

Ego Allergens Autumn/Winter 2023 Updated



A LA CARTE



	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs	Fish	Internal Notes
Appetisers															
Olives															
Pitta & Hummus	x			x			x	x		x					*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Fresh Bread	x										x				* Sulphite in balsamic vinegar
Halloumi Fries with Chilli Honey															
Garlic Bread	x					x									
Garlic Bread + Cheese	x					x									
Garlic Bread + Tomato	x					x									
Ego Sharing Board	x		x			x			x	x	x		x	x	*Sesame in hummus *Sulphite in Tapenade & Hummus *Mustard in fishcake
Starters															
Soup	x				x	x		x							*Gluten & lactose in the bread/butter *Celery/lactose/soya dependant upon chef recipe
Salmon Fishcake	x		x			x			x		x			x	* Sulphite present in salad dressing
Chorizo Frito al Vino	x										x				* Sulphite in red wine
Goats Cheese	x		x			x			x		x				* Mustard present in beetroot chutney * Egg in brioche
Gambas Al Pil Pil	x	x													
Calamari	x		x			x			x		x		x		* Lactose present due to squid stored in milk *Egg & mustard in aioli
Pate	x					x			x		x				* Mustard present in Pate
Panko Belly Pork	x		x			x	x	x	x		x				* Egg used in the breadcrumb process & dressing *Black pud contains wheat & celery
Camembert	x		x			x					x				* Egg used in the breadcrumb process
Moules Marinières	x					x					x		x		*Sulphites in the white wine jus
Garlic Mushrooms with parsley cream	x					x									
Pasta/ Risotto															
Prawn Linguine	x	x									x				*Sulphites in the dressing on rocket *Lactose in butter used to finish dish
Carbonara	x		x			x									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Paella Mixta		x				x							x		* Lactose present due to squid stored in milk
Paella Chicken & Chorizo															
Paella Veg															
Pizza															
Margherita	x					x									
Chargrilled Chicken	x					x									
Goats Cheese & Caramelised Onion	x					x					x				* Sulphite in caramelised onion
Pepperoni Picante	x				x	x			x						* Soy bean & mustard present in pepperoni
Create own with King prawns	x	x				x									
Create own with black olives	x					x									
Create own with chorizo	x					x									
Create own with pancetta	x					x									
Create own with Mushrooms	x					x									
Create own with Piquillo peppers	x					x									
Create own with artichokes	x					x									
Main Courses															
Chicken Supreme with tomato saffron risotto			x			x	x								* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein. Nuts in pesto
Andalucian Pork Fillet			x			x			x		x				* Egg present in Grana Padano (used to gratinate dauph)-made using 'lysozyme' which is an egg protein*Sulphites in dauph
Beef Bourguignon						x					x				
Minted Lamb Rump						x									
Lemon Milanese	x		x			x					x				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein (& in breadcrumb process)
Sea Bass with chorizo														x	
Cod Supreme						x					x			x	*Sulphites in sauce *Lactose in crushed pots, beans & sauce
Moroccan Lamb	x					x	x				x				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix
Moroccan Falafel	x					x	x				x				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix
Courgette sweetcorn fritters				x			x	x		x					*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Greek Salad						x					x				* Sulphite free without salad dressing
Steak Frites											x				* Sulphite free without salad dressing
Prawn Skewers		x									x				
Garlic Butter						x									
Peppercorn Sauce						x									
Kebabs															
Mixed	x					x			x		x				* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
Piri Chicken	x					x					x				* Lactose in tzatziki * Sulphites in salad dressing
Piri Chicken & Chorizo	x					x					x				* Lactose in tzatziki * Sulphites in salad dressing
Halloumi	x					x					x				* Lactose in tzatziki * Sulphites in salad dressing
Moroccan Lamb (thurs)	x					x			x		x				* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
Sides															
Fries															
Truffle & Grana Padano fries			x			x									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Sweet potato fries															
Dauphinoise			x			x					x				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein *Sulphites in dauph
Halloumi Fries with Chilli Honey						x									
Green Beans						x									* Lactose free without butter
Tenderstem Broccoli						x	x								
Roasted Med Veg						x	x								*Nuts in pesto
Rocket & Grana Padano Salad			x			x					x				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Greek Salad						x					x				
Cauliflower Cheese	x		x			x									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein*Gluten in cheese sauce
Desserts															
Basque Cheesecake	x		x			x									
Rhubarb Crumble with custard	x					x					x				*Sulphite is the Gin in the mix

