

Please let us know of any allergies before you order. Whilst we have kitchen protocols in place to address the risk of cross-contamination of allergens, kitchens are busy environments so we cannot guarantee their total absence in our dishes.

Y = Contains

M = May Contain

Where an allergen is shown as M this dish MAY CONTAIN gluten. Whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

DATE: 21st March 2022

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Mini Mezze	Y Whe												Y	Y	
Choose THREE of the following : Flat Bread	Y Whe														
Choose THREE of the following : Falafel	Y Whe												Y	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Choose THREE of the following : Houmous													Y		
Choose THREE of the following : Avocado Guacomole															
Choose THREE of the following : Carrot & Cucumber Sticks															
Choose THREE of the following : Cherry Tomato Salad															
Penne pasta with homemade tomato sauce & cheese										Y	Y				
Penne pasta with homemade pesto & cheese										Y					
The Ulti-mutt Burger – beefburger in a brioche bun with lettuce and tomato	Y Whe Rye Bar Oat						Y Wal	Y	Y	Y			Y		
ADD : Emmental										Y					
ADD : Bacon															
ADD : Chorizo Ketchup											Y			Y	
ADD : Crunchy Pickles												Y			
ADD : Homemade Tomato Chutney														Y	
Chicken Goujons- oven-baked with crispy panko breadcrumb coating	Y Whe								Y	Y		Y			
Grilled Haddock - simply cooked & tasty				Y											
ADD : Rich Curry Sauce				Y											
HALLOUMI BURGER	Y Whe Rye Bar Oat						Y Wal	Y	Y	Y			Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
ADD : Mango Chutney														Y	
ADD : Lime & paprika mayonnaise									Y						
FALAFEL BURGER (Only for Yoga Sites)	Y Whe Rye Bar Oat						Y Wal	Y	Y	Y			Y	Y	
Choice of sides : Steamed Seasonal Vegetables															
Choice of sides : French Fries	M Whe														
Choice of sides : Sweet Potato Fries	M Whe														
Choice of sides : Crunchy Carrot & Cucumber Sticks															
Sunday Roast *****Please refer the current Sunday Menu for allergens*****															
STICKY TOFFEE PUDDING, scoop of vanilla ice cream	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
Fresh fruit pot & marshmallows with chocolate dipping sauce								Y		Y				Y	
JUDE'S ICE CREAM Choose from : Vanilla (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Strawberry (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
JUDE'S ICE CREAM Choose from : Chocolate (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S ICE CREAM Choose from : Salted Caramel (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Coconut (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Raspberry					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Mango					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Lemon					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Blood Orange					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
JUDE'S SORBETS Green Apple					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
ADD : Chocolate Sauce (for Ice Creams & Sorbets)								Y		Y				Y	
ADD : Butterscotch Sauce (for Ice Creams & Sorbets)										Y					
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							Y		Y					
LITTLE JUDES MILK LOLLIES					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts

Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

Please let us know of any allergies before you order. Whilst we have kitchen protocols in place to address the risk of cross-contamination of allergens, kitchens are busy environments so we cannot guarantee their total absence in our dishes.

Y = Contains

M = May Contain

Where an allergen is shown as M this dish MAY CONTAIN gluten. Whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

DATE: 21st March 2022