EDDIE ROCKETS ALLERGEN ANALYSIS 2017

EDDIE ROCKETS ALLERGEN ANALYSIS 2017(Version February 2016)

All staff should know how to deal with enquiries about ingredients and possible allergen contamination and tell the truth when asked. If someone asks if a dish contains a certain food, check all the ingredients of the dish on the Allergen Analysis Grid and inform the customer. This book may be given to the customer on request. We will try our best to avoid any accidental cross-contact between allergens, but again we can offer no guarantees. The more information relating to your specific needs and requirements you can provide, the better we can attempt to protect you. The range of tolerance or reaction to the presence of food allergens varies greatly from person to person. Decisions on the amount of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with you physician

Here is a brief overview of the 14 allergens that can cause allergic reactions in susceptible persons:

(Information extracted from the FSAI Safe Catering pack)

Peanuts

Peanuts, also called groundnuts and monkey nuts, are found in many foods, including sauces (e.g. satay sauce), cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut oil too.

Nuts

People with nut allergy can react to many types of nuts, including walnuts, almonds, hazelnuts, brazil nuts, pistachios, cashews, pecans, macadamia nut and Queensland nut. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, praline (which includes hazelnut), marzipan (which includes almonds) and ground almonds also.

Milk

People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products from cows, sheep, goats and other related mammals. Watch out for dishes glazed with milk and ready-made products containing milk powder, or other milk ingredients (casein, whey powder).

People with lactose intolerance need to avoid lactose, the sugar found in milk. They need to avoid food containing milk and milk products from cows and other related mammals.

Eggs

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Watch out for dressings containing mayonnaise (which may contain egg) and dishes brushed with egg.

Fish

People who are allergic to fish need to avoid all species of fish. Some types of fish, especially anchovies, are used in salad dressings, sauces and relishes.

Crustaceans

Crustaceans include crab, shrimp, lobster, prawns and langoustines (which are used to make scampi). People who are allergic to crustaceans (Shell fish) need to avoid all types of crustaceans.

Molluscs

Molluscs include mussels, scallops, oysters, squid, cockles and winkle as well as land molluscs like snails. People who are allergic to molluscs need to avoid all types of molluscs.

Soya

Soya comes in different forms, for example, tofu (or bean curd), soya flour, lecithin E322 (if made from soya) and textured soya protein. It is found in many foods including certain types of ice cream, sauces, desserts, meat products and vegetarian products.

Cereals containing gluten

People who have gluten intolerance (also called Coeliac disease) need to avoid foods containing gluten, a type of protein found in cereals such as wheat, rye, barley, spelt and kamut , oats and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and gravies. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs. Flours made from other foods such as maize, rice, millet or buckwheat do not contain gluten.

Even though there are many products on the Eddie Rockets menu, that do not directly contain gluten, Eddie Rockets is not a gluten free restaurant and cannot guarantee no cross contamination of the food will occur on the grill or in surrounding areas.

Sesame seeds

Sesame seeds are often used on bread and breadsticks. Sesame paste (tahini) is used in some Greek and Turkish dishes, including houmous. Watch out for sesame oil used for cooking or in dressings.

Celery/Celeriac

People who are allergic to celery can also react to celeriac (the root of the plans). Celeriac and celery are sometimes used as an ingredient in salads and soups or served as a vegetable. Watch out for celery salt, which is used as a seasoning in lots of foods, such as soups and meat products. Also look out for celery seeds, which are used as a spice.

Mustard

People who are allergic to mustard will react to any food that comes from the mustard plant, including liquid mustard, mustard powder, the leaves, seeds and flowers, and sprouted mustard seeds. Mustard is sometimes used in salad dressings, marinades, soups, sauces, curries and meat products.

Lupin

The major allergens in lupin are also found in peanuts, so people allergic to peanuts could also react with lupin. Lupin is mainly used in flour-based products such as pastry, pasta and batter coatings. People with nut/peanut allergy should avoid foods containing lupin.

Sulphur dioxide and sulphites

For some people with asthma, sulphur dioxide can trigger an asthmatic response. Sulphur dioxide and sulphites (E220-E228) are used as preservatives in a wide range of foods, particularly meat products such as sausages, soft drinks, and dried fruit and vegetables. Sulphur dioxide is also found in wine and beer.

