



Allergen Information

Starters																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Fish Pepper Soup		X							X		X				No	No
Grilled Wings											X				No	No
Carrot and Corriandar											X				Yes	Yes
Mains																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Tilapia		X									X				No	No
Salmon		X							X		X				No	No
Prawns		X			X					X	X				No	No
Tripe									X						No	No
Chicken									X						No	No
Dauphionise Potatoes									X		X				Yes	No
Lasagna	X			X					X		X				No	No
Beef trotters									X						No	No
Oxtail									X		X				No	No
Vegetable base																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Green leaves with peanut butter stew								X	X						Yes	Yes
Spinach									X						Yes	Yes
Okra									X						Yes	Yes
Okra with prawns									X	X					No	No
Rice																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Plain white rice															Yes	Yes
Rice & Peas				X											Yes	No
Jollof Rice									X		X				Yes	Yes
Grills																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Grilled Duck											X				No	No
Mixed Grill											X				No	No
Chicken											X				No	No
Sides																
Dish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Suitable For	
															Vegetarian	Vegan
Mac & Cheese				X					X						Yes	No
Plaintain															Yes	Yes
Coleslaw	X														Yes	No
Breaded chicken	X					X					X		X		No	No
Lamb pattie	X														No	No
Jerk Chicken pattie	X					X					X		X		No	No



Allergen Information

	This Drink Contains														Suitable For	
Smoothies	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Vegetarian	Vegan
Red Berry															Yes	Yes
Pineapple & Banana															Yes	Yes
Mango & Strawberry				X											Yes	Yes
Green Smoothie															Yes	Yes
Bottled Drinks (Beers, Wine and Soft Drinks)	Please check the label														Suitable For	
	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Soya	Crustaceans	Celery and Celeriac	Seasame Seeds	Cereals containing gluten	sulphur dioxide and sulphites	Vegetarian	Vegan

*We do use nuts in our kitchen; some dishes may not contain any nuts but may have traces. If you have any food allergies please do let us know.