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Desserts Soho															
Banoffee			Wheat 												Pecans 
Creme brule			Wheat 												Almonds 
Doughnuts			Wheat 												
Lemon tart			Wheat 												Almonds 
Sharing dessert 2024			Wheat 												Almonds  Pecans 
Tiramisu			Wheat 												

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Mains																
Chicken Enchiladas			Wheat 													
Cobb salad			Wheat 													
Corn fritters autumn 2023																
Fish & chips			Wheat 						Squid 							
Hot smoked salmon grain salad			Spelt  Wheat 													
Iberian chicken																
Keralan curry															Cashews 	
Rib Eye new			Wheat 						Squid 							
Squid Ink Linguine			Wheat 						Cuttlefish  Squid 							

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Sandwiches															
BBQ Pork Doughnut			Wheat 						Squid 						
Falafel and hummus wrap			Wheat 						Squid 						
Korean calamari			Wheat 						Squid 						
The Balans burger			Wheat 												

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Sides															
Balans Potatoes			Wheat 						Squid 						
Big Chips			Wheat 						Squid 						
Fried corn with rosemary and garlic salt			Wheat 						Squid 						
fries			Wheat 												
Hispi Cabbage 2022															
Mixed leaves															
Three Cheese quesadilla			Wheat 												

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Starter															
Crisp beetroot taco			Wheat (M)		(M)	(M)		(M)	Squid (M)	⚡			⚡	⚡	
Korean calamari			Wheat (M)		⚡	(M)		⚡	Squid ⚡	⚡		⚡	⚡	⚡	
Manchego & serrano croquette		⚡	Wheat ⚡		⚡	(M)		⚡	Squid (M)	⚡				⚡	
Truffle fried chicken			Oats ⚡ Wheat ⚡			(M)		⚡						⚡	
Truffle Mac& cheese			Wheat ⚡					⚡							

Signed by: _____

Signature: _____