



Allergen Information

Menu: Bread Basket

Date Updated: 23 / 02 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														Crustaceans	Fish	Molluscs	
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)							
Bread Basket	Activ				Activ	Activ												
- Garlic and rosemary tear and share	Activ		May		May	May	May		May		May							Almonds, hazelnuts, walnuts, pecans, pistacio.
- Sea salt cracker	Activ		May		Activ	May			May		May							Almonds, hazelnuts, walnuts, pecans, pistacio.
- Grissini	Activ		May		Activ	Activ	May				May							Almonds, hazelnuts, walnuts, pecans, pistacio, macadamia
Extras																		
- Gluten free rolls			May		May	May			May		May							



Allergen Information

Menu: Mezze / Starter

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Mezze					Activ		Activ							
-Pitted Spanish							Activ							
-Ricotta and Red Pepper Dip		May		May	Activ	May	Activ	May	May	May	May			
-Tahini Free Hummus									May					
Greek Salad					Activ									
-Tomatoes														
-Red Onion														



Allergen Information

Menu: Starter Continued

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs

Starter Continued

- Cucumber

- Basil

- Feta

- Kalamata Olives

- Lemon Oil

Extras

- Vegan Feta



Allergen Information

Menu: Starters Continued 2

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Starters	Activ	Activ		Activ	Activ									
- Stuffed vine leaves		Activ												
- Spanakopita	Activ Wheat	May	May	Activ	Activ		May	May	May	May	May	May	May	May



Allergen Information

Menu: Mains

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs
Mains	Wheat Activ			Activ	Activ	Activ	Activ							
- Whole beef chuck	May	May		May	Activ	May	May	May	May		May	May	May	May
- Lamb Stew	May	May		Activ	May	May		May	May		May	May	May	May
- Bulgar Wheat Salad	Wheat Activ	May		May	May	May	May	May	May				May	
- Jus				Activ		Activ	Activ							
- Roasted Briam with Tomato Sauce	Wheat May	May		Activ	May	May	Activ	May	May		May		May	
- Feta					Activ									
- Garlic Roast Potatoes														



Allergen Information

Menu: Vegetarian Mains

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs
Vegetarian Mains	Wheat Activ	Activ		Activ	Activ		Activ	Activ						
- Moussaka	Wheat Activ	Activ		Activ	May	May	Activ	Activ	May				May	
- Bulgar Wheat Salad	Wheat Activ	May		May	May	May	May	May	May				May	
- Roasted Briam with Tomato Sauce	Wheat May	May		Activ	May	May	Activ	May	May		May		May	
- Feta					Activ									
- Garlic Roasted Potatoes														
Extras														
- Roasted Cauliflower														



Allergen Information

Menu: Vegan Mains

Date Updated: 23 / 02 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs
Vegan Mains	Wheat Active	Soya Active		Celery Active			Sulphites Active	Mustard Active						
- Moussaka	Wheat Active	Soya Active		Celery Active	Milk May	Egg May	Sulphites Active	Mustard Active	Sesame May				Fish May	
- Bulgar Wheat Salad	Wheat Active	Soya May		Celery May	Milk May	Egg May	Sulphites May	Mustard May	Sesame May				Fish May	
- Roasted Briam with Tomato Sauce	Wheat May	Soya May		Celery May	Milk May	Egg May	Sulphites Active	Mustard May	Sesame May		(Please State) May		Fish May	
- Garlic Roasted Potatoes														
Extras														
- Roasted Cauliflower														



Allergen Information

Menu: Desserts

Date Updated: 23 / 02 / 24

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	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Dessert	(Gluten content >20ppm)				Activ	Activ	Activ							
- Gluten Free Lemon Drizzle Slice	(Gluten content >20ppm)				Activ	Activ	May				May			
- Greek Yoghurt					Activ									
- Dried Apricots	May	May			May		Activ		May	May	May			
- Apricot Compote	May	May		May	May	May	Activ	May	May				May	
- Orange Confit														
- Orange Caramel														



Allergen Information

Menu: Desserts/Extras

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	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Desserts	Activ													
- Doughnuts	Activ	Wheat												
- Fig Jam	May	Wheat	May	May	May	May	May	May	May				May	
- Cinnamon Sugar														
- Berries														
- Coconut Yoghurt														
- Cranberry Baklava	Activ	Wheat												
- Rose and Lemon Turkish Delight									May	May				