Eddie Rockets takes food allergies very seriously. Every effort has been made to identify ingredients in our menu items that may cause allergic reactions. Occasionally, a food manufacturer may change their formulas without notice and thereby making it nearly impossible to identify and label every allergen at all times. Therefore, customers concerned with food allergies should be aware of this risk.
Customers should also note that all fried items share oil that may have come in contact with products containing Fish, Milk, Gluten, Eggs, Sulphur Dioxide and Sulphites.

X = Indicates allergen is present in food

T = Indicates traces of allergen may be present

NIBBLES															Further Information
Tater Tots															
Tater Tots			X				X								Wheat
Bacon															
Ranch Dressing					X					X					Wheat
Cheese Sauce			X								X				
Itzy Nachos:															
Tortilla Chips															
Salsa															
Cheese Sauce			X								X				
Jalapenos															
Sour Cream			X												
Guacamole					X					X					
Garlic Mushrooms:															
Breaded mushrooms							X								Wheat
Garlic Sauce					X					X					
Texas Toast															
Garlic Bread			X			X									Wheat
Onion Rings			X			X									Wheat

HAMBURGERS IN A BUN															Further Information
Cheeeze Pleeze															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef Patty														X	
Tomato															
Lettuce															
Secret Sauce					X					X					
Onion															
Cheddar cheese			X												
Swiss cheese			X												
Blue cheese			X												
American cheese			X												
Smoked cheese			X												
Pickle					X										
Jalapeno Popper															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef patty														X	
Cheddar cheese			X												
Hot Sauce															
Jalapenos															
Lettuce															
Tomato															
Sour cream			X												
Onion															
Mayo					X					X					
Smokestack															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts

Butter			X												
Beef patty														X	
Smoked cheese			X												
Bacon															
Onion rings			X				X								Wheat
Relish					X										
ER secret sauce					X					X					

HAMBURGERS IN A BUN CONTINUED															Further Information
Chipotle															
Chipotle bun			X				X			X	T		T		Soya , Sesame seeds
Franks Hot sauce															
Sour Cream			X												
Beef patty														X	
Tomato															
Cheddar Cheese			X												
Lettuce															
Jalapeños															
M50															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef patty														X	
Swiss cheese			X												
NYC onions				X											
Grilled mushrooms															
ER secret sauce					X					X					
Bacon Cheddar															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												

Beef patty														X	
Grilled bacon															
Cheddar cheese			X												
ER secret sauce					X					X					
The Bacon and Avocado Club															
Beef Patty														X	
Spanish Bacon															
Mayonnaise					X					X					
Ranch Dressing					X					X					
Whole Wheat Seeded Bun			X				X			X			X		Wheat . Traces RYE
Avocado															
Tomato															
Lettuce															

HAMBURGERS IN A BUN CONTINUED															Further Information
B & E Clonakilty															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef patty														X	
Grilled bacon															
Tomato															
Mayo					X					X					
Cheddar cheese			X												
Fried egg										X					
Hash brown							X								Wheat
Black pudding							X								Oat

White pudding							X								Oat
The Classic															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef patty														X	
Tomato															
Onion															
Pickle					X										
Lettuce															
ER secret sauce					X					X					
The Double Take															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Beef Patty														X	
Lettuce															
Onion															
Tomato															
Pickle					X										
Secret Sauce					X					X					

Hamburgers in a bun (Chicken)															Further Information
Chicken Fillet															
Hamburger bun			T				X	T		X	X		X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X												
Chicken fillet															

Lettuce															
Onion															
Tomato															
ER secret sauce					X					X					
The Bacon and Avocado Club															
Chicken Fillet															
Spanish Bacon															
Mayonnaise					X					X					
Ranch Dressing					X					X					
Whole Wheat Seeded Bun			X				X			X			X		**Wheat. Traces; Rye**
Avocado															
Tomato															
Lettuce															

Southern Fried Chicken Fillet															
Hamburger bun			T				X	T		X	X		X		**Wheat. Traces: Rye, Barley, Oats and Walnuts**
Butter			X												
Seasoned chicken fillet (supplied)							X								**Wheat**
Seasoned Chicken Fillet (instore)			X				X								**Wheat**
Cheddar cheese			X												
Coleslaw					X					X					
Tomato															
Lettuce															
Mayo					X					X					

Hamburgers in a bun (Chicken)															Further Information	
Cheezy Chicken																
Hamburger bun			T				X	T		X	X		X	X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X													
Chicken Fillet																
Lettuce																
Tomato																
Onion																
Secret Sauce					X					X						
Cheddar cheese			X													
Swiss cheese			X													
Blue cheese			X													
American cheese			X													
Smoked cheese			X													
Truffle Mushroom Swiss																
Hamburger bun			T				X	T		X	X		X	X		Wheat. Traces: Rye, Barley, Oats and Walnuts
Butter			X													
Chicken fillet																
Grilled Mushrooms																
Mayonnaise					X					X						
Swiss			X													
Truffle Oil																
Red Onion																
Chipotle																

