Tapas	Patatas Bravas GF	M	M			M		M		M	M	M	M	•	M	✓	✓	
GF Tapas	Cheddar Sweetcorn & Jalapeno Fritters GF				•			•			M				M	✓		
GF Tapas	Supergreen Bowl GF										•	•	•			✓	✓	
GF Tapas	Hummus Tapas GF (with GF Roll)				•						•					✓		
GF Tapas	Whipped Feta, Avocado & Tomato (with GF Roll)				•			•								✓		
GF Tapas	Halloumi, Courgettes & Peppers GF							•								✓		
GF Tapas	Smoked Paprika Pulled Chicken & Chorizo GF	M	M			M		M		M	M	M	M	•	M			
GF Tapas	Buttermilk Chicken GF	•	M		•	*		•		•		M	•	M				

GLUTEN FREE AND VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF Sides	Fries GF															✓	Ⓟ	
GF Sides	Fries with Cheese GF							•								✓		
GF Sides	Sweet Pot Fries GF															✓	Ⓟ	
GF Sides	House Slaw GF	•			•			•		•				•		✓		
GF Sides	Gluten Free Roll with Butter GF				•			•								✓		
GF Sides	Halloumi Sticks GF				•			•								✓		
GF Sides	Tenderstem Broccoli with Chilli GF												•	•		✓	Ⓟ	
GF Sides	Mini Hash Browns GF															✓	Ⓟ	

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF Puddings	Warm Chocolate Brownie GF				•			•					•	•	M	✓		
GF Puddings	Brownie Sundae GF				•			•					•	•	M	✓		
GF Puddings	Raspberries & Berry Fruit Sundae GF							•			M			•	M	✓		
GF Cakes	Beetroot Chocolate Fudge Cake GF				•											✓		
GF Cakes	Dark Chocolate & Orange Torte GF												•			✓	✓	
GF Cakes	Fruity Flapjack GF															✓	✓	
GF Cakes	Chocolate Brownie GF				•			•					•		M	✓		

GLUTEN FREE AND VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Vegan Brunch	GF & VEGAN Breakfast															✓	✓	
Vegan Brunch	Vegan Breakfast	M	WHEAT BARLEY OATS						M		M		•			✓	✓	
Vegan Brunch	Vegan Big Breakfast	M	WHEAT BARLEY OATS						M		M		•			✓	✓	
Vegan Brunch	Vegan Bacon Butty		WHEAT BARLEY OATS										•			✓	✓	
Vegan Brunch	Vegan Avocado Brunch		WHEAT RYE BARLEY		M			M			M		M			✓	✓	
Vegan Brunch	Vegan Toast with Jam		WHEAT BARLEY										•			✓	✓	
Vegan Brunch	Vegan Toast with Marmalade		WHEAT BARLEY										•			✓	✓	
Vegan Brunch	Vegan Toast with Marmite	•	WHEAT RYE BARLEY OATS										•			✓	✓	
Vegan Extras	Vegan Avocado															✓	✓	
Vegan Extras	Vegan Spinach															✓	✓	
Vegan Extras	Vegan Falafel															✓	✓	
Vegan Extras	Vegan Button Mushrooms															✓	✓	
Vegan Extras	Vegan Slice of Toast		WHEAT BARLEY										•			✓	✓	
Vegan Extras	Vegan Maple Syrup															✓	✓	
Vegan Extras	Vegan Hash Browns															✓	✓	
Vegan Extras	Vegan Mini Hash Browns															✓	✓	

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
	All tapas will automatically be served with Ciabatta bread when tapas board is ordered (x3)																	
Vegan Tapas	Vegan Ciabatta		WHEAT RYE BARLEY											•		✓	✓	
Vegan Tapas	Vegan Patatas Bravas				M	M		M		M	M	M	M	•	M	✓	✓	
Vegan Tapas	Vegan Sweet Potato & Black Beans	M			M			M		M	M	M	M	•	M	✓	✓	
Vegan Tapas	Vegan Hummus		WHEAT RYE BARLEY		M			M				•	M			✓	✓	
Vegan Tapas	Vegan Supergreen Bowl				M			M				•	•	•		✓	✓	
Vegan Wraps	Vegan Falafel & Avocado Wrap	M	WHEAT						•		•		•			✓	✓	
Vegan Wraps	Vegan Burrito Wrap	M	WHEAT		M	M		M		•	M	M	M	•	M	✓	✓	
Vegan Sandwiches	Vegan BLT	M	WHEAT OATS						•			M	•	M	M	✓	✓	
Vegan Sandwiches	Vegan Bacon Butty	M	WHEAT OATS						M			M	•			✓	✓	
Vegan Mains	Vegan Falafel Salad								•		•					✓	✓	
Vegan Mains	Vegan Mexican Superbowl	M			M			M			M		•		M	✓	✓	
Vegan Mains	Vegan Moving Mountains Vegan Hot Dog	M	WHEAT RYE		M			M		•	M	M	M	M	M	✓	✓	
Vegan Mains	Vegan Supergreen Salad				M						•	•	•			✓	✓	
Vegan Mains	Vegan Beyond Cheese Burger	•	WHEAT		M			M		•		M	•	•	M	✓	✓	

