

FEGO ALLERGENS*

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BREAKFAST

EGGS

Spicy Scrambled Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites, Mustard

Eggs Benedict Cereals containing gluten, Eggs, Milk, Mustard, Sulphur dioxide & sulphites (May contain Nuts, Soybeans, Sesame seeds)

Full English Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Sesame seeds & Soybeans)

Full Mediterranean Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Sesame seeds & Soybeans)

Ranchero Cereals containing gluten, Eggs, Milk, Mustard, Sulphur dioxide & sulphites (May contain Soybeans)

ON TOAST

House Hummus Cereals containing gluten, Nuts, Sesame seeds, Sulphur dioxide & sulphites, (May contain Eggs, Milk, Soybeans)

Smashed Avocado & Poached Eggs Cereals containing gluten, Eggs (May contain Sesame, Soybeans, Milk)

Smoked Salmon and Scrambled Egg Cereals containing gluten, Eggs, Fish, (May contain Sesame, Soybeans, Milk)

Eggs & Toast (poached, scrambled or fried) Cereals containing gluten, Milk Eggs, Sulphur dioxide & Sulphites (May contain, Soybeans & Sesame seeds, Fish)

Whipped Ricotta & Seasonal Spiced Fruit Cereals containing gluten, Milk (May contain Eggs, Sesame, Soybeans)

PANCAKES & SWEET TOASTS

Seasonal Fruit Pancakes Cereals containing gluten, Eggs, Milk (May contain Soybeans)

Loaded Pancakes Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Soybeans)

French Toast Cereals containing gluten, Eggs, Milk, Nuts, (May contain Peanuts, Soybeans)

BAGELS & CIABATTA

Smoked Salmon Bagel Cereals containing gluten, Eggs, Fish, Milk, Mustard, Sulphur dioxide & sulphites

Bacon Cereals containing gluten, Milk, Mustard, Sulphur dioxide & sulphites (May contain Eggs, Nuts, Sesame seeds, Soybeans)

Sausage Cereals containing gluten, Milk, Mustard, Sulphur dioxide & sulphites (May contain Eggs, Nuts, Sesame seeds, Soybeans)

LIGHT BITES

Porridge Cereals containing gluten, Milk

Bircher Muesli Muesli Sulphur dioxide and sulphites, Nuts, Soybeans

House Granola, Banana & Coconut Yoghurt Milk, Nuts, Peanuts

SIDES & ADDITIONS

Toast Cereals containing gluten, Milk, (May contain Eggs, Sesame, Soybeans)

Hash Browns Cereals containing gluten, Eggs, Milk

Grilled Bacon Sulphur dioxide and sulphites

Grilled Sausage Cereals containing gluten, Sulphur dioxide and sulphites

Plant Based Sausage Cereals Containing Gluten, Soybeans, (May Contain Nuts)

Extra Egg Eggs, Milk

Baked Beans None

Smashed Avocado None

Spinach None

Lamb Kofta Cereals containing gluten

Feta Cheese Milk

Smoked Salmon Fish



LUNCH

ALL DAY BRUNCH.....

House Hummus Cereals containing gluten, Nuts, Sesame seeds, Sulphur dioxide & sulphites, (May contain Eggs, Milk, Soybeans)

Smoked Salmon Bagel Cereals containing gluten, Eggs, Fish, Milk, Mustard, Sulphur dioxide & sulphites

Loaded Pancakes Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Soybeans)

Spicy Scrambled Eggs Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites, Mustard

Full English Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Sesame seeds & Soybeans)

Full Mediterranean Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Sesame seeds & Soybeans)

Ranchero Cereals containing gluten, Eggs, Milk, Mustard, Sulphur dioxide & sulphites (May contain Soybeans)

Smashed Avocado & Poached Eggs Cereals containing gluten, Eggs (May contain Sesame, Soybeans, Milk)

Smoked Salmon and Scrambled Egg Cereals containing gluten, Eggs, Fish, (May contain Sesame, Soybeans, Milk)

SEASONAL SALADS.....

Seasonal Soup Cereals containing gluten, Milk (May contain Eggs, Sesame, Soybeans)

Bakehouse Spinach and Feta Pastry Cereals containing gluten, Milk, Eggs, Mustard, Sesame seeds, Sulphur dioxide & Sulphites (May contain Nuts)

Bakehouse Pork & Pancetta Sausage Roll Cereals containing gluten, Milk, Sulphur dioxide & Sulphites, Mustard, Eggs, Sesame seeds (May contain nuts)

Grilled Goats Cheese Milk, Mustard, Nuts (May contain Cereals containing gluten, Celery, Peanuts)

Superfood Mustard, Sulphur dioxide & sulphites (May contain Cereals containing gluten)

Chicken & Pumpkin Cereals containing gluten, Milk, Mustard, Nuts, Sulphur dioxide & Sulphites, Sesame seeds

WRAPS & SANDWICHES.....

Crunchy Chicken Wrap Cereals containing gluten, Eggs, Celery, Milk, Mustard, Soybeans

Salt Beef Bagel Cereals containing gluten, Mustard, Sulphur dioxide & sulphites, Milk, Eggs

Halloumi & Avocado Wrap Cereals containing gluten, Eggs, Milk, Mustard, (May contain Sulphur dioxide & Sulphites)

Fego Club Ciabatta Cereals containing gluten, Eggs, Mustard, Sulphur dioxide & sulphites (May contain Milk, Nuts, Sesame seeds, Soybeans)

Goats Cheese Ciabatta Cereals containing gluten, Milk, Sulphur dioxide & sulphites (May contain Eggs, Nuts, Sesame, Soybeans)

Lemongrass & Ginger Tofu Wrap Cereals Containing Gluten, Mustard, Soybeans, Sesame seeds

BURGERS

all served with fries.....