Chipotle bun			X				X			X	T		T		Traces: Soya, Sesame seeds
Franks Hot Sauce															
Sour Cream			X												
Chicken Fillet															
Tomato															
Cheddar Cheese			X												
Lettuce															
Jalapeños															

BASKETS															Further Information
Slider Basket															
Slider Patty														X	
Slider buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley, Oats and Walnuts
Pickles					X										
NYC onions				X											
American Cheese			X												
Fries															
Sweet Slider Basket															
Beef Patty														X	
NYC Onions				X											
Slider Buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley, Oats and Walnuts
American Cheese			X												
Slider Sauce					X					X					
Sweet Potato Fries															
Sweet Slider Basket															
Chicken Fillet															
NYC Onions				X											
Slider Buns			T				X	T		T	X		T		

Pickle					X										
American Cheese			X												
Slider Sauce					X					X					
Sweet Potato Fries															
Chicken Slider Basket															
Chicken Fillet															
American cheese			X												
Slider sauce					X					X					
NYC onions				X											
Slider buns			T				X	T		T	X		T		**Wheat. Traces: Rye, Barley, Oats and Walnuts**
Pickles					X										
Fries															
BASKETS															**Further Information**
Tender Basket															
Tenders (Supplied)							X								**Wheat**
Tenders (Instore)			X				X								**Wheat**
Garlic Mayo					X					X					
Fries															
Sweet Tender Basket															
Tenders (Supplied)							X								**Wheat**
Tenders (Instore)			X				X								**Wheat**
Sweet Potato Fries															

Garlic Mayonnaise					X					X					
Bacon & Cheese Slider Basket															
Beef Slider Patty													X		
Slider Buns			T				X	T		T	X		T		**Wheat. Traces: Rye, Barley, Oats and Walnuts**
American Cheese			X												
Slider Sauce					X					X					
Fries															
Boneless Buffalo Wings Basket															
Boneless Wings			X		X		X								**Wheat**
Cajun Sauce/															
Franks Hot Sauce															
Fries															
Garlic Mayo					X					X					
Terrific Trio															
Bacon															
Sliders														X	
Cheese			X												
Onion Rings			X				X								
Fries															
Chicken Tender Sub Basket															
Tenders (Supplied)							X								**Wheat**
Tenders (Instore)			X				X								**Wheat**
Pillowy Sub Roll			X				X			X					**Wheat. Traces: Rye, Barley, Oats and Walnuts**
Lettuce															
Mayonnaise			X							X					
Fries															
BASKETS															**Further Information**

Buffalo Chicken Tender Wrap Basket															
Tortilla							X								
Tenders (Supplied)							X								**Wheat**
Tenders (Instore)			X				X								**Wheat**
Lettuce															
Tomato															
Franks Red Hot Sauce															
Fries															
Sweet Potato Fries															
Blue Cheese Sauce			X												

SALADS															Further Information
Hail Ceasar															
Romaine lettuce															
Caesar sauce		X	X	X	X		X			X					Wheat, Barley
Parmesan cheese			X												
Croutons			X				X								Wheat
Chicken Fillet															
Tenders (Supplied)							X								Wheat
Tenders (Instore)			X				X								Wheat
Egg										X					
The Med Salad															
Mixed Leaves															
Black Olives															
Cucumber															
Cherry Tomato															
Red onion															
Peppers															
Greek Feta Cheese			X												
Balsamic Vinaigrette							X								Wheat
Tenders (Supplied)							X								Wheat
Tenders (Instore)			X				X								Wheat
Egg										X					
The Hippie Salad															
Mixed leaves															
Quinoa													X		Seed
Mixed bean salad															
Spicy salsa grilled red onion															

Lemon Vinaigrette					X		X								Wheat
Tenders (Supplied)							X								Wheat
Tenders (Instore)			X				X								Wheat
Egg										X					

Salads (Continued)															Further Information
Fajita Salad															
Chicken fillet															
Romaine lettuce															
Grilled peppers & onions mix															
Cheddar cheese			X												
Guacamole					X					X					
Salsa															
Ranch dressing					X					X					
Tortilla Chips															
Tenders (Supplied)							X								Wheat
Tenders (Instore)			X				X								Wheat
Egg										X					

