































































<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															

Mains

Chicken & bacon cobb		✓			✓			✓		✓				✓	
Chicken Schnitzel			Wheat ✓		✓	✓		✓							
Dirty fried eggs					✓			✓						✓	
Fish & chips			Wheat ✓		✓	✓		Ⓜ	Squid Ⓜ	✓	Ⓜ			✓	
Flame grilled bavette steak			Wheat ✓											✓	
Goat's cheese salad								✓						✓	Pecans ✓
Miso roasted squash										✓		✓	✓	✓	Cashews ✓
Squid ink linguine cafe			Wheat ✓	Crayfish ✓		✓			Cuttlefish ✓				Ⓜ	✓	
Thai red curry			Wheat ✓	Prawns Ⓡ ✓	✓	✓		✓				✓	✓	✓	Cashews Ⓡ ✓
The Balans Burger			Wheat ✓		✓	Ⓜ		✓	Squid Ⓜ					✓	

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Sides															
Fries			Wheat 						Squid 						
Mixed leaves															
Sweet potato fries			Wheat 						Squid 						
Sweet potato fries fully loaded			Wheat 						Squid 						

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
Starter																
Beetroot hummus flatbread			Wheat ✓		✓			✓				✓		✓		
Braised beef croquettes		✓	Wheat ✓		✓			✓		✓	Ⓜ			✓		
Chicken shawarma flatbread			Wheat ✓					✓						✓		
Chickpea fritters								✓				✓		✓	Cashews ✓	
Honey sesame roasted halloumi			Wheat ✓					✓				✓		✓		
Pesto rigatoni			Wheat ✓													
Pork & beef meatballs flatbread			Wheat ✓		✓			✓								
Pulled BBQ pork flatbread			Wheat ✓			✓		✓					✓	✓		
Salmon fishcakes			Wheat ✓		✓	✓		✓						✓		
Seafood fritto misto			Wheat ✓	Prawns ✓	✓	✓			Mussels ✓ Squid ✓					✓		
Spiced cauliflower florets flabread			Wheat ✓							✓	Ⓜ	✓		✓	Almonds ✓ Cashews ✓	
Sticky pork belly		✓	Wheat ✓			✓							✓	✓	Cashews ✓	

Signed by: _____ Signature: _____