Rhubarb Crumble with ice cream	x					x					x					*Egg in ice cream
Apple & Cinnamon Pie with custard	x										x					
Apple & Cinnamon Pie with ice cream	x		x								x					*Egg in ice cream
Chocolate Salted Caramel Tart				x		x										
Sticky Toffee	x		x				x									
Brownie			x			x										*Soy present in all desserts with chocolate sauce
Sundae	x		x			x										* Soy present in Brownie, choc sauce & cookie dough *Wheat in cookie dough
Eton Mess			x				x									
Frangipane Tart	x		x				x	x								*Egg & Lactose in the icecream
Lemon Tart	x		x					x								
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x					x								
Mini Sticky Toffee	x		x				x									
Mini Brownie			x			x		x								
Mini Mess			x				x									
Mini Ice Cream			x				x									
Soya Milk						x										
Oat Milk																
Almond Milk											x					
Skimmed/Semi-skimmed Milk							x									
Vegan Menu	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Garlic Bread + Vegan Cheese	x															
Med Veg Linguine	x										x					
Pitta & Hummus	x			x			x	x		x						*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Margherita Pizza	x															
Med Veg Pizza	x										x					* Sulphites in caremelised onion & dressing
Moroccan Falafel	x						x			x	x					* Sesame & Sulphite in hummus *Nut free without almonds
Courgette sweetcorn fritters	x			x			x	x		x						* Sulphite in red pepper tapenade*sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Frangipane Tart	x					x		x								*Soy in ice cream
Vegan Vanilla Ice Cream						x										*Soy in ice cream
Vegan Chocolate Ice Cream						x										*Soy in ice cream
Lunch Menus	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Steak Pie with Chips	x		x			x					x					*Sulphites in ale in pie mix & hand cut chips *Gluten in pastry & pie mix(ale)
Steak Pie with Mash	x															*Gluten in pastry & pie mix(ale)
Chicken Supreme							x		x							
Fish & Chips Beer Batter	x		x								x			x		*Egg & mustard present in tartare sauce
Moules Frites	x					x					x					
Fishcakes	x		x			x			x		x		x	x		* Egg & mustard present in tartare sauce *Mustard in fishcakes
Mini Lemon Milanese	x		x								x					* Egg present in Grana Padano -made using "tysozyme" which is an egg protein (& in breadcrumb process)
Chicken Wrap	x					x				x	x					* Mustard in the chicken marinade*Sesame in hummus
Lamb kofte Wrap	x					x				x	x					* Mustard in the kofte mix *Sesame in hummus
Falafel Wrap	x									x	x					*Sesame in hummus
Sunday Roast	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Trio of Roasts (Chicken/Beef/Pork)	x		x			x		x	x		x					
Roast Beef	x					x		x	x							
Roast Pork Fillet	x		x			x		x			x					
Roast Chicken	x		x			x		x			x					
Roast Lamb	x		x			x		x			x					
Nut Roast	x		x			x	x	x			x					*The nut roast is made with GF crumbs & Vegan egg substitute so dish without yorkshire pudding is both GF & VE
Stuffing	x										x					
Pigs in Blankets	x							x	x		x					
Cauliflower Cheese	x															* Egg present in Grana Padano -made using "tysozyme" which is an egg protein *Gluten in cheese sauce & crumb
Junior/Little Ego	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Chicken Goujons	x		x			x					x					* Lactose & Egg present in breadcrumb process*Sulphite free if no salad dressing
Fish Goujons	x		x			x					x			x		* Lactose & Egg present in breadcrumb process*Sulphite free if no salad dressing
Bolognaise Pasta	x															* Gluten free when made with GF fusilli
Pasta with Butter	x					x										* Gluten free when made with GF fusilli
Pasta with Carbonara	x		x			x										* Egg present in Grana Padano -made using "tysozyme" which is an egg protein
Searise											x			x		* Lactose free if served without butter on veg * Sulphite free if served without salad dressing
Chicken Breast																* Lactose free if served without butter on veg * Sulphite free if served without salad dressing
Rump Steak						x					x					* Lactose free if served without butter on veg * Sulphite free if served without salad dressing
Fishcake	x		x			x			x					x		* Mustard in fishcake mix
Hummus with pitta	x									x						
Sundae			x			x										
Brownie			x			x										*Soy present in all desserts with chocolate sauce
Sticky Toffee	x		x				x									
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x				x									
Passionfruit/Raspberry Sorbet																
Afternoon Tea	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Salmon & Cream Cheese Sandwich	x				x	x								x		* Soy bean & Lactose present in granary bread
Chicken & Rocket Sandwich	x		x		x				x							* Soy bean & Lactose present in granary bread
Mini Goats Cheese	x		x			x			x		x					
Falafel with tzatziki							x									
Mini fishcake with tartare	x		x			x			x		x			x		
Hummus & Roasted Red Pepper Sandwich	x				x	x				x	x					* Soy bean & Lactose present in granary bread
Cheddar & Caramelised Onion Sandwich	x				x	x					x					* Soy bean & Lactose present in granary bread
Fruit scone with dotted cream & strawberry jam	x		x			x										
Frangipane Tart	x							x								
Lemon Tart	x		x				x									
Brownie					x		x									*Soy present in all desserts with chocolate sauce
Gluten Free Menu	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish		
Olives																
Crudites & Hummus				x				x	x		x					*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka

