

FOOD ALLERGENS LIST

Please inform customers we are not a gluten free kitchen. These products have no added gluten. But may have come in to contact with gluten containing products.

SAVOURY FOOD

No added Gluten items:

- Orange chicken
- Summer chicken
- Thai Green Chicken Curry
- Minted Lamb & red wine
- Chicken soup
- Potato & Leek soup
- Pumpkin & coriander soup
- Gluten free quiche (on order)
- Bacon & Egg cups
- Vegetable Frittata
- Devils on Horseback
- Tarragon Chicken
- Mediterranean Baked Fish
- Lamb & Almond Tagine
- Pork Chasseur

Garlic Free:

- Minted Lamb
- Coq Au Vin

Contains Dairy Not GF:

- Lasagne
- Pies
- Cannelloni

Onion Free:

- Spinach & Pumpkin cannelloni (NOT GF)
- Orange Chicken

Contains Nuts:

- Tagine (Almonds)
- Butter Chicken (Cashew)
- Penne (Almonds) (NOT GF)
- Beef & Guinness (Walnuts)

Vegan:

- Lentil Pie
- Pumpkin Soup & Lentil Soup

SWEET FOOD ALLERGENS

No added Gluten:

Large Desserts

- Turkish Orange Cake
- Pavlova Roulade
- Chocolate roulade (Nut Free)
- Lemon soufflé (Nut Free)
- Chocolate Mousse (Nut Free)

Top Shelf

- Chocolate Mousse (nut free)
- Lemon Souffle (nut free)
- Turkish Orange Pudding
- Friands
- Meringues (nut free)
- Hello Dolly Slice
- Date + Apple shortcake
- Lemon Passionfruit Slice (nut free)
- Cranberry & Cashew Slice

Extras

- Peanut butter fudge
- Coconut Ice
- Raw balls (dairy free vegan)
- Raw Bounty bar (dairy free vegan)
- Rocky Road
- Meringues (nut free)
- Lemon Curd (nut free)

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