GLUTEN FREE AND VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Vegan Toppings	Vegan Hummus											•				✓	ⓧ	
Vegan Toppings	Vegan Jalapenos															✓	ⓧ	
Vegan Toppings	Vegan Guacamole															✓	ⓧ	
Vegan Toppings	Vegan Avocado															✓	ⓧ	
Vegan Toppings	Vegan Fried Red Onions															✓	ⓧ	
Vegan Toppings	Vegan Hash browns															✓	ⓧ	
Vegan Toppings	Vegan Cheese															✓	ⓧ	
Vegan Toppings	Vegan Bacon	M	WHEAT OATS						M		M	•				✓	ⓧ	
Vegan Sides	Vegan Ciabatta with Oil and Balsamic		WHEAT RYE BARLEY		M			M			M	M	•			✓	ⓧ	
Vegan Sides	Vegan Fries															✓	ⓧ	
Vegan Sides	Vegan Sweet Pot Fries															✓	ⓧ	
Vegan Sides	Vegan Tenderstem Broccoli with Chilli											•				✓	ⓧ	
Vegan Sides	Vegan House Slaw	M								•				M		✓	ⓧ	
Vegan Sides	Vegan Mini Hash Browns															✓	ⓧ	

GLUTEN FREE AND VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Vegan Cakes	Vegan Dark Chocolate & Orange Torte												•			✓	Ⓟ	
Vegan Cakes	Vegan Fruity Flapjack															✓	Ⓟ	
Vegan Cakes	Vegan Carrot Cake		WHEAT											WALNUT PISTACHIO		✓	Ⓟ	

MENU CATEGORY DRINKS 2019	DISH																		MODIFICATION							
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN									
WINE White	Chenin Blanc Cullinan View							•								•										
WINE White	Picpoul de Pinet, Reserve Mirou															•			✓						Ⓥ	
WINE White	Sauvignon Blanc Pulpo							•								•										
WINE White	Verdejo El Velero Verde															•										
WINE White	Pinot Grigo Vita															•			✓						Ⓥ	
WINE Red	El Velero Tempranillo Garnacha															•										
WINE Red	Malbec Luna del Sur															•			✓						Ⓥ	
WINE Red	Merlot Monte Verde															•			✓						Ⓥ	
WINE Red	Rioja Marques de Morano															•			✓						Ⓥ	
WINE Red	Shiraz Short Mile Bay				•			•								•										
WINE Rose	White Zinfandel Lavender Hill							M								•			✓						Ⓥ	
WINE Rose	Pinot Grigio Rosato Corte Vigna															•			✓						Ⓥ	
WINE Spark	English Sparkling Chapel Down				•	•										•										
WINE Spark	Prosecco Santa Fosca															•			✓						Ⓥ	

MENU CATEGORY DRINKS 2019	DISH																MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN	
Cocktails	Amaretto Sour																		
Cocktails	Aperol Spritz																		
Cocktails	Biscoffee Cheesecake																		
Cocktails	Bloody Mary																		
Cocktails	Cherry Bakewell																		
Cocktails	Elderflower Rose Cooler																		
Cocktails	Espresso Martini																		
Cocktails	Long Island Spiced Tea																		
Cocktails	Mango Tiki Shake																		
Cocktails	Mojito																		
Cocktails	Moose Mule																		
Cocktails	Passion Fruit Martini																		
Cocktails	Passion Fruit Mojito																		
Cocktails	Peach Fizz																		
Cocktails	Pimlico Punch																		
Cocktails	Pimms Serve																		

MENU CATEGORY DRINKS 2019	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
Milkshakes	Banana Milkshake							•									✓		
Milkshakes	Chocolate Milkshake							•									✓		
Milkshakes	Strawberry Milkshake							•									✓		
Milkshakes	Vanilla Milkshake							•									✓		
Milks	Coconut Milk												•				✓	Ⓥ	
Milks	Oat Milk		•														✓	Ⓥ	
Milks	Soya Milk												•				✓	Ⓥ	
Milks	Dairy Full Fat milk							•									✓		
Milks	Dairy Skimmed Milk							•									✓		

MENU CATEGORY MARCH SPECIALS	DISH																	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	
Lounge Specials 06/03/2020	Above & Beyond Burger	.	WHEAT		M			M		.		M	.	M	M	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	GF Option Available (NAKED)
Lounge Specials 06/03/2020	Above & Beyond Burger Naked	.								.				M		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Lounge Specials 06/03/2020	Bacon Blue Cheese Burger	.	WHEAT		.			.		.		M	.	.	M			
Lounge Specials 06/03/2021	Bacon Blue Cheese Burger GF				
Lounge Specials 06/03/2020	Bacon Blue Cheese Burger Naked				
Lounge Specials 06/03/2020	Bacon Blue Cheese Burger Naked GF				
Lounge Specials 06/03/2020	Chicken & Chorizo Open Pie	M	WHEAT		M	M		.		M	M	M	.	.	M			
Lounge Specials 06/03/2020	Posh Beans on Toast	M	WHEAT RYE BARLEY	M	.	M		.	M	.	M	M	M	.	M			
Lounge Specials 06/03/2020	Posh Beans on Toast GF	M	M	M	.	M		.	M	.	M	M	M	.	M			