

Breakfast Menu

Name of dish	Peanuts	Nuts*	Lupin	Molluscs	Sesame seeds	Custacean	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur dioxide / sulphites	Gluten**
	Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.	Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.	Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.	These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews	These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.	You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.	Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.	Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.	Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.	Liquid mustard, mustard powder and mustard seeds fall into this category. Also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.	This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.	Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
Club English: free range egg, bacon, sausage, baked beans, hash brown, mushrooms, tomato, bloomer bread, butter								Eggs	Soya	Milk			Sulphur dioxide / sulphites	Gluten**
Club Vegetarin: free range egg, vegetable sausage, baked beans, hash brown, mushrooms, tomato, bloomer bread, butter								Eggs		Milk				Gluten**
Club Vegan: half avocado, vegetable sausage, baked beans, hash brown, mushrooms, tomato, bloomer bread														Gluten**
Bacon Bap										Milk				Gluten**
Pork & Leek Sausage Bap									Soya	Milk			Sulphur dioxide / sulphites	Gluten**
Veggie Sausage Bap										Milk				Gluten**
Egg Bap								Eggs		Milk				Gluten**
Bacon Sandwich										Milk				Gluten**
Pork & Leek Sausage Sandwich									Soya	Milk			Sulphur dioxide / sulphites	Gluten**
Veggie Sausage Sandwich										Milk				Gluten**
Egg Sandwich								Eggs		Milk				Gluten**
Scrambled Egg								Eggs		Milk				
Omelette								Eggs						
Bloomer Bread & Butter										Milk				Gluten**
Bap & Butter										Milk				Gluten**
Pork & Leek Sausage									Soya				Sulphur dioxide / sulphites	Gluten**
Vegetable Sausage														Gluten**
Cheddar Cheese										Milk				
Two Eggs on Two Toasts								Eggs		Milk				Gluten**
Half Avocado on Two Toasts										Milk				Gluten**
Cheddar Cheese on Two Toasts										Milk				Gluten**
Hash Brown														Gluten**
Porridge										Milk				Gluten**
Dried Apricot													Sulphur dioxide / sulphites	

****Bap and Bloomer Bread May Contain: Barley and Sesame****

****if you are allergic to a food and are in any doubt - or if it isn't specified in this sheet, speak to our Chef.