



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
MAY 2019

ALLERGEN MATRIX & TABLES:

AN INTRODUCTION


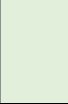



Hello, welcome to our allergy information guide which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order. Please let a member of our team know if you have an allergy or intolerance to any ingredient, even if you have dined with us before. 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		
Brunch	Cosy Breakfast		•		•			•												If Allergic to Eggs, ask for No Eggs If Allergic to Milk, ask for No Butter or swap for Sunflower Spread GF Option Available
Brunch	Vegetarian Breakfast		•		•			•									✓			If Allergic to Eggs, ask for No Eggs + Halloumi & Sweetcorn Fritters. GF & Vegan Options Available
Brunch	Ham Hock Hash	•	•		•			•					•	•						If Allergic to Eggs, ask for No Eggs
Brunch	Cosy Eggs with Smoked Back Bacon		•		•			•						•	•					If Allergic to Eggs, ask for No Eggs + No Hollandaise. GF Option Available
Brunch	Cosy Eggs with Spinach & Mushrooms		•		•			•				•	•	•			✓			If Allergic to Soya and/or Sesame, ask for No Munchy seeds. If Allergic to Eggs, ask for No Eggs + No Hollandaise. GF Option Available
Brunch	Cosy Eggs with Smoked Salmon		•		•	•		•						•	•					If Allergic to Eggs, ask for No Eggs + No Hollandaise. If Allergic to Fish ask for No Smoked Salmon. GF Option Available
Brunch	Cosy Eggs Chorizo, Spinach & Peppers		•		•			•						•	•					If Allergic to Eggs, ask for No Eggs + No Hollandaise. GF Option Available
Brunch	Rather Elegant Brunch				•								•	•	•					If Allergic to Soya and/or Sesame, ask for No Munchy Seeds. If Allergic to Eggs, ask for No Eggs.
Brunch	Avocado Brunch		•		•									•	•		✓			If Allergic to Eggs and/or Sulphites, ask for No Poached Eggs + No Hollandaise. GF & Vegan Options Available
Brunch	Avocado Brunch with Bacon & Hollandaise		•		•			•						•	•					If Allergic to Eggs and/or Sulphites, ask for No Poached Eggs + No Hollandaise. GF Option Available
Brunch	Avocado Brunch with Smoked Salmon & Hollandaise		•		•	•		•						•	•					If Allergic to Eggs and/or Sulphites, ask for No Poached Eggs and No Hollandaise. If Allergic to Salmon, Ask for No Fish. GF Option Available
Brunch	Shakshuka		•		•												✓			If Allergic to Eggs, ask for No Eggs. GF & Vegan Options Available
Brunch	Shakshuka with Streaky Bacon		•		•															If Allergic to Eggs, ask for No Eggs. GF Option Available
Brunch	Shakshuka with Feta		•		•			•									✓			If Allergic to Eggs, ask for No Eggs. GF Option Available
Brunch	Shakshuka with Chorizo		•		•															If Allergic to Eggs, ask for No Eggs. GF Option Available
Brunch	Scrambled Tofu		•											•			✓	Ⓥ		GF Option Available
Brunch	Crumpets with Cinnamon Butter		•					•									✓			If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. Vegan Option available

MENU CATEGORY	DISH																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLYSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN
Brunch	Crumpets with Marmite Butter	.	.				.										✓	If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. Vegan Option available
Brunch	Stacked Buttermilk Pcakes with Compote and Creme Fraiche x3/6						✓	
Brunch	Stacked Buttermilk Pcakes with bacon and maple syrup x3/6		.	.			.											
Brunch	Gloucester Old Spot Sausage Sandwich							If Allergic to Milk, ask for No Butter or swap for Sunflower Spread
Brunch	Smoked Bacon Sandwich		.				.				.							If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. GF Option Available
Brunch	Streaky Bacon Sandwich		.				.				.							If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. GF Option Available
Brunch	Toast With Jam		.				.				.						✓	If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. GF & Vegan Options Available
Brunch	Toast with Marmalade		.				.				.						✓	If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. GF & Vegan Options Available
Brunch	Toast with Marmite						✓	If Allergic to Milk, ask for No Butter or swap for Sunflower Spread. GF & Vegan Options Available

