





























# allards

## ALLERGENS















### tapas

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
MEAT TAPAS														
Meat Paella							✓							
Salt & Chilli Chicken							✓					✓		
Smoked Meatballs	✓	✓					✓		✓				✓	✓
Halloumi & Chorizo							✓							
Short Rib Croquettes		✓		✓			✓				✓	✓	✓	✓
Lemon Chicken Bon Bons		✓		✓			✓		✓			✓	✓	✓
Pork Belly	✓								✓					
Beef Sliders		✓		✓			✓					✓		
Brisket Tacos		✓		✓			✓		✓			✓		✓
Stew & Dumplings		✓		✓		✓	✓		✓					
FISH TAPAS														
Gambas Pil Pil		✓	✓				✓		✓				✓	
Mussel Mariniere							✓	✓						✓
Seafood Paella			✓				✓	✓						✓
Crispy Squid		✓		✓			✓	✓				✓	✓	
Thai Mussels							✓	✓						✓
Scallops & Nduja							✓	✓						
Coconut Salmon					✓							✓		
Potted Crab		✓	✓				✓							
Prawn Thermidor		✓	✓	✓			✓							✓
Tempura Shrimp Tacos		✓	✓	✓		✓	✓					✓		✓
Salt Cod Croquettes		✓		✓	✓		✓							
VEGETABLE TAPAS														
Vegan Paella														
Patatas Bravas				✓			✓							
Truffle Manchego		✓		✓			✓		✓				✓	
Sticky Cauli Wings		✓										✓	✓	
Camembert		✓					✓							✓
Sun-dried Tomato Arancini		✓								✓				✓
Spanish Tortilla				✓										
Baked Mac N Cheese		✓		✓			✓		✓					
Halloumi & Pistachio							✓			✓				
Spiced Lentil Dhal						✓			✓					

### salads

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Baked Goats Cheese & Fig							✓		✓	✓				✓
Warm Coconut Salad										✓	✓			✓
Crispy Beef Salad		✓			✓				✓			✓	✓	















### sarnies

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Beef Brisket		✓					✓		✓					
Croque Monsieur		✓					✓		✓					
Hummus Pesto & Kale		✓								✓		✓		✓
Hot Honey Halloumi		✓					✓							
Chicken & Bacon Sarnie		✓		✓			✓							
Beetroot & Chilli		✓					✓							✓















### mains

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Sharing Paella			✓		✓			✓						
Fish & Chips		✓		✓	✓		✓		✓					
Chefs Soup	SEE SERVER FOR ALLERGENS													
Classic Burger		✓		✓			✓					✓	✓	✓
Chicken Burger		✓		✓			✓		✓		✓	✓	✓	
Sweet Potato Burger		✓										✓	✓	
Mussels		✓					✓	✓						✓















### pizza

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Classic Margherita	✓	✓					✓							
Mushroom & Truffle		✓		✓			✓		✓					
Pesto & Pine Nut	✓	✓					✓			✓				
Honey & Pepperoni		✓					✓							
Prosciutto & Parmesan	✓	✓					✓							

### flatbreads

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Moroccan Chicken		✓					✓							
Crispy Honey Pork		✓		✓			✓					✓		
Beetroot, Hummus & Tzatziki		✓					✓					✓		✓
Pulled Brisket		✓					✓		✓					
Garlic Cheese		✓					✓							✓

### sides

	 Celery	 Cereals	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphur
Truffle Fries							✓							
Focaccia & Olives		✓		✓			✓		✓					✓
Crispy Kale														
Chips & Dips				✓										
Feta & Rocket Salad							✓							