

Allergen & Nutrition information

Dish	Calories	Protein (g)	Carbs (Sug) (g)	Fat (Sat) (g)	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollusks
BREAKFAST																		
American pancakes - Banana	487	13	83(44)	11(5)	Wheat		*				*							
American pancakes - Fruit	598	13	98(57)	10(5)	Wheat		*				*							
Avocado breakfast roll	521	19	56(4)	22(7)	Wheat, Rye, Barley, Spelt, Oats		*				*							
Avocado toast topper	537	16	44(6)	30(8)	Wheat, Rye, Barley						*	Walnuts						
Bacon sandwich	457	24	37(2)	2(0.6)	Wheat, Rye, Barley, Spelt, Oats					*	*							
Breakfast roll – Chicken	534	30	62(4)	16(6)	Wheat, Rye, Barley, Spelt, Oats		*			*	*					*		
Breakfast roll – Veggie	536	25	62(5)	19(6)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Cheese & ham croissant	402	20	35(6)	19(11)	Wheat		*				*							
Chicken sausage sandwich	460	32	52(3)	13(5)	Wheat, Rye, Barley, Spelt, Oats					*	*					*		
Chilli cheese eggs	674	39	41(5)	32(14)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Classic porridge - Banana	467	14	78(46)	9(3)	Oats						*							
Classic porridge - Berries	349	13	52(22)	9(3)	Oats						*							
Full English	697	47	51(9)	31(10)	Wheat, Rye, Barley, Spelt, Oats		*			*	*					*		
Full English – Veggie	745	37	76(28)	30(7)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Low carb	377	36	9(1.5)	21(6)			*				*					*		
Nutty granola	490	19	57(27)	18(5)	Wheat, Oats, Barley						*	Almonds, Brazil, Hazelnuts, Cashews, Pecans						
Raspberry Porridge	366	14	52(23)	9(3)	Oats						*							
Scrambled eggs on toast	537	27	38(4)	23(8)	Wheat, Rye, Barley, Spelt, Oats		*			*	*							
Veggie sausage sandwich	465	21	51(4)	18(5)	Wheat, Rye, Barley, Spelt, Oats					*	*							

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GLUTEN FREE BREAKFAST																		
Avocado toast topper	419	10	20(5)	30(8)							*	Walnuts						
Bacon roll	400	14	28(3)	24(7)			*				*							
Vegan bacon sandwich	374	12	28(2)	21(4)						*	*							
Beans on toast	436	14	57(13)	12(4)							*							
Breakfast roll	436	22	36(3)	22(5)			*				*					*		
Chilli cheese eggs	644	33	30(4)	34(13)			*				*							
Full English	682	44	45(8)	32(10)			*				*					*		
Lo carb	377	36	9(1.5)	21(6)			*				*					*		
Scrambled eggs	507	22	27(2)	26(8)			*				*							
Vegan full English	713	32	72(28)	30(4)						*								
Veggie breakfast roll	438	16	35(3)	25(6)			*				*							
Veggie full English	730	35	70(27)	32(7)			*				*							
GF BREAKFAST ADD-ONS																		
Avocado (1/2)	79	1	1(0.2)	8(1.6)														
Baked beans	96	6	15(6)	0.2(0)														
Chicken sausage	93	12	7(0)	2(0.4)												*		
Halloumi	336	23	4(3)	25(16)							*							
Smoked back bacon	122	11	0.2(0)	9(3)														
Smoked streaky bacon	110	10	0.3(0)	8(3)														
Toast	87	1.3	13(0.5)	2(0.2)														
Vegan sausage	95	7	7(1)	5(0.4)														
GLUTEN FREE LUNCH																		
Cajun chicken & tuna salad	351	53	9(3.5)	10(2)			*	*		*								
Cheese & tomato toastie	344	17	28(2.4)	15(8)							*							
Cheddar & beans baked pot	548	25	83(14)	10(6)							*							
Chicken & avocado baked pot	694	29	69(9)	31(3)			*							*				
Chicken chipotle toastie	471	30	33(3)	22(9)			*				*							
Club sandwich	654	35	45(5)	32(7)			*				*			*				
Halloumi & avocado salad	583	28	8(7)	46(20)							*	Walnuts						
New yorker toastie	388	23	31(5)	16(8)							*			*				

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