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Sandwiches	The Cosy Club Sandwich	•	•	*	•	*		•		•		*	•	*					
Sandwiches	Ploughman's Toastie		•					•					•				☑		
Sandwiches	Croque Monsieur		•					•		•			•	•					
Sandwiches	Croque Madame		•		•			•		•			•	•					
Sandwiches	Vegan BLT		•										•				☑	Ⓥ	
Sandwiches	Steak Sandwich		•					•		•				•					If Allergic to Mustard, ask for No Dressing
Sandwiches	Falafel & Hummus Sandwich		•									•	•				☑	Ⓥ	If Allergic to Sesame, ask for No Hummous + No Tahini Paste.
Sandwiches	Fish Finger Sandwich	*	•	*	•	•		*		•		*	•	•					

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Tapas	Cosy Scotch Egg	*	•	*	•	*		*		•		*	*	•				
Tapas	Squid & Chorizo				•				•	•				•				
Tapas	Crispy Sesame Chicken	*	•	*	*	*		*		*		•	•	*				
Tapas	Tempura King Prawns	*	•	•	*	*		*		*		*	•	*				
Tapas	Pulled Chicken & Chorizo							•										
Tapas	Halloumi Sticks		•		•			•		*		*	*			☑		
Tapas	Roasted Tumeric Cauliflower										•			•		☑	Ⓢ	
Tapas	Pulled Brisket and Blue Cheese		•					•										If Allergic to Milk, ask for No Blue Cheese. GF Option Available
Tapas	Garlic Mushrooms on Toast		•					•						•		☑		GF & Vegan Options Available
Tapas	Mini Gloucester Old Spot Sausages	•	•							•				•				
Tapas	Spinach & Goat Cheese Croquettes		•		•			•		•			*	•		☑		
Tapas	Feta, Heirloom Tomato & Lovage Pesto		•					•						•		☑		GF & Vegan Options Available
Tapas	Mediterranean Mezze Plate		•					•			•	•	•			☑		If Allergic to Milk, ask for No Tzatziki. If Allergic to Sesame and/or Soya ask for No Hummus+No Munchy Seeds. GF & Vegan Options Available
Tapas	Whole Baked Camembert		•					•						•		☑		GF Option Available
Tapas	The Blighty Sharing Plate	•	•	*	•	*		•	•	•		*	*	•				
Tapas	The Mediterranean Mezze (Sharer)		•					•			•	•	•			☑		If Allergic to Milk, ask for No Tzatziki. If Allergic to Sesame, ask for No Hummus + No Miso Sesame Dressing+No Munchy Seeds.

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Burgers	The Classic	•	•							•			•	•					If Allergic to Celery, ask for No House Slaw. GF Option Available
Burgers	The BEYOND Meat	•	•				•		•				•	•		✓			If allergic to Milk, ask for No Burger Cheese Slice. If Allergic to Celery, ask for No House Slaw. GF Option Available
Burgers	The Chicken, Bacon & Avocado	•	•		•				•				•	•					If Allergic to Celery, ask for No House slaw. If Allergic to Eggs and/or, ask for No Garlic Mayo. GF Option Available
Burgers	The Halloumi	•	•		•		•		•		•		•	•		✓			If Allergic to Celery, ask for No House slaw. If Allergic to Sesame, ask for no Hummus
Burgers	The Scarlet Pimpernel	•	•		•		•		•				•	•					If allergic to Milk, ask for No Capia Cheese Dip + No Burger Slice. If Allergic to Celery, ask for No House Slaw. GF Option Available
Burgers	The Golden Dame	•	•	*	•	*	•		•		*		•	•					
Burgers	The Blue Velvet	•	•		•		•		•				•	•					If Allergic to Eggs and/or Milk, ask for No Blue Cheese + No Garlic Mayo. If Allergic to Celery, ask for No House Slaw. GF Option Available
Naked Burgers	The Classic	•							•				•	•					If Allergic to Celery, ask for No House Slaw.
Naked Burgers	The BEYOND Meat	•					•		•				•	•		✓			If allergic to Milk, ask for No Burger Cheese Slice. If Allergic to Celery, ask for No House Slaw.
Naked Burgers	The Chicken, Bacon & Avocado	•			•				•				•	•					If Allergic to Celery, ask for No House slaw. If Allergic to Eggs and/or, ask for No Garlic Mayo. GF Option Available
Naked Burgers	The Halloumi	•	•		•		•		•		•		•	•		✓			If Allergic to Celery, ask for No House slaw. If Allergic to Sesame, ask for no Hummus
Naked Burgers	The Scarlet Pimpernel	•			•		•		•				•	•					If allergic to Milk, ask for No Capia Cheese Dip + No Burger Slice. If Allergic to Celery, ask for No House Slaw. GF Option Available
Naked Burgers	The Golden Dame	•	•	*	•	*	•		•		*		•	•					
Naked Burgers	The Blue Velvet	•			•		•		•				•	•					If Allergic to Eggs and/or Milk, ask for No Blue Cheese + No Garlic Mayo. If Allergic to Celery, ask for No House Slaw.