On the lighter Side															Further Information
Skinny Beach															
4.5oz beef patty														X	
Low fat cheddar			X												
Onion															
Tomato															
Pickle					X										
Lettuce															
Low fat ER secret sauce					X					X					
Whole Wheat Seeded bun			X				X			X			X		Wheat. Traces: Rye,
Skinny Beach in a Bowl															
4.5oz beef patty														X	
Low fat cheddar			X												
Onion															
Tomato															

Pickle					X										
Lettuce															
Low fat ER secret sauce					X					X					
Whole Wheat Seeded bun			X				X			X			X		Wheat. Traces: Rye
Honey & Mustard Dressing					X					X					
Chicken In A Bowl															
Chicken fillet															
Lettuce															
Cherry tomatoes															
Red onion															
Cheddar cheese			X												
ER secret sauce					X					X					
Classic Vinaigrette					X										

On the lighter Side (continued)															**Further Information**
The Ultimate Veggie															
Whole Wheat Seeded Hamburger Bun			X				X			X			X		Wheat. Traces: Rye
Butter			X												
Veggie patty				X	X		X								Wheat
Bean Salsa Mix															
Lettuce															
Onion															
Tomato															
Pickle					X										

ER secret sauce					X					X					
The Ultimate Veggie in a Bowl															
Whole Wheat Seeded Hamburger Bun			X				X			X			X		Wheat. Traces: Rye
Butter			X												
Veggie patty				X	X		X								Wheat
Bean Salsa Mix															
Lettuce															
Onion															
Tomato															
Pickle					X										
ER secret sauce					X					X					
Vinaigrette					X										
Veggie Frites															
Carrots															
Green Beans															
Courgette Sticks															
Chilli															
Garlic															

TOP IT ALL															Further Information
Beef Chilli							X								Wheat
Fried Egg										X					
Mushroom															
Pepper															
Onion															
NYC Onions				X											
Jalapeños															
Pineapple															

Guacamole					X					X					
Onion Rings							X								Wheat
Bacon															
Beef Patty														X	
Chicken Fillet															
Pickle					X										
Cheddar cheese			X												
Swiss cheese			X												
Blue cheese			X												
American cheese			X												
Smoked cheese			X												
Baconnaise					X					X					

YANKEE DOGS															Further Information
Bacon Big Boy															
Pork sausage															
Bacon bits															

Cheese sauce			X								X				
Hot Dog Roll			X				X	T		X	X				Wheat. Traces: rye, barley, oats and walnuts
Naked Dog															
Pork sausage															
Hot Dog Roll			X				X	T		X	X				Wheat. Traces: rye, barley, oats and walnuts
Chopped Onions (Optional)															
Kraut (Optional)															
NYC Onions (Optional)				X											
Cheese Dog															
Pork sausage															
Cheese sauce			X								X				
Chopped onions															
Hot Dog Roll			X				X	T		X	X				Wheat. Traces: rye, barley, oats and walnuts
Chilli Dog															
Pork sausage															
Beef chilli							X								Wheat.
Hot Dog Roll			X				X	T		X	X				Wheat. Traces: rye, barley, oats and walnuts
Chopped onions															

WRAPS															Further Information
Chicken Fajita Wrap															
Chicken fillet															
Romaine lettuce															
Guacamole					X					X					
Grilled mixed peppers & Onions															
Cheddar Cheese			X												
Tortilla							X								**wheat**
Ranch Sauce					X					X					
Salsa															
Sweet Chilli Chicken Wrap															
Seasoned Chicken Fillet (Supplied)							X								**Wheat**
Seasoned Chicken Fillet (Instore)			X				X								**Wheat**
Lettuce															
Mayo					X					X					
Sweet chilli															
Tortilla							X								**wheat**

SANDWICHES															Further Information
BLT															
Grilled bacon															
Lettuce															
Tomato															
Red onion															
Mayo					X					X					
Coleslaw					X					X					
Brown bread							X				X				Wheat, Barley
Farmhouse White							X				X				Wheat, Barley
Club Sandwich															
Chicken fillet															
Grilled bacon															
Cheddar cheese			X												
Lettuce															
Tomato															
Mayo					X					X					
Coleslaw					X					X					
Brown bread							X				X				Wheat, Barley
White bread							X				X				Wheat, Barley

