



**THE  
PANCAKE  
PARLOUR®**

---

# ALLERGEN INFORMATION

---

**PLEASE NOTE:** While we do our best to avoid cross-contamination, we cook in open kitchens and cannot 100% guarantee that allergens will not be present.

Information correct as of October 2019

## CONTENTS

Pancake Stacks .....	2
Breakfast .....	4
Sweet Menu .....	6
Savoury Menu .....	8
Plantcake Menu .....	10
Low Gluten .....	12
Salads .....	14
Children's Menu .....	15
Ice Cream Parlour .....	17
Hot Drinks .....	18
Cold Drinks .....	20
Bar .....	23

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Pancake Stacks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙	Sesame seeds	Lupin	Additional information
Buttermilk pancakes	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Low Gluten pancakes	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
Plant based Pancakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
Buckwheat pancakes	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<b>LOVELY! Extras</b>												
Pure Organic Maple Syrup	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Maple-Flavoured Syrup	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR	
House-Made Hot Chocolate Fudge	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
House-Made Warm Salted Caramel Sauce	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Strawberry Jam	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Organic Honey	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚠ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

LOVELY! Extras	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚠	Sesame seeds	Lupin	Additional information
Fresh Strawberries	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Vanilla Ice-Cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Chocolate Ice-Cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Whipped butter	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

Breakfast	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame Seeds	Lupin	Additional Information
Blueberry Pancake with Bacon & Eggs	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Traditional Bacon and Eggs	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Farmers Breakfast	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Eggs Florentine	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Eggs Benedict	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<i>with Hash Browns</i>	✓	CCR	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Country Breakfast	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Big Country Breakfast	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
The Vegetarian Breakfast	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Cheese Kransky & eggs	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
French Toast Pancake	✓	✓	CCR	✓	CCR	CCR		✓	✓	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ **CONTAINS ALLERGEN**

**CCR CROSS-CONTAMINATION RISK**

\* **CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN**

⚙ **SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES**

LOVELY! Extras	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙	Sesame Seeds	Lupin	Additional Information
Bacon	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR	
House-Made Hash Browns	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Pure Organic Maple Syrup	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Grilled Tomato	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Free Range Eggs	✓	CCR	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Cheese Kransky	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Grilled Banana	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Garlic Buttered Mushrooms	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Warm House-made Hollandaise Sauce	✓	CCR	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Sautéed Spinach	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Sweet Pancakes	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin
Fresh Strawberries	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
Blueberries	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
Bavarian Apple	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
Sweet Medley	✓	✓	CCR	✓	✓	CCR	–	✓	✓	CCR	CCR
Chocolate Chip	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR
Lemon Berry	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR
Jamaican Banana	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
IT	✓	✓	CCR	✓	CCR	CCR	CCR	✓	✓	CCR	CCR
Chocolate Jubilee	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR
Tiramisu	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR
Raspberry and Rhubarb	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR
Original Lemon and Sugar	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR
Salted Caramel Crunch	✓	✓	CCR	✓	CCR	CCR	–	✓	✓	CCR	CCR
Alice's Wonderland	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR
<b>Specials</b>	<b>Dairy</b>	<b>Gluten</b>	<b>Peanuts</b>	<b>Tree nuts</b>	<b>Soy</b>	<b>Fish</b>	<b>Crustacean</b>	<b>Egg</b>	<b>Sulphites ⚙️</b>	<b>Sesame seeds</b>	<b>Lupin</b>

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Specials	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin
Panoffee Hotcakes	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR
Lamington Hotcakes	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR
Chocolate Honeycomb	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR
Blue Moon Hotcakes	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
Munster Stack	✓	✓	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR
Buckleberry	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

Savoury	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Cottage Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Deluxe Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Chicken Strips & Cottage Fries	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Mediterranean Cheese & Potato Pancake	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Cheese & Potato Pancake	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<i>with Bacon Bits</i>	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<i>with Mushroom</i>	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Barramundi Fillets	✓	✓	CCR	CCR	✓	✓	–	✓	✓	✓	CCR	
<i>with Tartare Sauce</i>	✓	✓	CCR	CCR	✓	✓	–	✓	✓	✓	CCR	
Chicken Schnitzel	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<i>with Cajun spices</i>	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Chicken Parmigiana	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Pancakes Lasagne	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	



✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

CREPES	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Tabriz Crepes	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Spinach & Feta Crepes	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
<i>with Napoli Sauce</i>	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Mexican Beef Crepes	✓	✓	CCR	✓	CCR	CCR	CCR	✓	✓	CCR	CCR	
Mexican Chicken Crepes	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Mexican Combo Crepes	✓	✓	CCR	✓	CCR	CCR	CCR	✓	✓	CCR	CCR	
LOVELY! Extras	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Cottage Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Grilled Mushrooms	✓	✓	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Warm House-Made Hollandaise Sauce	✓	CCR	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Sweet Chilli Sauce	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Honey Mustard Mayo	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR	
Sour Cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of March 2018.

