

EZRA & GIL PETER ST. - 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

FREE-RANGE EGGS ON FARMHOUSE

Gluten, egg, milk, sulphites

ORGANIC OATS PORRIDGE

Gluten (oats), soya, nuts

HOUSE-BAKED GRANOLA

Gluten (oats), milk, sulphites, nuts

SAUSAGE SANDWICH

Gluten, milk, soya, barley, wheat, sulphites

VEGGIE SANDWICH

Gluten, milk, sulphites

SMASHED AVOCADO

Gluten, milk, egg, sulphites

BACON SANDWICH

Gluten, wheat, celery, milk, sulphites

SALMON ON FARMHOUSE

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

'E&G' OMELETTE

Egg, milk

FRENCH TOAST

Gluten, wheat, egg, milk, nuts

'NDUJA EGGS

Gluten, milk, egg

CLASSIC 'E&G' BREAKFAST

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

VEGGIE 'E&G' BREAKFAST

Gluten, egg, milk

VEGAN 'E&G' BREAKFAST

Gluten, sesame

EXTRAS

FREE-RANGE EGG	Egg, milk, sulphites	STREAKY BACON	-
TOAST	Gluten	CUMBERLAND SAUSAGE	Soya, barley, wheat, sulphites
MUSHROOMS	-	PAN-SEARED HALLOUMI	Milk
TOMATOES	Sulphites	SMASHED AVOCADO	-
BEANS SPINACH	-	SMOKED SALMON	Fish

LITTLE KIDS

CHEESE & TOMATO CHEESE ON TOAST Gluten, milk	SCRAMBLED EGG Gluten, egg, milk
BEANS ON TOAST Gluten	ROAST HAM & CHEESE Gluten, milk

POKE-STYLE BOWLS

AVOCADO, SRIRACHA MAYO Gluten, soya, sesame, wheat, mustard, sulphites	SMOKED SALMON, SOY & DILL Gluten, soya, sesame, wheat, fish, sulphites
CHICKEN, RED CHILLIES & TERIYAKI MAYO Gluten, soya, sesame, wheat, egg, 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

HUMMUS & FALAFEL

Gluten, sesame, sulphites

FUSILLI AL POMODORO

Gluten (wheat), soya, celery, milk (adding mozzarella)

FUSILLI AL PESTO

Gluten (wheat), milk, nuts

PASTA

RIGATONI AL GORGONZOLA

Gluten (wheat), milk, nuts

KING PRAWN LINGUINE

Gluten (wheat), milk, sulphites, crustaceous

NOCELLARA OLIVES

-

VEGGIE SHARING BOARD

Gluten, milk, sulphites, sesame, nuts

EVENING

SEA SALT FOCACCIA

Gluten, sulphites

MEAT SHARING BOARD

Gluten, milk, sulphites

PANCAKES

SIMPLE

Gluten, egg, milk

AMERICAN

Gluten, egg, milk

PROSCIUTTO & FETA

Gluten, egg, milk

KINDER & RASPBERRIES

Egg, milk, gluten, soya, nuts

BISCOFF & BANANA

Gluten, wheat, egg, milk, soya

FRUIT & YOGURT

Egg, milk, gluten, sulphites

GOATS CHEESE & MUSHROOMS

Egg, milk, gluten, sulphites

SMOKED SALMON & AVOCADO

Egg, milk, gluten, sulphites, fish

SOUP & SANDWICHES

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