CHICKEN TENDERS WINGS															Further Information
Buffalo Wings															
Chicken wings (NUDE)															
Celery sticks				X											
Blue cheese sauce			X		X					X					
Franks Hot sauce															
Franks Red Hot Sauce															
Cajun sauce					X		X				X				Wheat, Barley
Sciracchi Sauce														X	
Peri Peri Sauce							X								Barley
Hickory BBQ sauce			T	T	X		T			T	T				Gluten
Southern Fried Chicken Tenders															
Tenders (Supplied)							X								Wheat
Tenders (Instore)			X				X								Wheat
Garlic sauce					X					X					
Cajun sauce					X		X				X				Wheat, Barley
Mayo					X					X					

FRIES ETC.															Further Information
Regular Fries															
Sweet Potato fries															
Sweet chilli sauce															
Lime															
Garlic & Cheese															
Fries															
Garlic sauce					X					X					
Cheddar cheese			X												
Bacon & Cheese															
Fries															
Bacon bits															
Cheese sauce			X								X				

Chilli fries															
Fries															
Beef chilli							X								Wheat
Cheddar cheese			X												
Garlic Fries															
Fries															
Garlic sauce					X					X					
Cheese Fries															
Fries															
Cheese sauce			X								X				
Rocket Rings															
onion rings							X								Wheat
Garlic sauce					X					X					
½ & ½															
onion rings							X								Wheat
Fries															
Garlic					X					X					
Parmesan Truffle Fries															
Fries															
Truffle Oil															
Parmesan Cheese			X							X					
Fries ETC.															**Further Information**
Nachos:															
Tortilla Chips															
Salsa															
Cheese Sauce			X								X				
Jalapenos															
Sour Cream			X												

Guacamole					X					X					
Beef Chilli							X								Wheat
Chicken Fillet															
Garlic Mushrooms:															
Breaded mushrooms							X								Wheat
Garlic Sauce					X					X					
Side Salad															
Cucumber															
Tomatoes															
Red Onion															
Carrots															
Lettuce															
Classic Vinaigrette					X										

SHAKES & MALTS & DRINKS															Further Information
Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our Milkshakes, Malts and Desserts are made to order in an area that handles Peanuts, Gluten (Wheat), Tree nuts (Hazelnuts), Soya, Eggs and Sulphur Dioxide															
Milkshakes & Malts															
Vanilla			X												

Chocolate			X												
Strawberry			X												
Banana			X												
Add Protein	T		X				T	T		T	X				Traces of nuts.
Reeses Peanut Butter	X		X								X				Traces of nuts.
Oreo Cookie			X				X				X				Wheat.
Chocolate Brownie	T		X				X		T	X					Wheat.
Add Malt			X				X								Wheat and Barley
Cookies and Cream	T		X				X	T		X	X			X	Wheat. Traces of nuts.
Apple Pie	T		X				X	T		X	T			X	Wheat. Traces of nuts.
Kinder Bueno			X				X	X			X				Wheat, Hazelnuts
Nutella			X					X			X				Hazelnuts
Banana and Peanut Butter	X		X								X				Traces of nuts.
Rocky Road			X				X				X				Wheat and Barley
Ice Cream Floats															
Coke/Fanta/ Diet Coke/ Sprite															
Ice cream			X												
Root Beer															
Drinks															
Tea															
Coffee															
Water															
Lemonade															
Ice Tea															
Wine														X	
Milk			X												
Tropicana orange Juice															
Fruicey Juicey															

BREAKFAST MENU															Further Information
The Big Breakfast															
Bacon															
Egg										X					
Breakfast Sausage							X							X	Wheat
Cherry tomato															
Mushroom															
Hash Brown							X								Wheat
Brown toast							X				X				Wheat
White toast							X				X				Wheat
Black and White Pudding							X								Oat
Bacon & Eggs															
Fried Egg										X					
Back Bacon															
Home Fries							X								Wheat
Butter			X												
Toast							X				X				Wheat
Rocket Power															
Back Bacon															
Sausage							X							X	Wheat
Fried Egg										X					
Black Pudding							X								Oat
Home Fries							X								Wheat
Mushroom															
Beef Tomato															
Toast							X				X				Wheat
Butter			X												
French Toast / Bacon															
Bread							X				X				Wheat

Egg										X					
Milk			X												
Vanilla Essence															
Salt															
Butter			X												
Home Fries							X								Wheat
Icing Sugar															
Back Bacon															
BREAKFAST MENU (continued)															**Further Information**
Maple Syrup															
Pancakes															
Pancakes			X				X			X					Wheat
Home Fries							X								Wheat
Butter			X												
Back Bacon															
Maple Syrup															
Short Stack Pancakes															
Pancake			X				X			X					Wheat
Vanilla essence															
Callebaut Milk Chocolate Drops			X												
Almonds								X							
Icing Sugar															
Milk			X												
Maple Syrup															
Short Stack of Pancakes with Bacon															
Pancake			X				X			X					Wheat
Butter			X												
Spanish Bacon															
Maple syrup															

