



BREAKFAST & BRUNCH ALLERGENS

*If you have any allergen or dietary requirements, please let us know. Although great care is applied within our venues, we cannot guarantee the total absence of any allergens. The information below lists the known allergens in our dishes.

BREAKFAST CLASSICS

Eggs Benedict Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites, Fish (May contain Sesame, Soybeans, Peanuts, Eggs, Nuts)

Full English Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites, (May contain Sesame, Soybeans, Peanuts, Nuts)

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

Eggs & Toast Cereals containing gluten, Eggs, Milk, Sulphur dioxide & sulphites, Fish (May contain Sesame, Soybeans, Peanuts, Nuts)

Full Vegan Soybeans, Sulphur dioxide & sulphites

FEGO PANCAKES

On Their Own Cereals containing gluten, Eggs, Milk

Sweet Stack Cereals containing gluten, Eggs, Milk, (May contain Soybeans)

Savoury Stack Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites, (May contain Soybeans)

LIGHT BITES

Grilled Bacon Cereals containing gluten, Milk, Sulphur dioxide and sulphites (May contain Sesame, Soybeans, Nuts)

Grilled Sausage Cereals containing gluten, Milk, Sulphur dioxide and sulphites (May contain Sesame, Soybeans, Nuts)

Porridge Milk, (May contain Cereals containing gluten)

House Granola Milk, Nuts, Soybeans (May contain Peanuts, Cereals containing gluten)

SIGNATURE BREAKFASTS

Full South African Cereals containing gluten, Sulphur dioxide and sulphites, Eggs, Milk (May contain Nuts, Peanuts, Sesame, Soybeans)

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

Full Mediterranean Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites

Ranchero Cereals containing gluten, Eggs, Milk, Mustard, Sulphur dioxide and sulphites

Spicy Scrambled Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites, (May contain Sesame, Soybeans, Peanut, Nuts)

Triple Cheese Baked Eggs Cereals containing gluten, Milk, Eggs, Mustard, Nuts, Sesame, (May contain Peanuts, Soybeans, Sulphur dioxide & Sulphites)

SIDES & ADDITIONS

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

Hash Browns None - we cannot 100% guarantee GF as we cook in fryer that may have gluten containing products cooked in it.

Grilled Bacon Sulphur dioxide and sulphites

Grilled Sausage Cereals containing gluten, Sulphur dioxide and sulphites

Plant Based Sausage Cereals containing gluten, (May contain Nuts)

Extra Egg Eggs, Milk

Baked Beans None

Smashed Avocado None

Spinach None

Chorizo Cereals containing glute, Milk, Sulphur dioxide and sulphites

Flat Mushrooms None

Fried Halloumi Cereals containing gluten, Milk, Soybeans

Smoked Salmon Fish, Sulphur dioxide and sulphites



LUNCH ALLERGENS

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SEASONAL SALADS & BOWLS

Seasonal Soup Cereals containing gluten, Celery

Roasted Roots Salad Mustard, Cereals containing gluten, Sulphur dioxide & sulphites, Sesame

Grilled Goats Cheese Milk, Cereals containing gluten, Mustard, Sulphur dioxide and sulphites, Nuts, Sesame (May contain Peanuts, Soybeans)

Superfood Cereals containing gluten, Mustard, Nuts, Sesame, Sulphur dioxide and sulphites (May contain Peanuts and Soybeans)

Cornflake Chicken Caesar Cereals containing gluten, Fish, Milk, Eggs, Mustard, Sulphur dioxide and sulphites

Broken Meatballs Cereals containing gluten, Milk, Sesame

Kale Pesto Rigatoni Cereals containing gluten, Milk, Nuts (May contain Peanuts)

SANDWICHES, BURGERS & WRAPS

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

Roasted Root Vegetable Focaccia Cereals containing gluten, Milk(Substitutable), Mustard, Nuts Sulphur dioxide & sulphites

Smash Burger Cereals containing gluten, Eggs, Milk, Mustard, Sesame, Celery

Korean Fried Chicken Burger Cereals containing gluten, Eggs, Milk, Mustard, Sesame, Soybeans, Sulphur dioxide and sulphites

Vegan Burger Cereals containing gluten, Soybeans

Peri Peri Chicken Wrap Cereals containing gluten, Milk, Sulphur dioxide & sulphites

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

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

SOMETHING TO ADD

Classic Chips None – we cannot 100% guarantee GF as we cook in fryer that may have gluten containing products cooked in it.

Sweet Potato Fries None – we cannot 100% guarantee GF as we cook in fryer that may have gluten containing products cooked in it.

Crispy Potato Cakes Milk, we cannot 100% guarantee GF as we cook in fryer that may have gluten containing products cooked in it.

Fried Halloumi Cereals containing gluten, Milk, Soybeans

Chicken Strips Celery, Cereals containing gluten, Eggs, Mustard, Soybeans

House Hummus & Bakehouse Flatbread Cereals containing gluten, Sesame seeds, Nuts

Vietnamese Chicken Strips Soybeans, Cereals containing gluten, Sesame, Celery

Buffalo Hot Chicken Strips Soybeans, Celery, Cereals containing gluten, Milk, Mustard, Eggs, Soybeans

Olives None

Yemenite Ja`ala Cereals containing gluten, Nuts, Sesame Seeds, (May contain Peanuts, Soybeans)

Falafel Cereals containing gluten

Cornflake Chicken Eggs, Milk, Cereals containing gluten

Autumn Leaf Salad Mustard, Sulphur dioxide and sulphites



FEGO KIDS ALLERGENS

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BREAKFAST

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

Mini Smashed Avo Cereals containing gluten, Eggs, (May contain Milk, Sesame, Soybeans, Nuts)

Mini Mediterranean Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites, (May contain Sesame, Soybeans, Nuts)

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

Pancakes & Fresh Fruit Cereals containing gluten, Eggs, Milk

MAINS

Ham & Cheese Croissant Cereals containing gluten, Eggs, Milk, Sulphur dioxide and sulphites

Mini Meze Eggs, Milk, Sesame Seeds, Cereals containing gluten

Chicken Strips & Fries Cereals containing gluten, Eggs, Mustard, Soybeans

Cheese Burger Cereals containing gluten, Milk, Sesame seeds, Soybeans

Seasonal Salad Cereals containing gluten, Fish, Milk, Eggs, Mustard, Sulphur dioxide and sulphites