



RECIPE ALLERGEN SUMMARY

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soybeans	Sulphur Dioxide
1 Brunch - 1 Decadent														
Loaded Pancake	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Pancakes - Bacon & Banana Maple Syrup	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Pancakes - Blueberries & Maple Syrup	x	x	●	x	●	x	●	x	x	x	x	x	x	x
1 Brunch - 2 Light Bites														
Pecan Granola, Greek Yoghurt & Banana	x	x	x	x	x	x	●	x	x	●	●	x	x	x
Smoothie - Breakfast	x	x	x	x	x	x	x	x	x	●	●	x	x	x
1 Brunch - 3 Eggs														
Breakfast Burrito	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Breakfast Ciabatta - Bacon	x	x	●	x	●	x	●	x	●	x	x	x	x	x
Breakfast Ciabatta - Sausage	x	x	●	x	●	x	●	x	●	x	x	x	x	●
Eggs Benedict - Bacon	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Eggs Benedict - Ham	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Eggs Benedict - Plain	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Eggs Benedict - Salmon	x	x	●	●	●	x	●	x	x	x	x	x	x	x
Eggs Benedict - Sausage	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Eggs Benedict - Spinach & Tomato	●	x	●	x	●	x	●	x	●	x	x	x	x	●
Eggs on toasted sourdough - Bacon	x	x	●	x	●	x	●	x	x	x	x	●	x	x
Eggs on toasted sourdough - Mushroom & Tomato	x	x	●	x	●	x	●	x	x	x	x	●	x	x
Eggs on toasted sourdough - Plain	x	x	●	x	●	x	●	x	x	x	x	●	x	x
Eggs on toasted sourdough - Salmon & Cream Cheese	x	x	●	●	●	x	●	x	x	x	x	●	x	x
Eggs on toasted sourdough - Sausage	x	x	●	x	●	x	●	x	x	x	x	●	x	●
Full English (w/ sourdough & Butter)	x	x	●	x	●	x	●	x	x	x	x	●	x	●
Full English (without toast)	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Full Mediterranean	●	x	●	x	●	x	●	x	●	x	x	x	x	●
Go East Platter - B	●	x	●	x	●	x	●	x	●	●	●	●	x	●
Ranchero	x	x	●	x	●	x	●	x	●	x	x	x	●	●
Shakshuka	x	x	●	x	●	x	x	x	x	x	x	●	x	x
Smashed avocado on sourdough w/ poached eggs	x	x	●	x	●	x	x	x	x	x	x	●	x	x
Spicy Scrambled Eggs	●	x	●	x	●	x	●	x	●	x	x	●	x	●
Turkish Eggs - B	x	x	●	x	●	x	●	x	x	x	x	●	x	x



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2 Lunch & Dinner - 1 Starters														
Asian Slaw - Craig	x	x	x	x	•	x	x	x	x	x	•	x	•	x
Bread - Mini flatbread	x	x	x	x	•	x	x	x	x	x	x	x	x	x
Chicken Strips (Basket)	x	x	•	x	•	x	x	x	•	x	x	x	x	x
Classic Fries	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Dip - Houmous - L	•	x	x	x	x	x	•	x	•	x	x	•	x	x
Fried Halloumi w/ Sweet Chilli Sauce	x	x	x	x	x	x	•	x	x	x	x	x	x	x
Garlic Bread (Craig)	x	x	x	x	•	x	•	x	x	x	x	x	x	x
Labneh	x	x	x	x	x	x	•	x	x	•	•	•	x	x
Sweet Potato Fries - Lunch	x	x	x	x	x	x	x	x	x	x	x	x	x	x
2 Lunch & Dinner - 2 S'wiches														
Fego Club Ciabatta	x	x	•	x	•	x	x	x	•	x	x	x	x	x
Goats Cheese Ciabatta	x	x	x	x	•	x	•	x	x	x	x	x	x	•
Wrap - Crunchy Chicken	x	x	•	x	•	x	•	x	•	x	x	x	x	•
Wrap - Halloumi & Avocado - w/ Houmous	x	x	•	x	•	x	•	x	•	x	x	•	x	•
2 Lunch & Dinner - 3 Salads														
Chicken Salad - Sweet Chilli t/a	x	x	x	x	•	x	x	x	•	x	x	x	x	•
Greek Salad (BBQ Craig)	x	x	x	x	•	x	•	x	•	x	x	x	x	•
Salad - Superfood	x	x	x	x	•	x	x	x	•	x	x	x	x	•
Salad - Warm Goat's Cheese Salad	x	x	x	x	•	x	•	x	•	•	•	x	x	•
2 Lunch & Dinner - 4 Burgers														
BBQ Beef Short Rib Burger	•	x	•	x	•	x	•	x	•	x	x	x	x	•
Blue Cheese Rarebit & Bacon Beef Burger	x	x	•	x	•	x	•	x	•	x	x	x	x	•
Burger - Cheese	x	x	•	x	•	x	•	x	•	x	x	x	x	•
Burger - Chorizo & Jalapeño	x	x	•	x	•	x	•	x	•	x	x	x	•	•
Fried Chicken Burger	x	x	•	x	•	x	•	x	•	x	x	x	x	x
Plant Based Burger & Fries (vegan)	x	x	x	x	•	x	x	x	•	x	•	•	•	•
2 Lunch & Dinner - 5 Bowls														
Bowls - Main - CHILLI CON CARNE	x	x	x	x	x	x	•	x	x	x	x	x	x	•
Bowls - Main - Citrus Cured Salmon, Soya Dressed Black Rice, Pickled Ginger, Avocado, Cucumber, Wasabi Mayonnaise	•	x	•	•	•	x	x	x	•	x	x	x	•	x
Bowls - Main - DOUBLE DIPPED FRIED CHICKEN & WAFFLE	x	x	•	x	•	x	•	x	x	x	•	x	•	x
Bowls - Main- Crispy Falafel Balls, Fragrant Bulgur Wheat, Israeli Salad, Hummus, Aubergine, Green Tahini	•	x	x	x	•	x	x	x	•	x	x	•	•	x
Bowls - Main- Spiced Lamb Neck Fillet, Bulgur Wheat, Asparagus, Broccoli, Pistachio & Olive Dressing, Pomegranate	•	x	x	x	•	x	•	x	x	•	•	•	x	x



