

We handle multiple allergens in our kitchen and cannot guarantee any item is Allergen free

EGG'D	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
The Classic	x	x	x	x	x															
Ol'Smokey	x	x	x	x	x															
The Benedict	x	x	x	x	x															
The Ultimate	x	x	x	x	x															
The Loaded Smash	x	x	x	x	x															
Smash & Squeak	x	x	x	x	x															

ALL DAY BREAKFAST	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Craicn' Eggs	x	x	x	x	x															
The Full Irish	x	x	x	x	x															
Mexican Quesapita	x	x	x	x	x															
Ham & Egg Flatbread	x	x	x	x	x															
BLT Flatbread	x	x	x	x	x															
Toasted Special	x	x	x	x	x															
Porridge																				

Pitas Designed By us	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Chicken Pesto	x	x	x	x	x															
Tandoori Chicken	x	x	x	x	x															
Rajin' Cajun	x	x	x	x	x															
Spicy Buffalo Chicken Caesar	x	x	x	x	x															
Chicken Caesar	x	x	x	x	x															
BBQ Pulled Pork	x	x	x	x	x															
Grilled Irish Steak	x	x	x	x	x															
Hot & Spicy Chicken	x	x	x	x	x															
A-Tuna-Matata	x	x	x	x	x															
Burrito Pita	x	x	x	x	x															
Buffalo Chicken	x	x	x	x	x															
Southwest Chicken	x	x	x	x	x															
Chicken Tenders with Salads	x	x	x	x	x															
Cuban Turkey Club	x	x	x	x	x															
Soup Vegetable																				
Soup Chicken																				

Vegetarian & Vegan	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Falafel	x	x	x	x	x															
Had me at Halloumi	x	x	x	x	x															
Garden	x	x	x	x	x															
Garden	x	x	x	x	x															
Southern Fried Vegan Chicken	x	x	x	x	x															
Falafel	x	x	x	x	x															
Pumpkin & Spinach Burger	x	x	x	x	x															
Pulled Oumph!	x	x	x	x	x															

Wedges	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Small / Regular Wedges	x	x	x	x	x															
Pork & BBQ Sauce Wedges	x	x	x	x	x															
Bacon & Cheese Wedges	x	x	x	x	x															

Kids	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Popeye's BBQ Chicken Pita	x	x	x	x	x															
Looney Tuna	x	x	x	x	x															
Dustin's Destiny	x	x	x	x	x															
Ham & Cheese fingers	x	x	x	x	x															

Rice Bowls	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Mexican Burrito Vegetarian																				
Mexican Burrito Vegan																				
Mexican Burrito Chicken																				
Teriyaki Vegetarian	x	x	x	x	x															
Teriyaki Vegan	x	x	x	x	x															
Teriyaki Salmon	x	x	x	x	x															
Teriyaki Chicken	x	x	x	x	x															
Satay Vegetarian	x	x	x	x	x															
Chicken Satay	x	x	x	x	x															
Korean BBQ	x	x	x	x	x															
Buddha Vegetarian Falafel	x	x	x	x	x															
Buddha Vegan Falafel	x	x	x	x	x															
Buddha Salmon	x	x	x	x	x															
Buddha Prawns	x	x	x	x	x															

Smoothies	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Breakfast Bananza																				
Tropical Revive																				
Immune Boost																				
Wild Berry																				
Fuel the day																				
Fat Burner																				
Green Machine																				
Power Punch																				

Kids Menu	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Popeye's BBQ chicken	x	x	x	x	x															
Looney Tuna	x	x	x	x	x															
Ham & Cheese Fingers	x	x	x	x	x															
Dustin's Destiny	x	x	x	x	x															

Frozen Yoghurt	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Pineapple, Blueberry, Mango, Blackberry, Banana, Peach, Strawberry, Vanilla																				
Raspberry Cheesecake	x	x	x	x	x															
Chocolate Cheesecake	x	x	x	x	x															
Lemon Cheesecake	x	x	x	x	x															

Sauces	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Light Mayonnaise																				
Garlic Mayo																				
Caesar																				
Ranch																				
Sweet Chilli																				
Sriracha																				

Sauces	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Honey Mustard																				
Ketchup																				
Smoked Ketchup																				
Hot Sauce																				
BBQ																				
Balsamic	x																			
Southwest Chipotle																				
Vegan Mayo																				
Teriyaki	x																			
Korean	x																			
Satay	x																			
Habanero																				
Sour cream																				
Tomato Relish																				
Hollandaise																				
Jalapeno Relish																				
Salsa																				
Guacamole																				
Hummus																				

See Packaging for Nutritional content & Allergen Info

Snacks	Cereals containing Gluten										Allergens									
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soy									