

Allergens Summary: HSK Lunch (July 2025)

✔ 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 24			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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Drinks															
Apple Juice		M	Wheat M					M			M		M		
Evergeen		✓													
Grapefruit Juice		M	Wheat M					M			M		M		
Orange Juice		M	Wheat M					M			M		M		
The Workout								✓							

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	Mains														
	Beef ragu fusilli	✓	Wheat ✓					✓						✓	
Chicken chimichanga		✓	Wheat ✓					✓						✓	
Cobb salad		Ⓜ	Wheat ✓		✓			✓		✓	Ⓜ			✓	
Fish & chips			Wheat ✓		✓	✓		Ⓜ	Squid Ⓜ	✓	Ⓜ			✓	
Greek plate Hsk			Wheat ✓			✓		✓				✓		✓	
Katsu chicken doughnut		✓	Wheat ✓		✓	Ⓜ		✓		✓	Ⓜ	✓	✓	✓	
Malaysian curry				Prawns ✓											Macadamia nuts ✓
Non fish burger			Wheat ✓		Ⓜ	Ⓜ		Ⓜ					✓	✓	
Pesto chicken supreme		✓						✓						✓	
Rib-eye steak 24			Wheat Ⓜ		✓	Ⓜ		✓						✓	
Roasted salmon Caesar salad			Wheat ✓		✓	✓		✓						✓	
Smashed avocado burger			Barley ✓ Oats ✓ Wheat ✓		Ⓜ	Ⓜ		Ⓜ					✓		
Sweet potato & goat cheese salad			Wheat ✓					✓						✓	Hazelnuts ✓
The Balans burger			Wheat ✓		✓	Ⓜ		✓						✓	
Vegetables Pad Thai		✓									✓		✓		

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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								✓							

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Starter															
Crispy coconut prawns			Wheat ✓	Prawns ✓	✓									✓	
Manchego & serrano croquette		✓	Wheat ✓		✓	Ⓜ		✓	Squid Ⓜ	✓	Ⓜ			✓	
Moroccan lamb & apricot meatballs			Wheat ✓					✓						✓	
Quesadilla			Wheat ✓					✓							
Smokey beans taco		✓								✓	Ⓜ			✓	Almonds ✓ Cashews ✓
Truffle fried chicken			Oats ✓ Wheat ✓		Ⓜ	Ⓜ		✓						✓	
Truffle Mac& cheese			Wheat ✓					✓							

Signed by: _____

Signature: _____