34A 0 0			\sim		_		Γ	Г 👝 Т		Γ ο		Q ₀	
		A R M.		₽°	Lupin	Milk		MUSTARD	050			1500	NINE NINE
80	19		مما	-									Beer
											Sesame		Sulphur
Celery		Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts		Soya	Dioxide
											Seeds		
			✓			✓							✓
	✓ Wheat / Rye											✓	
						✓							
						(butter)							
						can be							
						done							
	√Wheat / Rye					without							
	√ Wheat												
						✓							
									*coconut				
√	√ Wheat					✓		✓					
	√ Wheat			✓									
√													
			\					✓					
						✓							
√								✓					
			√	√				√					
	√ Wheat										√		✓
											√		√
	Celery	Gluten** V Wheat / Rye V Wheat / Rye V Wheat Wheat V Wheat V Wheat	Celery Containing Gluten** V Wheat / Rye V Wheat / Rye V Wheat V Wheat	Celery Containing Gluten** V Wheat / Rye V Wheat / Rye V Wheat / Rye V Wheat V Wheat V Wheat V Wheat V Wheat V V V V Wheat V V V V V V V V V V V V V V V V V V V	Celery Containing Gluten** V Wheat / Rye V Wheat / Rye V Wheat V Wheat V Wheat V Wheat V Wheat V Wheat V V V V V V V V V V V V V V V V V V V	Cereals Containing Gluten** / Wheat / Rye / Wheat / Rye / Wheat / Vheat / Vheat	Celery Containing Gluten** J Wheat / Rye Wheat / Rye Wheat / Rye Wheat / Rye Wheat / Wheat Wheat / Wheat Wheat / Wheat W	Celery Containing Gluten** / Wheat / Rye / Wheat / Wheat / Wheat / Rye	Celery Containing Gluten** / Wheat / Rye / Wheat	Cereals Containing Gluten** Vwheat / Rye Vwheat / Vwheat / Rye Vwheat	Cereals Containing Crustaceans Eggs Fish Lupin Milk Molluscs Mustard Nuts Peanuts	Celery Containing Crustaceans Eggs Fish Lupin Milk Molluscs Mustard Nuts Peanuts Sesame Seeds	Celery Containing Cont

Kara's Breakfast	√ Wheat / Rye		√			
Kara's Vegan Breakfast	✓ Wheat / Rye		· ·		√	•
The second secon	, imality inje					
			(butter)			
			can be			
	✓ Wheat / Rye /		done			
*Breakfast Sandwich Bagel	Barley		without			
*Breakfast Sandwich Brioche Bun	√ Wheat / Rye	√	/			
			(butter)			
			can be			
			done			
*Breakfast Sandwich White Bloomer	✓ Wheat / Rye		without			
			✓			
			(butter)			
			can be			
			done			
*Breakfast Sandwich Brown Bloomer	√ Wheat		without			
Pork Sausage						✓
Turkey Sausage						✓
Vegan Sausage					✓	
Fried Egg		✓				
Scrambled Egg		✓	✓			
Bacon						
Turkey Bacon						
Cheese			✓			
Vegan Cheese						
			√			
			(butter)			
			can be			
			done			
Garlic Mushrooms			without			1
Smashed Avocado						1
Hash Browns						

		✓ Wheat / Rye /									
Smashed Avo & Feta Bagel		Barley			✓						
					✓						
					(butter)						
					can be						
					done						
Spinach					without						
Waffles		√ Wheat	✓		√						
Pancakes		√ Wheat	✓		✓						
Crepes		√ Wheat	✓		✓						
French Toast		√ Wheat / Rye	✓		✓						
Maple Syrup											
Nutella								√ - Hazelnuts		√	
White Chocolate &hazelnut Sauce					√					√	
Lotus Biscoff Sauce		√ Wheat								√	
White Chocolate Sauce					√					√	
Milk Chocolate Sauce					√					√	
Caramel Sauce / Salted Caramel Sauc	e				√						
Strawberries											
Bananas											
Oreos		√ Wheat								✓	
Lotus Biscuits		√ Wheat								✓	
Kinder Bueno		√ Wheat			✓			√ - Hazelnuts		✓	
White Chocolate (Chips)					✓					✓	
Milk Chocolate					✓					✓	
Toffee Sauce					✓						
Spray Cream					✓						
Vegan Spray Cream											
Soft Scoop Ice Cream					√						
Vanilla Ice Cream					√						
Panini - White Sub (no toppings)		√ Wheat									
Crispy Fried Chicken Burger & Chips	√	√ Wheat	✓		√		✓				
Buffalo Sauce											
Sweet Brandy Sauce	✓	✓ Wheat / Barley				✓				✓	
Honey Jerk Sauce											
Spiced Bean Burger with chips											
Mixed Salad	✓										
Salad Dressing - balsamic											

Chicken and Waffles	1,	√ Wheat						
	V	√ wneat	- V	V				_
Cheddar Cheese Slice				✓				
Vegan Cheese Slice						*Coconut		
Parmesan				✓				
Goats Cheese				✓				
Shredded Cajun Chicken	√				✓			
Shredded Cajun Chicken Mayo	√		✓		✓			
Guacomole								
Caramelised Onions								
Pitta Bread		√ Wheat	✓	✓				
Savory Scones		√ Wheat	✓	✓				
Cream Tea		√ Wheat	✓	✓				
Sultana Scone		√ Wheat	✓	✓				
Sweet Scone		√ Wheat						
Seasoned Skin on Chips	✓				✓			
Salt and Pepper Chips								
Rosmary garlic & Parmesan Chips				✓				
Halloumi Fries		√ Wheat		✓				
Vegan Red Velvet cupcakes		√ Wheat						