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3.1 Kids Breakfast														
Kids - All American Pancake Stack	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Kids - Eggs and Toast - Bacon (white)	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Kids - Eggs and Toast - Mushroom & Tomato (granary)	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Kids - Eggs and Toast - Salmon & Cream Cheese (granary)	x	x	●	●	●	x	●	x	x	x	x	x	x	x
Kids - Eggs and Toast - Sausage	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Kids - Eggs and Toast (granary)	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Kids - Mini Full English Break (granary)	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Kids - Pancakes and Maple Syrup - Blueberries	x	x	●	x	●	x	●	x	x	x	x	x	x	x
3.2 Kids Mains														
Classic Fries - Kids	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Kids - Cheese Burger & Fries (make sure with Vegan Bun!)	x	x	x	x	●	x	●	x	x	x	x	●	x	x
Kids - Chick Stack Burger (make sure with vegan bun)	x	x	●	x	●	x	x	x	x	x	x	●	x	x
Kids - Chicken Strips & Fries	x	x	●	x	●	x	x	x	x	x	x	x	x	x
Kids - Crumbed Fish 'n Chip (peas & mayo)	x	x	●	●	●	x	x	x	●	x	x	x	x	x
Kids - Ham & Cheese Toastie	x	x	x	x	●	x	●	x	x	x	x	x	x	x
Kids - Spaghetti Pomodoro (tom sauce) (no parmesan)	x	x	x	x	●	x	x	x	x	x	x	x	x	x
Sweet Potato Fries - Kids	x	x	x	x	x	x	x	x	x	x	x	x	x	x
4.1 Sweets Pastries														
Croissant - Plain	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Croissant Almond	x	x	●	x	●	x	●	x	x	●	x	x	x	x
Muffin Blueberry x 12	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Pain Aux Choc	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Pain Aux Raisin	x	x	●	x	●	x	●	x	x	x	x	x	x	x
4.2 Sweets Cakes														
Banana Bread	x	x	●	x	●	x	●	x	x	●	x	x	x	x
Carrot & Cinnamon loaf	x	x	●	x	●	x	●	x	x	●	x	x	x	x
Cookie Chocolate Chip	x	x	●	x	●	x	●	x	x	x	x	x	●	x
SA Cake - Choc Sea Salt Caramel	x	x	●	x	●	x	●	x	x	x	x	x	●	x
SA Cake - Passion Fruit & Meringue	x	x	●	x	●	x	●	x	x	x	x	x	x	x
SA Cake - Pistachio & Olive Oil Cake	x	x	●	x	x	x	x	x	x	●	x	x	x	x
Salted Chocolate Brownie	x	x	●	x	x	x	●	x	x	x	x	x	●	x
4.3 Sweets Desserts														
Lemon Tart Crumble & Rasp Jelly	x	x	●	x	●	x	●	x	x	●	●	x	x	x
Nutella Chocolate Mousse	x	x	x	x	●	x	●	x	x	●	x	x	●	x



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●														
●														
○														
○														
×														

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