

## Allergens List

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| Last Update: | 31/07/2025 |
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**Please ask your server about any dietary requirements and ensure we are aware of all allergens before ordering.**

Our kitchen handles allergens and, while we do our best to keep items separate, we cannot guarantee that any item is completely allergen-free.

The table below indicates the presence of the 14 major allergens in each of our menu items. In some cases, we may be able to make adjustments—please speak with your server before ordering to discuss your needs and confirm whether a dish can be safely prepared for you.

See our cake display for details of allergens in our cakes and baked goods. Allergens in our bottled drinks are indicated on the bottles.

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|                                   | Celery | Cereals | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
|-----------------------------------|--------|---------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
| Cheese Omelette                   |        | ✓       |             | ✓    |      |       | ✓    |          |         |      |         |              |      |                 |
| Chocolate pancakes with ice cream |        | ✓       |             | ✓    |      |       | ✓    |          |         |      |         |              |      |                 |
| Pancakes maple syrup              |        | ✓       |             | ✓    |      |       | ✓    |          |         |      |         |              |      |                 |
| Breakfast stack                   |        | ✓       |             | ✓    |      |       |      |          |         |      |         |              | ✓    |                 |
| Full Breakfast stack              |        | ✓       |             | ✓    |      |       | ✓    |          |         |      |         |              | ✓    |                 |
| Vegan stack                       | ✓      | ✓       |             |      |      |       |      |          |         |      |         |              | ✓    |                 |
| Veggie Full Stack                 | ✓      | ✓       |             | ✓    |      |       |      |          |         |      |         |              | ✓    |                 |
| Kiddies Stack                     |        | ✓       |             |      |      |       |      |          |         |      |         |              | ✓    |                 |
| Crumpets                          |        | ✓       |             |      |      |       |      |          |         |      |         |              |      |                 |
| Breakfast Muffin                  |        | ✓       |             |      |      |       |      |          |         |      |         |              | ✓    |                 |
| Teacake                           |        | ✓       |             |      |      |       |      |          |         |      |         |              |      |                 |
| Toast                             |        | ✓       |             |      |      |       |      |          |         |      |         |              |      |                 |
| Croissant                         |        | ✓       |             | ✓    |      |       | ✓    |          |         |      |         |              |      |                 |
| Avocado                           |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Bacon                             |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Beans                             |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Black pudding                     |        | ✓       |             |      |      |       |      |          |         |      |         |              |      |                 |
| Hash browns                       |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Sausage                           |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Vegan bacon                       |        | ✓       |             |      |      |       |      |          |         |      |         |              | ✓    |                 |
| Vegan sausage                     | ✓      |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Egg                               |        |         |             | ✓    |      |       |      |          |         |      |         |              |      |                 |
| Tomatoes (tinned)                 |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Cheese                            |        |         |             |      |      |       | ✓    |          |         |      |         |              |      |                 |
| Spinach                           |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Ham                               |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Mushroom                          |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Falafel Wrap                      |        | ✓       |             |      |      |       |      |          |         |      |         |              |      |                 |
| Ham & Cheddar Wrap                |        | ✓       |             |      |      |       | ✓    |          |         |      |         |              |      |                 |
| Soup of the day                   |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Fries                             |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Side salad                        |        |         |             |      |      |       |      |          |         |      |         |              |      |                 |
| Ice Cream                         |        |         |             |      |      |       | ✓    |          |         |      |         |              |      |                 |

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