Café Sobar

Allergens List

Last Update: 31/07/2025

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.

	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Full English	,			-88-	- 1011			11101111111		1.0.00			100/10	
Breakfast		✓		✓										
Big Breakfast		✓		√										
Vegetarian														
Breakfast	✓	✓		✓									✓	
Vegan Breakfast	√	✓											√	
Kid's Full English		√		√										
Kid's Vegetarian														
Full	✓	✓		✓										
Sourdough														
morning														
sandwich: Sausage	:	✓												
Sourdough														
morning														
sandwich: Vegan														
bacon		✓											√	
Sourdough														
morning														
sandwich: Vegan	,	,												
sausage	✓	✓												
Sourdough														
morning		,												
sandwich:Bacon	1	✓							1				1	
Toast with		,												
Avocado	1	✓						_					+	
Toast with														
Avocado and eggs	<u> </u>	✓		✓									1	
Toast with Egg		✓		✓										

					T				T	T		Sesame		Sulphur
	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	seeds	Soya	dioxide
	,			00									, .	
Cheese Omelette		√		✓			1							
Chocolate														
pancakes with ice														
cream		√		✓			1							
Pancakes maple		-												
syrup		1		✓			√							
Breakfast stack		√		√									√	
Full Breakfast														
stack		1		✓			√						1	
Vegan stack	✓	1											1	
-0-														
Veggie Full Stack	✓	√		✓									✓	
Kiddies Stack		1											1	
Crumpets		√												
Breakfast Muffin		1											1	
Teacake		√												
Toast		√												
Croissant		√		√			√							
Avocado														
Bacon														
Beans														
Black pudding		1												
Hash browns														
Sausage														
Vegan bacon		√											√	
Vegan sausage	✓													
Egg				√										
Tomatoes (tinned)														
Cheese							√							
Spinach														
Ham									1					
Mushroom									1					
Falafel Wrap		√							1					
Ham & Cheddar														
Wrap		✓					✓							
Soup of the day														
Fries														
Side salad														
Ice Cream			1	1			√					1		

												Sesame		Sulphur
	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	seeds	Soya	dioxide
Smoothies														
(Various)														