

Menu Item	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Soy	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio	Peanut	Walnut	Wheat	Gluten	Barley	Oats	Rye	Sulphites	Vegetarian
																									
Texan Ciabatta	C	PAL						PAL											C	C	C		C		
Classic Ciabatta	C							PAL											C	C	C		C		
Neptune Ciabatta	C		C					PAL											C	C	C		C		
Fun Guy Ciabatta	C							PAL											C	C	C		C		
Sweet & Fiery Ciabatta								PAL											C	C	C		C		
Margarita Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
Ham & Pineapple Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
Pepperoni Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
Chicken & Bacon Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
The Goat Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
Bijou Special Pizza	C							PAL				PAL						PAL	C	C	PAL	PAL	PAL	C	
Vegan Tomato and Mozza Pizza																						C			
Tuna & Sweetcorn Sandwich		C	C																C	C					
Coronation Chicken Sandwich		C																	C	C					
Brie & Cranberry Sandwich	C	C						PAL	PAL					PAL					C	C					
Egg & Cress Sandwich		C																	C	C					
Falafel Salsa Sandwich	PAL	PAL	PAL	PAL				PAL											C	C (Gluten in Salsa too)				PAL	
Southern Fried Chicken																		PAL		C					
Gluten Free Southern Fried Chicken																									
Halloumi Fries	C																	PAL		C				C	
Fries																									
Sweet Potato Fries																									
Chicken Caesar Salad	C	C																							
Houmous & Flat Bread						C														C					
Salmon Crostini	C	PAL	C						PAL	PAL	PAL	PAL	PAL	PAL		PAL	PAL	PAL	C	C					
Salmon & Cream Cheese Sandwich	C																		C	C					
Salmon & Vegan Cream Cheese Sandwich			C																C	C					
Cucumber & Cream Cheese Sandwich	C																		C	C					
Cucumber & Vegan Cream Cheese Sandwich																			C	C					
Cheese & Pickle Sandwich	C																		C	C					
Vegan Cheese & Pickle Sandwich																			C	C					

