

Allergens Summary: No.60 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 Soho																
Baked vanilla cheesecake			Wheat ✓		✗			✗					✓	✗		
Chocolate fondant			Wheat ✓		✗			✓					✓		Almonds ✓	
Cornflake Ice cream			Wheat ✓					✗								
Doughnuts			Wheat ✓		✗			✗								
Lemon tart			Wheat ✓									✓	✓		Almonds ✓	
Salted caramel ice cream								✓								
Sharing dessert 2024			Wheat ✓		✓			✓				✓	✓		Almonds ✓	
Sticky toffee pudding			Wheat ✓		✗			✓								
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																
	Chicken & bacon cobb	✓			✓			✓		✓				✓			
Chicken chimichanga		✓	Wheat ✓					✓						✓			
Fish & chips			Wheat ✓		✓	✓		Ⓜ	Squid Ⓜ	✓	Ⓜ			✓			
Jerk half chicken								✓						✓			
Katsu chicken doughnut		✓	Wheat ✓		✓	Ⓜ		✓		✓	Ⓜ	✓	✓	✓			
Malaysian curry				Prawns ✓												Macadamia nuts ✓	
Non fish burger			Wheat ✓		Ⓜ	Ⓜ		Ⓜ					✓	✓			
Pea, courgette and lemon risotto														✓			
Rib Eye new		Ⓜ	Wheat ✓		Ⓜ	✓		✓	Squid Ⓜ	✓	Ⓜ			✓			
Seafood fettucine		✓	Wheat ✓	Prawns ✓	✓	✓		✓						✓			
Smashed avocado burger			Barley ✓ Oats ✓ Wheat ✓		Ⓜ	Ⓜ		Ⓜ					✓				
The Balans Burger			Wheat ✓		✓	Ⓜ		✓	Squid Ⓜ					✓			

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	May Contain															
	Removable															

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	Starter														
Chickpea falafel		✓	Wheat ✓									✓			
Korean calamari			Wheat Ⓜ		✓	Ⓜ		✓	Squid ✓	✓		✓	✓	✓	
Manchego & serrano croquette		✓	Wheat ✓		✓	Ⓜ		✓	Squid Ⓜ	✓	Ⓜ			✓	
Quesadilla			Wheat ✓					✓							
Smokey beans taco		✓								✓	Ⓜ			✓	Almonds ✓ Cashews ✓
Truffle fried chicken			Oats ✓ Wheat ✓		Ⓜ	Ⓜ		✓						✓	
Truffle Mac& cheese			Wheat ✓					✓							

Signed by: _____

Signature: _____