

Allergen Update (12/03/2023)

Dish / Ingredients	GLUTEN	SULPHUR DIOXID	MUSTARD	NUTS	SEEDS	FISH/LUPIN	SHELLFISH	SOYA	MILK	EGG
Eggs Benedict	YES - BREAD	YES - BACON	YES - SAUCE	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - SAUCE	YES - SAUCE	YES
Eggs Royale	YES - BREAD	YES - SALMON	YES - SAUCE	YES - TOPPING	YES - TOPPING	YES - SALMON	TRACES	YES - SAUCE	YES - SAUCE	YES
Eggs Florentine	YES - BREAD	NO, BUT*	YES - SAUCE	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - SAUCE	YES - SAUCE	YES
The Bacon and Sausage Baguette	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	TRACES
The Breakfast	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
Avocado & Toast	YES - BREAD	NO, BUT*	NO, BUT*	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	TRACES
Feta on French / Goat on French	YES - BREAD	TRACES	NO, BUT*	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	YES
The French Toast	YES - BREAD	NO, BUT*	NO, BUT*	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	TRACES	YES - ALL	YES
The Waffles with Chicken	YES - WAFFLE / BREADCRUMB	YES - MEAT	TRACES - MEAT	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
The Pancakes with Berries and Honey	YES - PANCAKES	TRACES	NO, BUT*	YES - BERRIES	YES - BERRIES	NO, BUT*	NO, BUT*	TRACES	YES - ALL	YES
The Pancakes with Bacon and Honey	YES - PANCAKES	TRACES	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
Salmon and Eggs	YES - BREAD	YES - SALMON	NO, BUT*	NO, BUT*	NO, BUT*	YES - SALMON	TRACES	TRACES	YES - ALL	YES
The Continental-ish	YES - PANCAKES	YES - BACON	TRACES - MEAT	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
Morning Oats	YES - OATS	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	NO, BUT*
Sourdough Toast	YES - BREAD	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	TRACES	NO, BUT*
Croque Monsieur	YES - BREAD	YES - MEAT	YES - DIJON	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	TRACES
The Jacket Potato (with Cheese)	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	YES - CHEESE	NO, BUT*
The Brie and Cranberry	YES - BREAD	TRACES	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES - ALL	TRACES
The Breakfast Burrito	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
The Breakfast Bagel	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
The Beef (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Cheese (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Chicken (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Veggie (Burger)	YES - BREAD	YES - MEAT SUB	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES	YES
The Yoghurt	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
Truffled Champignon	YES - BREAD	NO, BUT*	YES	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
Boursin Salmon Bites	YES - BREAD	YES - SALMON	NO, BUT*	TRACES	TRACES	YES - SALMON	TRACES	NO, BUT*	YES	YES
Fromage Trois	YES - BREAD	YES	NO, BUT*	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
The Baked Croque	YES - BREAD	YES	YES	TRACES	TRACES	NO, BUT*	NO, BUT*	YES	YES	YES
Waffle Benedict	YES	YES	NO, BUT*	YES	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
The Normandy Coastal	NO, BUT*	YES	YES	YES	YES	YES	YES	YES	YES	YES
The Montpellier Seabass	NO, BUT*	YES	YES	YES	YES	YES	YES	YES	YES	YES
The Mayenne Chicken	YES - BREAD	YES	YES	YES	YES	YES	YES	YES	YES	YES
*DOES NOT CONTAIN BUT MADE IN AN ENVIRONMENT THAT DOES HEAVILY USE										
Sausage	YES	YES	TRACES - MEAT	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
Bacon	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	YES - MEAT	NO, BUT*	NO, BUT*
Chicken	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	NO, BUT*	YES
Smoked Salmon	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	NO, BUT*	YES	TRACES	YES - MEAT	NO, BUT*	NO, BUT*
Sourdough Loaf	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Sliced Sourdough Loaf	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Baguette	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Bagel	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Tortilla Wrap	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Hollandaise Sauce	NO, BUT*	NO, BUT*	YES	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Brioche Bun	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Pancakes	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Berries	NO, BUT*	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*