

# EZRA & GIL ALLERGEN INFORMATION

**ALLERGY ADVICE:** We follow good hygiene practices in our kitchen but due to the presence of allergenic ingredients in some products there is a possibility that allergen traces may be found in any item. We advise you to contact us if you have any food allergies or intolerance.

## BRUNCH

### SOURDOUGH TOAST

PLAIN	Gluten
BUTTER	Gluten, milk
JAM & BUTTER	Gluten, milk
MARMELADE	Gluten
PEANUT BUTTER	Gluten, peanuts
MARMITE	Gluten, celery, barley, wheat, oats, rye
NUTELLA	Gluten, milk, nuts, soya

### BEANS ON SOURDOUGH TOAST

Gluten, milk, egg

### FREE-RANGE EGGS ON SOURDOUGH

Gluten, egg, milk, sulphites

### ORGANIC OATS PORRIDGE

Gluten (oats), soya, sulphites, almonds, nuts

### HOUSE-BAKED GRANOLA

Gluten (oats), milk, nuts, sulphites

### SAUSAGE SANDWICH

Gluten, milk, soya, barley, wheat, sulphites

### VEGGIE SANDWICH

Gluten, milk, barley

### 'E&G' OMELETTE

Egg, milk

### CHORIZO & SWEET POTATO HASH

Gluten, milk, egg

### SMASHED AVOCADO ON SOURDOUGH

Gluten, milk, egg

### SMASED PUMPKIN ON TOAST

Gluten, milk, egg, sesame, nuts

### LEMON CHEESECAKE FRENCH TOAST

Gluten, wheat, egg, milk

### SALMON ON SOURDOUGH

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

### EGGS FLORENTINE

Gluten, egg, milk, sulphites

### EGGS BENEDICT

Gluten, egg, milk, sulphites

### EGGS ROYALE

Gluten, egg, milk, sulphites, fish

### CLASSIC 'E&G' BREAKFAST

Gluten, egg, milk, soya, barley, wheat, sulphites

### VEGGIE 'E&G' BREAKFAST

Gluten, egg, milk, sesame

### VEGAN 'E&G' BREAKFAST

Gluten

## EXTRAS

<b>FREE-RANGE EGG</b>	Egg, milk, sulphites
<b>TOAST</b>	Gluten
<b>MUSHROOMS</b>	-
<b>TOMATOES</b>	Sulphites
<b>BEANS</b>	-
<b>CUMBERLAND SAUSAGE</b>	Soya, barley, wheat, sulphites
<b>HOLLANDAISE SAUCE</b>	Egg, milk, sulphites

<b>SAUTEED SPINACH</b>	Milk
<b>BLACK PUDDING</b>	Gluten, barley, wheat
<b>ROASTED HAM</b>	-
<b>GRILLED CHORIZO</b>	-
<b>PAN-SEARED HALLOUMI</b>	Milk
<b>SMASHED AVOCADO</b>	-
<b>SMOKED SALMON</b>	Fish

## LITTLE KIDS

<b>CHEESE &amp; TOMATO</b> Gluten, milk
<b>BEANS ON TOAST</b> Gluten

<b>SCRAMBLED EGG</b> Gluten, egg, milk
<b>ROAST HAM &amp; CHEESE</b> Gluten, milk

## SALADS

<b>BLACK BEAN SALAD</b> Gluten, Mustard, soya, sulphites
<b>E&amp;G CHICKEN CAESAR SALAD</b> Gluten, milk, egg, fish

<b>PRAWN SALAD</b> Crustaceans, sesame, egg, mustard, sulphites
<b>SALMON SALAD</b> Sulphites, mustard, sesame, fish

## POKE-STYLE BOWLS

### AVOCADO, SRIRACHA MAYO

Gluten, soya, sesame, wheat, mustard, sulphites

### CHICKEN, RED CHILLIES & TERIYAKI MAYO

Gluten, soya, sesame, wheat, egg, sulphites

### SMOKED SALMON, SOY & DILL

Gluten, soya, sesame, wheat, fish, sulphites

### KING PRAWN & SRIRACHA MAYO

Gluten, soya, sesame, wheat, mustard, crustaceous, sulphites

## ON SOURDOUGH OR FLATBREADS

### BARBECUE CHICKEN MELT

Gluten, milk, celery

### HALLOUMI & ROASTED PEPPERS

Gluten, milk, sulphites, sesame, soya

### HOUMOUS & AVOCADO

Gluten, sesame

## PASTA

### FUSILLI AL POMODORO

Gluten (wheat), soya, celery, milk

### FUSILLI AL PESTO

Gluten (wheat), milk, egg, nuts

### VEGAN TAGLIATELLE

Gluten (wheat), soya, celery, sulphites

### GNOCCHI ALLA PANCETTA

Gluten (wheat), milk, egg

### NDUJA RIGATONI

Gluten (wheat), milk, sulphites

### RAVIOLONI

Gluten (wheat), egg, milk

### RAVIOLI PORCINI

Gluten (wheat), egg, milk

### KING PRAWN LINGUINE

Gluten (wheat), milk, sulphites, crustaceous

## SOUP & SANDWICHES

Soup and sandwiches change daily, please ask a member of staff for up to date allergens.