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Mains	Pan Fried Chicken Breast	•					•						•					
Mains	Asian Seabass Fillet		•			•					•	•		•				If Allergic to Treenuts, ask for No Toasted Cashews. If Allergic to Sesame, ask for No Sesame Miso Dressing
Mains	Spiced Grilled Lamb Skewer		•				•						•					
Mains	Roast Tumeric Cauliflower										•			•	✓	Ⓥ		
Mains	Buttermilk Chicken	•	•	*	•	*		•		•	*	•	•					
Mains	Chicken, Bacon & Avocado Salad						•			•	•	•						If Allergic to Sesame and/or Soya ask for No Munchy Seeds. If Allergic to Milk ask for No Parmesan Reggiano Shavings
Mains	Hot Smoked Salmon & Potato Fishcake	•			•	•	•						•					
Mains	Half Roast Lemon & Thyme Chicken						•		•				•					
Mains	Slow Roasted Pork Belly	•					•						•					
Mains	Macaroni Cheese with Truffle Kale & Leek		•				•		•				•		✓			
Mains	Macaroni Cheese with Streaky Bacon		•				•		•				•					
Mains	Thai Green Chicken Curry		•	•	*	*		*		*			•	•				GF Option Available

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Mains	Thai Green Vegetable Curry		•		*			*		*			•	*		☑		GF & Vegan Options Available
Mains	Spiced Aubergine, Hummus & Feta	•						•				•	•			☑		If Allergic to Sesame, and /or Soya, ask for No Hummus + No Munchy Seeds. Vegan Option Available
Mains	Superfood Bowl											•	•			☑	Ⓢ	If Allergic to Sesame, ask for No Hummus + No Sesame Miso Dressing + Munchy Seeds
Mains	Fish & Chips			*	•	•								•				
Mains	Vegan Fish & Chips								•			•	•			☑	Ⓢ	
Mains	28 Day Aged 8oz Sirloin Steak							•										
Mains	8oz Rib-Eye Steak												•					
Sides & Extras	Bearnaise Sauce				•			•						•				
Sides & Extras	Peppercorn Sauce	•						•						•				

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Sides & Extras	Aubergine (spiced)	•															✓	Ⓥ	
Sides & Extras	Avocado																✓	Ⓥ	
Sides & Extras	Baked Beans																✓	Ⓥ	
Sides & Extras	BBQ Chorizo																		
Sides & Extras	Balsamic and Oil												•				✓	Ⓥ	
Sides & Extras	Bearnaise Sauce				•			•									✓		
Sides & Extras	Burger 6oz																		
Sides & Extras	Cheddar Grated							•									✓		
Sides & Extras	Cheesy Fries Side							•									✓		
Sides & Extras	Cheese Slice (Burger)							•									✓		
Sides & Extras	Ciabatta with Oil and Balsamic		•										•				✓	Ⓥ	
Sides & Extras	Falafel x2																✓	Ⓥ	
Sides & Extras	Feta							•									✓		
Sides & Extras	Fennel, Radish & Red Onion Slaw																✓	Ⓥ	
Sides & Extras	Flat Mushroom												•				✓	Ⓥ	
Sides & Extras	Fried Egg				•												✓		

