

Allergens Summary: Balans
Kensington

✔ 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
															
Breakfast															
Full English Breakfast			Wheat ✔		✔	Ⓜ		✔	Squid Ⓜ					✔	
American Pancakes			Wheat ✔		✔			✔						✔	
Breakfast Burger			Wheat ✔		✔			✔						✔	
Breakfast Burrito new		✔	Wheat ✔		✔	Ⓜ		✔	Squid Ⓜ					✔	
Cheese & beans on toast		✔	Wheat ✔											✔	Almonds ✔
Cheese Omelette			Wheat Ⓜ Ⓡ		✔	Ⓜ		✔	Squid Ⓜ						
Chorizo con papas			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat Ⓜ		✔			✔							
Eggs benedict with bacon			Wheat ✔		✔			✔						✔	
Eggs benedict with ham			Wheat ✔		✔			✔						✔	
Eggs benedict with spinach			Wheat ✔		✔			✔						✔	

[illegible]

[illegible]

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Desserts Cafe																
Baked vanilla cheesecake			Wheat ✓		✓			✓					✓	✓		
Chocolate fondant			Wheat ✓		✓			✓					✓		Almonds ✓	
Clotted ice cream								✓								
Doughnuts			Wheat ✓		✓			✓								
Lemon tart			Wheat ✓									✓	✓		Almonds ✓	
Sticky toffee pudding			Wheat ✓		✓			✓								
Strawberry ice cream								✓								
Vanilla Ice cream					✓			✓								

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	Sandwiches														

Menu Dishes	✓ Contains M May Contain R Removable														
	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Sides															
Balans Potatoes			Wheat M		M	M		✓	Squid M						
Big Chips			Wheat M		M	M		M	Squid M						
Fries			Wheat M		M	M		M	Squid M						
Hash brown			Wheat M		✓	M		M							
Mixed leaves														✓	
Seasonal vegetables								✓							

Menu Dishes	✓ Contains M May Contain R Removable														
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Starter															
Crispy coconut prawns			Wheat ✓	Prawns ✓	✓									✓	
Manchego & serrano croquette		✓	Wheat ✓		✓	M		✓	Squid M	✓	M			✓	
Quesadilla			Wheat ✓					✓							
Smokey beans taco		✓								✓	M			✓	Almonds ✓ Cashews ✓
Truffle fried chicken			Oats ✓ Wheat ✓		M	M		✓						✓	
Truffle Mac& cheese			Wheat ✓					✓							
Vietnamese Pork Ribs			Wheat ✓			✓							✓	✓	

Signed by: _____

Signature: _____