














































































































































































































Allergens Summary: Lunch Menu








































































Reviewed by Wiola on 25-02-2024








































































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
All Day Energiser (kcal 660)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Antipasto Misto (For One kcal734, For Two kcal 950)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												

















<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
BLT Bloomer Sandwich (kcal 2606)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Bruschetta (kcal 377)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Caprese Salad (kcal 180)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												




































































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Cheddar Cheese and Mushroom Omelette (kcal 839)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Cheddar Cheese and Spinach Omelette (kcal 832)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Cheddar Cheese and Tomato Omelette (kcal 881)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 



























































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Cheddar Cheese Omelette (kcal 866)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Chicken Avocado Sandwich (kcal 1425)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Chicken Eskalope Focaccia (kcal 1288)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 















<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Fried Calamari (For One kcal 300, For Two 631)			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Squid 						
Fried King Prawns (For one kcal299, For Two kcal 550)			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						
Gnocchi Truffle Cheese Fondue (kcal 1098)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Goats Cheese Focaccia (kcal 1149)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Golden Mozzarella Sticks (For One kcal 431, For Two 670)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Grilled Chicken with Truffle Mayo Focaccia (kcal 1481)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Grilled Halloumi Focaccia (kcal 1766)		✓	Oats  Rye  Spelt  Wheat 		✓			✓		✓			✓	✓	Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Halloumi Bruschetta (kcal 458)		✓	Barley  Kamut  Oats  Rye  Spelt  Wheat 		✓		✓	✓					✓		
Ham and Cheese Ciabatta (kcal 1152)		✓	Oats  Rye  Spelt  Wheat 		✓		✓	✓		✓				✓	Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 






































































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
<p>Ham and Cheese Omelette (kcal 953)</p>		<p></p>	<p> Barley  Kamut  Oats  Rye  Spelt  Wheat  </p>		<p></p>		<p></p>	<p></p>			<p></p>		<p></p>		<p> Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut  </p>
<p>Italian Bread Basket (kcal 372)</p>		<p></p>	<p> Barley  Kamut  Oats  Rye  Spelt  Wheat  </p>		<p></p>		<p></p>	<p></p>						<p></p>	
<p>Italian Flatbread with caramelised onion (kcal 872)</p>			<p> Barley  Kamut  Oats  Rye  Spelt  Wheat  </p>				<p></p>	<p></p>				<p></p>			
<p>Italian Flatbread with garlic and rosemary (kcal 877)</p>			<p> Barley  Kamut  Oats  Rye  Spelt  Wheat  </p>				<p></p>	<p></p>				<p></p>			




























































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Italian Flatbread with tomato sauce and basil pesto (kcal 635)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Mixed Marinated Olives (kcal 335)															
Mozzarella and Tomato Ciabatta (kcal 966)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

































<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															













































































Lunch Menu





























































Mushroom, Spinach and Cheddar Cheese Omelette (kcal 900)	✓	Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat Ⓜ	✓	✓	✓	✓	✓	✓			Ⓜ		✓		Almonds Ⓜ Brazil nuts Ⓜ Cashews Ⓜ Hazelnuts Ⓜ Macadamia nuts Ⓜ Pecans Ⓜ Pistachios Ⓜ Queensland nuts Ⓜ Walnut Ⓜ
Original Egg and Bacon Toasted Bloomer (kcal 2180)		Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓	✓	✓	✓	✓	✓	✓		✓	Ⓜ		✓		Almonds Ⓜ Brazil nuts Ⓜ Cashews Ⓜ Hazelnuts Ⓜ Macadamia nuts Ⓜ Pecans Ⓜ Pistachios Ⓜ Queensland nuts Ⓜ Walnut Ⓜ
Original Egg and Mayo Cheese (kcal 1807)		Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓	✓	✓	✓	✓	✓	✓		✓	Ⓜ				Almonds Ⓜ Brazil nuts Ⓜ Cashews Ⓜ Hazelnuts Ⓜ Macadamia nuts Ⓜ Pecans Ⓜ Pistachios Ⓜ Queensland nuts Ⓜ Walnut Ⓜ







































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Parma Ham and Mozzarella Ciabatta (kcal 1086)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Pizza Calzone (kcal 1441)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Pizza Capriciossa (kcal 3310)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Pizza Contadina (kcal 1771)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
Lunch Menu																
Pizza Fiorentina (kcal 2088)			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Pizza Margherita (kcal 1807)			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Pizza Parma Ham and Rocket (kcal 1806)			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Pizza Quattro Formaggi (kcal 1715)			Barley  Kamut  Oats  Rye  Spelt  Wheat 													

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Pizza Salami (kcal 1557)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Pizza Tiger King Prawns (kcal 1607)			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						
Pizza Vegetarian (kcal 1404)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Pizza Wild Mushroom (kcal 1992)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Plain Omelette (kcal 655)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Salmon and Avocado Tartines (kcal 376)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Salt Beef Focaccia (kcal 1100)			Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Salt Beef Starter (kcal 440)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Selection of Tartines (For One kcal 523, For Two kcal690)			Barley  Kamut  Oats  Rye  Spelt  Wheat 						Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						
Smoked Salmon Ciabatta (kcal 940)			Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Lunch Menu															
Spaghetti Carbonara (kcal 1270)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Spaghetti Neapolitana (kcal 822)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Vegetarian Tartines Selection (For one kcal374, For Two kcal577)			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
Wild Mushroom Arancini (kcal 915)			Barley  Kamut  Oats  Rye  Spelt  Wheat 