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPLHITES

#Plantcake Parlour	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Plantbased Swiss Mountain Malt with Soy milk	CCR	✓	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
Plantbased Swiss Shake with Soy milk	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
Plantbased Swiss Mountain Malt with Almond milk	CCR	✓	CCR	✓	CCR	CCR	–	CCR	CCR	CCR	CCR	
Plantbased Swiss Shake with Almond milk	CCR	CCR	CCR	✓	CCR	CCR	–	CCR	CCR	CCR	CCR	
Nice Cream Soda	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	* ✓	CCR	CCR	* Contains sulphites if you have lemon squash, blue heaven or lime
Plantcakes with Vegan non dairy Ice-cream	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Chocnana Crunch Plantcakes	CCR	CCR	✓	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Jamaican Banana Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Bavarian Apple Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

#Plantcake Parlour	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Original Lemon & Sugar Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Strawberry Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Blueberry Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Plantbased Pancake Stacks	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Moroccan Plantcakes	CCR	CCR	✓	✓	✓	CCR	–	CCR	✓	✓	CCR	
Cheese & Potato Plantcakes	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Plantbased Cottage Fries	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	✓	CCR	
Superfood Salad	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	✓	CCR	
<i>With Chickpea Tuna</i>	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	✓	CCR	
LOVELY! Extras												
Crunchy Chocolate Peanut Butter	CCR	CCR	✓	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Low Gluten Pancake Stacks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Low Gluten pancake stacks	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
<b>LOVELY! Extras</b>												
Whipped butter	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Vanilla Ice-cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Chocolate Ice-cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Maple flavoured syrup	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR	
<b>Low Gluten Breakfast</b>												
Traditional Bacon and Eggs	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
Farmers Breakfast	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
Eggs Florentine	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
Eggs Benedict	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
<i>with Hash Browns</i>	✓	CCR	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR	
Country Breakfast	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
Blueberry Pancake with Bacon & Eggs	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
The Vegetarian Breakfast	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPLHITES

Low Gluten Sweet Pancakes	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Fresh strawberries	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Blueberries	✓	CCR	CCR		✓	CCR			✓	CCR	CCR	
The "IT"	✓	CCR	CCR	✓	✓	CCR	CCR	CCR	✓	CCR	CCR	
Jamaican Banana	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Salted Caramel Crunch	✓	CCR	CCR	✓	✓	CCR	–	CCR	✓	CCR	CCR	
Lemon Berry	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Bavarian Apple	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Tiramisu	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Original Lemon & Sugar	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Alice in Wonderland	✓	CCR	CCR	CCR	✓	CCR	–	✓	✓	CCR	CCR	
Low Gluten Savoury Menu	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Cottage Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Deluxe Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Cheese Kransky	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Cheese & Potato Pancake	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	
Mediterranean Cheese & Potato Pancake	✓	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Salads	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Cajun Chicken Salad	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR	
Caesar Salad	✓	✓	CCR	CCR	CCR	✓	–	✓	✓	CCR	CCR	
Chicken Caesar Salad	✓	✓	CCR	CCR	CCR	✓	–	✓	✓	CCR	CCR	
Superfood Salad	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	✓	CCR	
<i>With Chickpea Tuna</i>	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	✓	CCR	
<i>With Halloumi</i>	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	✓	CCR	
<i>With Chicken Strips</i>	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	✓	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Children's Menu	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame Seeds	Lupin
The Dormouse's Cheese Pleaser	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR
The Cheshire Cat's Chicken Strips	✓	✓	CCR	CCR	CCR	CCR	–	✓	CCR	CCR	CCR
The King's Fish & Chips	✓	✓	CCR	CCR	CCR	✓	–	✓	✓	✓	CCR
The Bishops Bacon & Egg	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
Kid's Fries	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Alice's Wonderland Surprise	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR
Caterpillar's Plantcake	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	✓	CCR	CCR
Strawberry Duchess	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR
<i>with Hot Chocolate Fudge</i>	✓	✓	CCR	CCR	✓	CCR	–	✓	CCR	CCR	CCR
Banana Berry Kick	✓	✓	CCR	CCR	CCR	CCR	–	✓	✓	CCR	CCR

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

Children's Menu	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame Seeds	Lupin	Additional information
The Ball and Plain or Flavoured Milk	✓	* ✓	CCR	CCR	**	CCR	-	CCR	***	CCR	CCR	* Contains gluten if you have cookies & cream topping
					CCR				✓			** CCR soy if you have chocolate or chocolate honeycomb topping
												*** No sulphites if you have chocolate, salted caramel, spearmint, honeycomb or cookies & cream topping

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.



✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Ice Cream Parlour	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙	Sesame seeds	Lupin	Additional information
Hot Ball – A choice of Vanilla or Chocolate Ice-Cream	✓	✓	CCR	✓	✓	CCR	–	CCR	CCR	CCR	CCR	
Hot Fudge Sundae	✓	✓	CCR	✓	✓	CCR	–	CCR	✓	CCR	CCR	
Banana Split with Hot Fudge	✓	✓	CCR	✓	✓	CCR	–	CCR	✓	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

Hot Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙	Sesame seeds	Lupin	Additional information
Coffee – Black	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Coffee – Full cream milk/or with coffee cream	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Coffee – Reduced fat milk	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Coffee – Soy milk	CCR	CCR	CCR	CCR	✓	CCR	–	CCR	–	CCR	CCR	* Contains dairy if you have chocolate dusting
	or											
	*✓											
Coffee – Almond milk	CCR	CCR	CCR	✓	CCR	CCR	–	CCR	–	CCR	CCR	* Contains dairy if you have chocolate dusting
	or											
	*✓											
Coffee – Decaffeinated black	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Coffee – Decaffeinated white	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Chai Latte	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Tea – black	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Tea – white	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
The Chocolate Royale	✓	CCR	CCR	CCR	✓	CCR	CCR	CCR	CCR	CCR	CCR	

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Hot Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Hot Marshmallow Chocolate	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
Hot Chocolate	✓	CCR	CCR	CCR	✓	CCR	–	CCR	CCR	CCR	CCR	
NY B/Fast Tea	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Hot Choc Tea	CCR	CCR	CCR	CCR	✓	CCR		CCR	CCR	CCR	CCR	
Apple Crumble Tea	CCR	CCR	CCR	✓	CCR	CCR		CCR	CCR	CCR	CCR	
Tea Pumping Pomegranate	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPLHITES

Cold Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin	Additional information
Iced Coffee	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	* Contains gluten if you have cookies & cream topping
Iced Chocolate	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Iced Mocha	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Swiss Mountain Malt	✓	✓	CCR	CCR	CCR	CCR	–	CCR	* ✓	CCR	–	** CCR soy if you have chocolate or chocolate honeycomb topping
Swiss Shake	✓	* ✓ CCR	CCR	CCR	CCR	CCR	CCR	CCR	** ✓	CCR	CCR	*** No sulphites if you have chocolate, salted caramel, spearmint, honeycomb or cookies & cream topping
Creamy Ice-Cream Sodas	✓	CCR	CCR	CCR	CCR	CCR	–	CCR	* ✓ CCR	CCR	CCR	

✔ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A CCR IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Cold Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin
Fizzy Drink	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	* ✔ CCR	CCR	–
Apple Cider	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Beechworth Apple Juice	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Orange Juice	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Traditional House-Made Lemonade	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Sparkling Mineral Water	–	–	–	–	–	–	–	–	–	–	–
Cold Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin
Lemon, Lime and Bitters	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	✔	CCR	CCR
Pineapple Juice	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
House-Made Lemon Iced Tea	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	✔	CCR	CCR

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

⚙️ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHITES

Cold Drinks	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ⚙️	Sesame seeds	Lupin
Berry Power Smoothie	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Super Green Power Smoothie	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR
Unicorn Shake	✓	✓	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR
Dragon Shake	✓	✓	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.

✓ CONTAINS ALLERGEN

CCR CROSS-CONTAMINATION RISK

\* CONTAINS ALLERGEN OR IS A **CCR** IF YOU HAVE INGREDIENT SPECIFIED IN ADDITIONAL INFORMATION COLUMN

☼ SULPHITES – EXCLUDING NATURALLY OCCURRING SUPHLITES

Bar	Dairy	Gluten	Peanuts	Tree nuts	Soy	Fish	Crustacean	Egg	Sulphites ☼	Sesame seeds	Lupin	Additional information
Espressotini	CCR	✓	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Jim Beam Maple malt	✓	✓	CCR	CCR	CCR	CCR	–	CCR	✓	CCR	CCR	
Toblerone	✓	✓	CCR	✓	✓	CCR	–	CCR	CCR	CCR	CCR	
Long Island Ice Tea	CCR	CCR	CCR	CCR	CCR	CCR	–	CCR	CCR	CCR	CCR	
Vic Bitter		✓							✓			Information for Beers on all allergens not ticked is not currently available.
Cascade Light		✓							✓			
Corona		✓							✓			
Asahi		✓							✓			
Ginger Kid Ginger Beer	–	–	–	–	–	–	–	–	✓	–	–	
Rekorderlig Straw & Lime Cider	–	–	–	–	–	–	–	–	✓	–	–	
Angove Long Row Moscato	–	–	–	–	–	–	–	–	✓	–	–	
McGuigan Chardonay	✓	–	–	–	–	–	–	✓	✓	–	–	
McGuigan Sav Blanc	✓	–	–	–	–	–	–	–	✓	–	–	
McGuigan Sparkling Brut	✓	–	–	–	–	–	–	✓	✓	–	–	
McGuigan Shiraz	✓	–	–	–	–	–	–	✓	✓	–	–	
McGuigan Merlot	✓	–	–	–	–	–	–	✓	✓	–	–	

**PLEASE NOTE:** We cannot 100% guarantee that an item is totally free of any of the above allergenic substances as we have open kitchens, so cross contamination may occur. Items and descriptions correct as of October 2019.