

# 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

### **HOUSE-BAKED GRANOLA**

Gluten (oats), milk, nuts, sulphites

### **SAUSAGE SANDWICH**

Gluten, milk, soya, barley, wheat, sulphites

### **VEGGIE SANDWICH**

Gluten, milk

### **GREEK-STYLE OMELETTE**

Egg, milk

### **SMASHED AVOCADO ON SOURDOUGH**

Gluten, milk, egg

### **SMASED PUMPKIN ON TOAST**

Gluten, milk, egg, sesame, nuts

### **OREO FRENCH TOAST**

Gluten, wheat, egg, milk, soya, nuts

### **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>GARLIC SWEET POTATOES</b>	-
<b>SMOKED SALMON</b>	Fish

## LITTLE KIDS

**CHEESE & TOMATO**  
Gluten, milk

**BEANS ON TOAST**  
Gluten

**SCRAMBLED EGG**  
Gluten, egg, milk

**ROAST HAM & CHEESE**  
Gluten, milk

## SALADS

**GIANT COUS COUS & AVO**  
Gluten, Mustard, soya, sulphites

**E&G CHICKEN CAESAR SALAD**  
Gluten, milk, egg, fish

**PRAWN SALAD**  
Crustaceans, sesame, egg, mustard, sulphites

**SALMON SALAD**  
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

### CHICKPEA & CHORIZO

Gluten, milk

## 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 ALLO SPECK

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.

## PANCAKES

### **SIMPLE**

Egg, gluten, milk

### **FRUIT & YOGURT**

Egg, milk, gluten, sulphites

### **GOATS CHEESE & MUSHROOMS**

Egg, milk, gluten, sulphites

### **BISCOFF & ESPRESSO**

Egg, milk, gluten, soya

### **AMERICAN**

Egg, milk, gluten

### **PROSCIUTTO & FETA**

Egg, milk, gluten

### **SLICED AVO & ASPARAGUS**

Egg, milk, gluten, sesame

### **KINDER & RASPBERRIES**

Egg, milk, gluten, soya, nuts