Super Sizzling															
Scrambled Egg			X							X					
Back Bacon															
Home Fries							X								Wheat
Butter			X												
Toast							X				X				
Sausage							X						X		Wheat

BREAKFAST MENU															Further Information
Porridge Oats															
Porridge			X				X								Oats
Maple Syrup															
Cream			X												
Bacon, Egg & Cheese															
Beef Patty														X	
Back Bacon															
Fried Egg										X					
Mayonnaise					X					X					
Hamburger Bun			T				X	T		X	X		X		Wheat, Traces: Rye, Barley,Oats and Walnuts
Butter			X												
Beef Tomato															
Cheddar			X												
Clonakilty Black Pudding															
Hamburger Bun			T				X	T		X	X		X		Wheat, Traces: Rye, Barley,Oats and Walnuts

Sausage							X							X	Wheat
Back Bacon															
Black Pudding							X								Wheat
Fried Egg										X					
Swiss Cheese			X												
Butter			X												
Relish					X										
Sourdough Avocado Crispy Bacon & Egg Toast															
Sourdough Farmhouse Bread							X								Wheat
Spanish bacon															
Avocado															
Mayonnaise					X					X					
Egg										X					
Coriander															

BREAKFAST MENU															Further Information
Build Your Own															
Bacon															
Sausage							X							X	Wheat
Fried Egg										X					
Fries															Wheat
Grilled Tomato															
Grilled Mushroom															
Toast							X				X				

Little Rockets															Further Information
Slider Meal															
Mini hamburger														X	
Slider buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley, Oats and Walnuts
Fries															
Chicken Slider Meal															
Chicken Fillet															
Slider buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley,Oats, Walnuts
Fries															
Hot Dog Meal															
Pork sausage															
Slider buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley, Oats and Walnuts

Fries															
Chicken Nuggets Meal															
Chicken nuggets							X			X					Wheat
Fries															
Cod Fish Finger Meal															
Cod Fish fingers		X	X				X								Wheat
Fries															
Side Salad															
Tomatoes															
Cucumber Batons															
Cucumber															
Lettuce															
Classic Vinaigrette					X										
Bowl of Mash															
Mash			X												

DESSERTS															Further Information
Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our Milkshakes, Malts and Desserts are made to order in an area that handles Peanuts, Gluten (Wheat), Tree nuts (Hazelnuts), Soya, Eggs and Sulphur Dioxide															
Cookie Sandwich															

Cookie	T		X				X	T		X	X			X	Wheat. Traces of nuts.
Ice cream			X												
The Perfect Brownie															
Brownie	T		X				X	T		X	X				Wheat. Traces nuts
Ice Cream			X												
Cream			X												
Brownie Sundae															
Ice Cream			X												
Chocolate Sauce															
Cream			X												
Brownie	T		X				X	T		X	X				Wheat. Traces of nuts.
Momma's Apple Pie															
Apple Pie	T		T				X	T		X	T			X	Wheat. Traces of nuts.
Ice Cream			X												
Cream			X												
Knickerbocker Glory															
Fruit Cocktail															
Vanilla Ice Cream			X												
Chocolate Ice Cream			X												
Strawberry Ice cream			X												
Cream			X												
Cherry															
Sirup															
Smarties Sundae															
Strawberry Ice Cream			X												

Vanilla Ice Cream			X												
Cream			X												
Smarties			X					X							
Strawberry Sauce															

DESSERTS															Further Information
Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our Milkshakes, Malts and Desserts are made to order in an area that handles Peanuts, Gluten (Wheat), Tree nuts (Hazelnuts), Soya, Eggs and Sulphur Dioxide															
Single Scoop															
Vanilla Ice Cream			X												
Chocolate Ice Cream			X												
Strawberry Ice cream			X												
Wafer			X				X			X					**Wheat.**
Gluten Free Brownie	T		X					T		X	T				**Traces of nuts.**
Vanilla Ice Cream			X												
Cream			X												
Mini Cookie Sliders															
Vanilla Ice Cream			X												
Chocolate Chip Cookie			X				X			X	X				**Wheat, Oats**
Triple Chocolate Chip Cookie			X				X			X	X				