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Allergens Summary: Balans East




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 												

<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	
																
Breakfast																
Eggs in Hell			Wheat 						Squid 							
Eggs Royale			Wheat 													
Eggs your way			Wheat 													
French toast 2024			Wheat 													
Fried Chicken pancakes			Wheat 						Squid 							
Full vegan			Wheat 													
House granola			Wheat 													
Lobster Benedict			Wheat 	Lobster 												
Mushroom bruschetta			Wheat 													
Salmon Avocado & Scrambled Eggs			Wheat 													
Steak & Eggs			Wheat 						Squid 							
Two pancakes fruit			Wheat 													
Vegan Pancakes			Wheat 												Almonds 	

<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
															

Desserts Cafe

Baked vanilla cheesecake			Wheat ✓		⚡			⚡					⚡	⚡	
Chocolate fondant			Wheat ✓		⚡			⚡					⚡		Almonds ✓
Clotted ice cream								⚡							
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

<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	
																
Mains																
Ancient Grains Salad			Wheat 												Walnut 	
Chicken and Mushroom Pie			Wheat 													
Chicken chimichanga			Wheat 													
Cobb salad			Wheat 													
Fish & chips			Wheat 						Squid 							
Greek Plate			Wheat 													
Hot dog			Wheat 													
Katsu chicken doughnut			Wheat 													
Rib-eye			Wheat 													
Ribs and wings combo			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Roasted Salmon			Wheat 													
Thai red curry			Wheat 	Prawns  											Cashews  	
The Balans Burger			Wheat 						Squid 							
Vegan Burger			Barley  Oats  Wheat 													

<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
															
Mains															
Vegetables Pad Thai															

<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	
																
Sandwiches																
Ancient Grains Salad			Wheat 												Walnut 	
Cobb salad			Wheat 													
Hot dog			Wheat 													
Katsu chicken doughnut			Wheat 													
The Balans burger			Wheat 													
Vegan Burger			Barley  Oats  Wheat 													

<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															
Balans Potatoes			Wheat 						Squid 						
Big Chips			Wheat 						Squid 						
Fries			Wheat 						Squid 						
Hash brown			Wheat 												
Mixed leaves															
Seasonal vegetables															
Side spinach															

<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
															
Starter															
Big Mac quesadilla			Wheat 												
Cauliflower & pea pakora															
Flatbread			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Gambas Pil Pil			Wheat 	Prawns 											
Manchego & serrano croquette			Wheat 						Squid 						
Popcorn fried chicken			Barley  Wheat 												
Truffle Mac& cheese			Wheat 												

Signed by: _____

Signature: _____