



ALLERGEN MATRIX & TABLES

We take allergies very seriously and we work hard to provide a wide choice to fit a range of dietary needs.

Our Allergen Matrix and Tables specify allergens present by dish and also identify potential allergen risks as a result of cross-contamination. Although we separate ingredients and clean down all work areas and equipment, the presence of allergenic ingredients in our kitchens means we cannot guarantee any of our dishes are free of those ingredients.

If you have any questions at all, please speak to a member of our team.



LOUNGERS LTD
February 2019

ALLERGEN MATRIX & TABLES:

AN INTRODUCTION


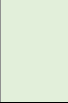



Hello, welcome to our allergy information guide which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order. Please let a member of our team know if you have an allergy or intolerance to any ingredient, even if you have dined with us before. Our Allergen Statement is present on our menus and in the Lounges so that our position on allergens is very clear.

ALLERGEN MATRIX

This is our Allergen Matrix which contains a list of all the dishes served in our Lounges. At the top we have listed the 14 declarable allergens for your reference. On the right-hand side of the matrix you will find the modification column which allows you to remove certain key allergens from your favourite dishes. Unfortunately, it is not always possible to remove key allergens, and to save you time we have compiled the Allergens Tables.

ALLERGEN TABLES

These are our Allergen Tables, which contain all the dishes that **cannot** be modified. This way, you will be able to identify straight away what you cannot eat. If you have any trouble finding what you are looking for, just ask the Manager on duty for some further guidance, and they will be more than happy to help!

	A RED dot means that the dish contains the specified allergenic ingredient. i.e. The ingredient is not included in the menu description but may be part of a sauce.
	A GREEN highlighted box means the dish can be modified to remove the specific allergenic ingredient. See Modification column and make sure to inform your waiter of your allergy(ies) when ordering at the till.
	A BLUE Asterisk means that the dish is fried in oil that may also be used to fry other dishes that contains the allergen
	VEGETARIAN
	VEGAN

MENU CATEGORY	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN
Buffet Sandwich Platters	Cheese & Chutney SW		•					•								✓		
Buffet Sandwich Platters	Ham and Cheese SW		•		•			•		•				•				If Allergic to Eggs and/or Mustard, ask for No Mustard Mayo
Buffet Sandwich Platters	Hummus, Avocado & Rocket SW		•							•					✓	✓		If Allergic to Sesame, ask for No Hummus
Buffet Sandwich Platters	Salmon SW		•			•		•										
Buffet Sandwich Platters	Soft Cheese & Cucumber SW		•					•							✓			
Buffet Bites	Beef Burger Sliders		•		•	•		•				•	•					If Allergic to Fish and/or Soya, ask for No Burger Sauce
Buffet Bites	Garlic Mushrooms on Toast		•					•							✓			
Buffet Bites	Hummus, Avocado & Rocket		•							•					✓	✓		If Allergic to Sesame, ask for No Hummus
Buffet Bites	Mac Cheese Bites		•		•			•		•					✓			
Buffet Bites	King Prawns Tempura		•	•		*					*	•						If Allergic to Soya, ask for No Soy, ginger & Chili dressing
Buffet Bites	Pulled Beef Croquettes		•	*	•	*		•		•		*		•				If Allergic to Eggs, ask for No Mustard Mayo
Buffet Bites	Smoked Salmon Blinis		•		•	•		•		•				•				
Buffet Bites	Scotch Egg		•	*	•	*		*		•		*		•				
Buffet Bites	Sesame Chicken		•	*		*		*		*		•	•	*				
Buffet Bites	Spinach & Goats Cheese Croquettes		•		•			•		•				•		✓		

MENU CATEGORY	DISH															MODIFICATION			
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS		VEGETARIAN	VEGAN	
Buffet Bowls	Buttermilk Chicken & Chips	•	•		•				•		•		•	•					If Allergic to Eggs, Mustard and/or Sulphites, ask for No House Slaw
Buffet Bowls	Chicken, Bacon & Avocado Salad with Balsamic							•			•	•	•						If Allergic to Sesame, and/or Soya ask for No Munchy Seeds
Buffet Bowls	Macaroni Cheese with Leek & Kale		•					•		•			•			✓			
Buffet Bowls	Mini Fish & Chips		•	*	•	•		•		•		*		•					
Buffet Bowls	Superfood Bowl		•							•	•	•		•		✓			If Allergic to Gluten, ask for No Pitta Bread or swap for Linseed Bread. If Allergic to Tree Nut ask for No Lovage Pesto
Buffet Bowls	Thai Green Chicken Curry	•	•	•		•						•	•						If Allergic to Gluten, ask for No Spring Roll. If Allergic to Fish and/or Crustaceans opt for the Vegetable Option
Buffet Bowls	Thai Veg Green Curry	•	•									•				✓			If Allergic to Gluten, ask for No Spring Roll
Buffet	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																		
Package 1	Sesame Chicken		•								•	•							
Package 1	Scotch Egg		•		•					•				•					
Package 1	Spinach & Goats Cheese Croquettes		•		•			•		•				•		✓			
Package 1	Hummus, Avocado & Rocket		•								•					✓	✓		

MENU CATEGORY	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLYSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN
Buffet	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																	
Package 2	Sesame Chicken		•								•	•						
Package 2	Scotch Egg		•		•					•				•				
Package 2	Spinach & Goats Cheese Croquettes		•		•			•		•				•		☑		
Package 2	Hummus, Avocado & Rocket		•								•				☑	Ⓟ		
Buffet	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																	
Package 3	The Blighty Sharing Plate		•	*	•	*		•						•				
Package 3	The Mediterranean Platter		•					•			•			•		☑		If Allergic to Milk, ask for the Vegan Option. If Allergic to Gluten, ask for the GF Option
Package 3	Marrakesh Olives													•		☑	Ⓟ	
Package 3	Garlic Bread		•					•						•		☑		
Package 3	Halloumi Sticks		•		•			•								☑		
Buffet	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																	
Package 4	The Blighty Sharing Plate		•	*	•	*		•						•				
Package 4	The Mediterranean Platter		•					•			•			•		☑		If Allergic to Milk, ask for the Vegan Option. If Allergic to Gluten, ask for the GF Option
Package 4	Marrakesh Olives													•		☑	Ⓟ	
Package 4	Garlic Bread		•					•						•		☑		