

















































## Allergens Summary: Balans Hsk Lunch Oct 24

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 
Cornflake Ice cream			Wheat 												
Doughnuts			Wheat 												
Ice cream															
Lemon tart			Wheat 												Almonds 
Sticky toffee pudding			Wheat 												

-  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



<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>Mains</b>															
Asian tofu			Wheat 												Cashews 
Beef ragu fusilli			Wheat 												
Chicken Enchiladas			Wheat 												
Cobb salad			Wheat 												
Confit duck leg															
Fish & chips			Wheat 						Squid 						
Greek plate Hsk			Wheat 												
Katsu chicken doughnut			Wheat 												
Non fish burger			Wheat 												
Pan fried salmon 24									Mussels 						
Rib-eye steak 24			Wheat 												
Roasted chicken supreme 24															
Smashed avocado burger			Barley  Oats  Wheat 												
Squid Ink Linguine			Wheat 						Cuttlefish  Squid 						
Sweet potato & goat cheese salad			Wheat 												Hazelnuts 

<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>Mains</b>															
Thai red curry			Wheat 	Prawns  											Cashews  
The Balans burger			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>Sides</b>															
Balans Potatoes			Wheat 						Squid 						
Big Chips			Wheat 						Squid 						
Fries			Wheat 						Squid 						
Hash brown			Wheat 												
Mixed leaves															
Roasted seasonal vegetables															



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>																
Harrisa roasted cauliflower taco												⬇				
Manchego & serrano croquette		⬇	Wheat ⬇		⬇	Ⓜ		⬇	Squid Ⓜ	⬇	Ⓜ			⬇		
Moroccan lamb & apricot meatballs			Wheat ⬇					⬇						⬇		
Pan fried scallops								⬇	Scallops ⬇					⬇		
Quesadilla			Wheat ⬇					⬇								
Smoked swordish						⬇		⬇		⬇	Ⓜ			⬇		
Truffle fried chicken			Oats ⬇ Wheat ⬇		Ⓜ	Ⓜ		⬇						⬇		

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