











































Site: Balans - Westfield Stratford City




## Allergens Summary: Balans East November 24 Lunch + Breakfast

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
<b>Breakfast</b>															
Full English Breakfast			Wheat						Squid						
American Pancakes			Wheat												
Breakfast burger 24			Wheat												
Breakfast Burrito new			Wheat						Squid						
Cheese & beans on toast			Wheat												Almonds
Cheese Omelette			Wheat						Squid						
Crispy duck okonomiyaki			Wheat												
Eggs benedict with bacon			Wheat												
Eggs benedict with ham			Wheat												
Eggs benedict with spinach			Wheat												
Eggs in Hell			Wheat						Squid						
Eggs Royale			Wheat												



<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>Cocktails</b>															
Bloody Mary															
Cut Pineapple															
Lavender High Jump															
Make me sweat															
Sour Society															

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>Desserts Cafe</b>															
Baked vanilla cheesecake			Wheat 												
Chocolate fondant			Wheat 												Almonds 
Doughnuts			Wheat 												
Lemon tart			Wheat 												Almonds 
Salted caramel ice cream															
Sticky toffee pudding			Wheat 												
Vanilla Ice cream															

-  Contains
-  May Contain
-  Removable

**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








































**Drinks**

Golden smoothie



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	
																
<b>Mains</b>																
BBQ half chicken		✓			✓	✓				✓	(M)			✓		
Beef bourgiugnon		✓						✓						✓		
Chicken Enchiladas		✓	Wheat ✓					✓						✓		
Cobb salad		(M)	Wheat ✓		✓			✓		✓	(M)			✓		
Fish & chips			Wheat ✓		✓	✓		(M)	Squid (M)	✓	(M)			✓		
Greek plate Hsk			Wheat ✓			✓		✓				✓		✓		
Rib-eye steak 24			Wheat (M)		✓	(M)		✓						✓		
Roasted cod Sf		✓				✓		✓						✓		
Shepperd's pie		✓	Barley ✓ Rye ✓					✓						✓		
Thai red curry			Wheat ✓	Prawns (R) ✓	✓	✓		✓				✓	✓	✓	Cashews (R) ✓	
Truffle mushroom risotto		✓												✓		

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>Sandwiches</b>															
Katsu chicken doughnut			Wheat 												
Non fish burger			Wheat 												
Smashed avocado burger			Barley  Oats  Wheat 												
The Balans burger			Wheat 												





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	
																
<b>Starter</b>																
Aubergine parmegiano			Wheat 												Cashews 	
Gambas Pil Pil			Wheat 	Prawns 												
Harrisa roasted cauliflower taco																
Manchego & serrano croquette			Wheat 						Squid 							
Quesadilla			Wheat 													
Truffle fried chicken			Oats  Wheat 													
Truffle Mac& cheese			Wheat 													

Signed by: \_\_\_\_\_ Signature: \_\_\_\_\_