

















Allergens Summary: JANUARY 2025

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>OCTOBER 2024</b>															
AUBERGINE SANDWICH			Barley (M) Kamut (M) Oats (M) Rye (M) Spelt (M) Wheat (✓)				(M)	(✓)					(M)	(✓)	
BANANA SPLIT			Barley (M) Kamut (M) Oats (M) Rye (M) Spelt (M) Wheat (M)				(M)						(✓)	(✓)	Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)
BEEF & PORK LASAGNE		(✓)	Barley (M) Kamut (M) Oats (M) Rye (M) Spelt (M) Wheat (✓)		(✓)		(M)	(✓)					(✓)	(M)	

<p> <span>✓</span> Contains  <span>M</span> May Contain  <span>R</span> Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
OCTOBER 2024															
BEER BATTERED FISH GOUJONS			Barley <span>M</span> Kamut <span>M</span> Oats <span>M</span> Rye <span>M</span> Spelt <span>M</span> Wheat <span>✓</span>	Crab <span>M</span> Crayfish <span>M</span> Lobster <span>M</span> Prawns <span>M</span>	<span>✓</span>	<span>✓</span>	<span>M</span>	<span>✓</span>	Clams <span>M</span> Cuttlefish <span>M</span> Mussels <span>M</span> Octopus <span>M</span> Oysters <span>M</span> Scallops <span>M</span> Snails <span>M</span> Squid <span>M</span> Whelks <span>M</span>	<span>✓</span>			<span>M</span>	<span>✓</span>	
BURRATA TOMATO SALAD								<span>✓</span>					<span>M</span>	<span>M</span>	
CAMEMBERT			Barley <span>M</span> Kamut <span>M</span> Oats <span>M</span> Rye <span>M</span> Spelt <span>M</span> Wheat <span>✓</span>				<span>M</span>	<span>✓</span>					<span>M</span>	<span>M</span>	
CHEESE FRIES								<span>✓</span>		<span>M</span>			<span>M</span>	<span>M</span>	
CHICKEN & NDUJA PASTA			Barley <span>M</span> Kamut <span>M</span> Oats <span>M</span> Rye <span>M</span> Spelt <span>M</span> Wheat <span>✓</span>		<span>✓</span>		<span>M</span>	<span>✓</span>		<span>M</span>			<span>✓</span>	<span>M</span>	
















































-  Contains
-  May Contain
-  Removable




## Menu Dishes

NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
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## OCTOBER 2024


















































CHICKEN PARMIGIANA PIZZA			Barley  Kamut  Oats  Rye  Spelt  Wheat 				 							Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
CHICKEN SALAD			Barley  Kamut  Oats  Rye  Spelt  Wheat 											
CHOCOLATE CHERRY MOUSSE														
Chocolate ice cream														Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

-  Contains
-  May Contain
-  Removable




**Menu Dishes**
























































NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
														

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COURGETTE FRITTI		Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
CRISPY CALAMARI		Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Squid  Whelks 						
DOUGH BALLS		Barley  Kamut  Oats  Rye  Spelt  Wheat 												
FENNEL SAUSAGE & NDUJA		Barley  Kamut  Oats  Rye  Spelt  Wheat 												

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>OCTOBER 2024</b>															

<p>FENNEL SAUSAGE &amp; PEPPER PIZZA SANDWICH</p>			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
<p>FISH FINGER PIZZA SANDWICH</p>			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 					Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 	



































<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS		
																	
OCTOBER 2024																	
FRICKLES & JALAPENOS			Barley  Kamut  Oats  Rye  Spelt  Wheat 														
FRIES																	
Fries and mayo					 												
GARLIC & HERB PINSA			Barley  Kamut  Oats  Rye  Spelt  Wheat 														
GARLIC & MOZZARELLA PINSA			Barley  Kamut  Oats  Rye  Spelt  Wheat 														
Garlic fries and mayo					 												
GREEN SALAD																	



<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															

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OLIVES														Ⓜ	
ROAST SQUASH & SAGE PIZZA		Ⓜ	Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓				Ⓜ	✓		Ⓜ			Ⓜ	Ⓜ	
Sweet potato fries	✓														
TIRAMISU			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓		✓		Ⓜ	✓					Ⓜ	✓	
TOMATO OLIVE SALAD								✓					Ⓜ	Ⓜ	
WEDGE SALAD		Ⓜ	Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat Ⓜ		✓	Ⓜ		✓		✓		Ⓜ	✓	Ⓜ	

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OCTOBER 2024															
WILD MUSHROOM PAPPAREDELLE			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
WILD MUSHROOM PIZZA			Barley  Kamut  Oats  Rye  Spelt  Wheat 