

EZRA & GIL ALLERGEN INFORMATION

TOASTED SOURDOUGH

Gluten, soya, milk, nuts.

BEANS ON SOURDOUGH TOAST

Gluten, milk.

FREE-RANGE EGGS ON SOURDOUGH (v)

Gluten, milk, egg.

EGGS FLORENTINE (v)

Gluten, milk, egg, sulphites.

EGGS BENEDICT

Gluten, milk, egg, sulphites.

EGGS ROYALE

Gluten, milk, egg, sulphites, fish.

ORGANIC OATS PORRIDGE (ve)

Gluten, soya, milk, nuts.

HOUSE-BAKED GRANOLA (v)

Gluten, milk, sulphites.

SAUSAGE SANDWICH

Gluten, milk.

GREEK STYLE GREEK OMELETTE (v, gf)

Milk, egg.

SMASHED PUMPKIN ON TOAST (v)

Gluten, milk, egg, sulphites.

SMASHED AVOCADO ON SOURDOUGH (v)

Gluten, milk, egg, sulphites.

BANOFFEE FRENCH TOAST (v)

Gluten, soya, milk, egg, nuts.

CLASSIC 'E&G' BREAKFAST

Gluten, soya, milk, egg, sulphites.

VEGGIE 'E&G' BREAKFAST (v)

Gluten, milk, egg, sesame.

VEGAN 'E&G' BREAKFAST (ve)

Gluten.

SALMON ON SOURDOUGH

Gluten, milk, egg, sulphites, mustard, sesame, fish.

BBQ CHICKEN MELT

Gluten, milk.

HALLOUMI & ROASTED PEPPERS (v)

Gluten, milk, sesame.

HOUMOUS & AVOCADO (ve)

Gluten, sesame.

CHICKPEA & CHORIZO

Gluten, milk, egg.

AVOCADO SOY & RED CHILLIES POKE BOWL (ve)

Gluten, soya, sesame.

CHICKEN & TERIYAKI MAYO

Gluten, soya, sesame, milk, egg.

SMOKED SALMON, SOY & DILL

Gluten, soya, sesame, fish.

MARINATED TOFU & SRIRACHA (ve)

Gluten, soya, sesame.

BARLEY AND AVO

Gluten, celery, sulphites, mustard.

CAESAR SALAD

Gluten, milk, egg, fish.

SALMON SALAD

Sulphites, mustard, sesame, fish.