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Sides & Extras	Fried Red Onions																✓	✓	
Sides & Extras	Fries																✓	✓	
Sides & Extras	Garlic Bread		•					•							•		✓		
Sides & Extras	Garlic Bread with Cheese		•					•							•		✓		
Sides & Extras	Garlic King Prawns			•				•							•				
Sides & Extras	Gloucester Sausage		•												•				
Sides & Extras	Halloumi Slices Burger Topping							•									✓		
Sides & Extras	Halloumi Sticks		•		•			•		*			*	*			✓		
Sides & Extras	Halloumi & Sweetcorn Fritters				•			•									✓		
Sides & Extras	Herb-Marinated Chicken														•				
Sides & Extras	Hollandaise			•				•									✓		
Sides & Extras	House Slaw	•								•			•	•			✓		
Sides & Extras	House Side Salad																✓	✓	
Sides & Extras	Hummus										•						✓	✓	

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Sides & Extras	Jalapenos																✓	✓	
Sides & Extras	Mac Cheese Side		•					•		•				•			✓		
Sides & Extras	Mac Cheese Fritter		•		*			•		•			*	*			✓		
Sides & Extras	Mac Cheese Balls		•		*			•		•			*	*			✓		
Sides & Extras	Maple Syrup																✓	✓	
Sides & Extras	Marrakesh Olives													•			✓	✓	
Sides & Extras	Onion Rings		•		*			•		*			*	*			✓		
Sides & Extras	Pancake		•		•			•									✓		
Sides & Extras	Poached Egg				•									•			✓		
Sides & Extras	Pulled Beef Brisket																		

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Sides & Extras	Potato Rosti															✓	ⓧ	
Sides & Extras	Sausage Gloucester Old Spot		•															
Sides & Extras	Scrambled Tofu															✓	ⓧ	
Sides & Extras	Scrambled Eggs				•			•								✓		
Sides & Extras	Smoked Back Bacon																	
Sides & Extras	Smoked Streaky Bacon																	
Sides & Extras	Smoked Salmon					•												
Sides & Extras	Spinach															✓		
Sides & Extras	Spinach Vegan															✓	ⓧ	
Sides & Extras	Spinach, Green Beans and Peas															✓		
Sides & Extras	Sweet Pot Fries															✓	ⓧ	
Sides & Extras	Thick Cut Chips															✓	ⓧ	
Sides & Extras	Toast		•													✓		
Sides & Extras	Toast Vegan		•													✓	ⓧ	
Sides & Extras	Tomato															✓	ⓧ	
Sides & Extras	Vegan Bacon Slice		•													✓	ⓧ	

MENU CATEGORY	DISH																	MODIFICATION	
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Cakes & Snacks	Croissant		•		•													✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Chocolate Fudge Cake				•								•					✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Crumpets with Cinnamon Butter		•															✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Crumpets with Marmite Butter	•	•															✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Pain au Chocolat		•		•								•					✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Tea Cake		•		•								•					✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Carrot Cake		•														•	✓	ⓧ All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Bombay Mix		•							•	•						•	✓	ⓧ All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Marrakesh Olives												•					✓	ⓧ All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Jelly Beans																		All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Cakes & Snacks	Nuts		•								•						•	✓	All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified

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Kids	Kids Breakfast		•		•			•					•	•					If Allergic to Eggs, ask for No Eggs. If Allergic to Milk ask for No Butter. If Allergic to Soya, ask for No bread
Kids	Kids Cheesy Beans on Toast		•					•					•			✓			If Allergic to Milk, ask for No Cheese and No Butter. If Allergic to Soya, ask for No bread
Kids	Kids Sausage Chips and Beans		•											•					
Kids	Kids Pancakes Banana & Compote		•		•			•						•		✓			
Kids	Kids 3oz Hamburger		•										•						
Kids	Kids Chicken Lollipops	*	•	*		*		*		*		*	*	•					
Kids	Kids Fish Fingers	*	•	*		•		*		•		*	*	*					
Kids	Macaroni Cheese and Garlic Bread		•					•		•				•		✓			
Kids	Kids Mezze Plate		•					•				•		•		✓			If Allergic to Milk, ask for No Tzatziki
Kids	Salad Kids Menu															✓	✓		
Kids	Kids Brownie, Ice Cream, choc Sauce				•			•					•			✓			
Kids	Kids Fruit Sunday		•		•			•				•	•			✓			
Kids	Kids Ice Cream w Chocolate Sauce							•				•				✓			