

Dishes and Their Allergen Content



	Cereals (Gluten)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Chicken Bites	✓								✓	✓				
Saltfish Bites	✓		✓	✓			✓		✓	✓				
Cauliflower Popcorn	✓								✓	✓				
Baked Plantain														
Salad Bowl														
Peanut Butter Flapjacks	✓				✓			✓			✓			
Sweet Potato Brownies	✓							✓						
The Naked Burrito												✓		
Quinoa Salad						✓	✓		✓					
Turkey Kheema						✓			✓	✓				
Butternut Squash Soup						✓			✓					
Caribbean Stew Chicken						✓			✓	✓		✓		
Caribbean Curry Goat									✓	✓		✓		
Chickpea & Butterbean Curry						✓			✓	✓		✓		
Moroccan Zaalouk	✓						✓					✓		
Granola												✓		

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Fiery Pickle	✓									✓				
Fentimans Ginger Beer														
Fresh Slaw										✓				
Mint Goats Cheese Quiche	✓		✓				✓							
Vegetable Soup						✓			✓					
Roast Jerk Chicken	✓					✓						✓		
Vegan Jerk Roast	✓													
Spiced Banana Loaf	✓													
Jerk Doughballs	✓					✓			✓		✓			
Padron Peppers														
Fiery Salsa														
Roti	✓													
Indonesia Rendang Curry									✓	✓		✓		
Fentimans Elderflower														
Vegan Banana Loaf	✓							✓						
Caribbean Fried Fish	✓			✓					✓	✓		✓		

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Oatmeal Rum Cookies	✓		✓				✓					✓		