Cheese Burger Cereals containing gluten, Eggs, Milk, Mustard, Sulphur dioxide & sulphites (May contain Nuts, Sesame seeds, Soybeans)

Fried Chicken Burger Cereals containing gluten, Eggs, Milk, Mustard (May contain Nuts, Sesame seeds, Soybeans)

Lamb Burger Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites, Mustard, Sesame seeds (May contain Nuts, Soybeans)

Californian Chicken Burger Cereals containing gluten, Milk, Eggs, Sulphur dioxide & Sulphites, Mustard (May contain Nuts, Sesame seeds, Soybeans)

Plant Burger Cereals containing gluten, Mustard, Soybeans, Sulphur dioxide & sulphites (May contain Eggs, Milk, Nuts, Peanuts, Sesame seeds)

BIG BITES.....

Grilled Sea Bass Fish, Cereals Containing Gluten, Sulphur dioxide & Sulphites

Falafel Bowl Cereals containing gluten, Sesame seeds, Nuts, Mustard, Sulphur dioxide & Sulphites (May contain Celery, Mustard, Soybeans)

Chicken & Chorizo Pasta Cereals containing gluten, Sulphur dioxide & sulphites, Milk, Soybeans, Mustard

SMALL BITES

Mixed Olives Sesame seeds

House Hummus & Sourdough Flatbread Cereals containing gluten, Sesame seeds, Nut

Chicken Strips Cereals containing gluten, Eggs, Mustard, Soybeans, (May contain Milk)

Vietnamese Chicken Strips Soybeans, Cereals containing gluten, Sesame seeds, Eggs, Milk

Buffalo Chicken Strips Eggs, Cereals containing gluten, Milk, Mustard

House Lamb Kofta Cereals containing gluten

SIDES

Classic Fries None

Sweet Potato Fries None

Bulgur Wheat Chopped Salad Cereals Containing Gluten, Sulphur Dioxide and Sulphites

Tenderstem Broccoli None

Mix Salad Mustard, Cereals containing gluten, Eggs, Sulphur dioxide and sulphites

Fried Halloumi Milk



KIDS

BREAKFAST

Mini Full English Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites (May contain Nuts, Sesame seeds, Soybeans)

Eggs on Toast Cereals containing gluten, Eggs, Milk (May contain Nuts, Sesame, Soybeans)

American Pancake Stack Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites

Pancakes & Blueberries Cereals containing gluten, Eggs, Milk (May contain Soybeans)

MAINS

Rigatoni Pomodoro Cereals containing gluten, Milk

Ham & Cheese Toastie Cereals containing gluten, Milk (May contain Eggs, Nuts, Sesame seeds, Soybeans)

Chicken Strips & Fries Cereals containing gluten, Celery, Eggs, Soybeans (May contain Milk, Mustard)

Cheese Burger Cereals containing gluten, Milk, Eggs, (May contain Sesame seeds)

Chicken Burger Cereals containing gluten, Milk, Eggs, Soybeans, Celery (May contain Sesame seeds, Milk, Mustard)



DRINKS

SMOOTHIES

Banana And Peanut Butter Smoothie Cereals containing gluten, Nuts, Peanuts

Breakfast Smoothie Nuts, Peanuts

Green Smoothie None

Berry None

Tropical None

SHAKES

Strawberries & Whipped Cream Cereals containing gluten (Barley), Eggs, Milk, Soybeans, Sulphur dioxide and sulphites

Chocolate Deluxe Cereals containing gluten (Barley), Eggs, Milk, Soybeans, Sulphur dioxide and sulphites

Banoffee Pie Cereals containing gluten (Wheat), Milk, Soybeans, Eggs

Crushed Oreo Cereals containing gluten (Barley), Eggs, Milk, Soybeans, Sulphur dioxide and sulphites



BAKEHOUSE ALLERGENS*

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BAKEHOUSE SAVOURIES

Spinach & Feta Pastry Milk, Eggs, Cereals containing gluten, Sesame seeds

Pork & Pancetta Sausage Roll Eggs, Cereals containing gluten, Sulphur dioxide and sulphites

Black Olive Tapenade & Cheddar Cheese Straw Milk, Eggs, Cereals containing gluten

Caramelised Leek, Cheddar & Chive Scone Milk, Eggs, Cereals containing gluten, (May contain Soybeans)

Tarragon Chicken & Mushroom Bun Milk, Eggs, Cereals containing gluten

BAKEHOUSE BUNS

Hazelnut Chocolate Morning Bun Milk, Eggs, Cereals containing gluten, Nuts (May contain Soybeans)

Cinnamon Bun Milk, Eggs, Cereals containing gluten, (May contain Soybeans)

Mixed Berry Muffin Cereals containing gluten, Milk, Eggs

BAKEHOUSE SWEET TREATS

Peanut Butter & White Chocolate Blondie Milk, Eggs, Cereals containing gluten, Peanuts, (May contain Nuts, Soybeans)

Rocky Road Biscuit Eggs, Milk, Cereals containing gluten, (May contain Soybeans, Nuts)

White Chocolate & Hazelnut Cookie Milk, Eggs, Cereals containing gluten, Sulphur dioxide and sulphites, Nuts (May contain Soybeans)

Coconut Bun Milk, Eggs, Sulphur dioxide and sulphites, Nuts

Fego Bun Milk, Eggs, Nuts

BAKEHOUSE LOAF CAKES

Lemon Polenta w/Lemon Drizzle Loaf Milk, Eggs, Nuts

Vegan Sourdough Banana Bread Cereals containing gluten

Orange & Almond Loaf Milk, Eggs, Nuts