



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.

	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 GF				•		•						•					If Allergic to Eggs, ask for No Eggs If Allergic to Milk, ask for No Butter or swap for Sunflower Spread
Brunch	Vegtarian Breakfast GF				•		•						•			✓		If Allergic to Eggs, ask for No Eggs + No Halloumi & Sweetcorn Fritters + No GF Roll
Brunch	Scrambled Tofu GF											•				✓	Ⓥ	
Brunch	Avocado Brunch GF				•								•			✓		If Allergic to Eggs and/or Sulphites, ask for No Poached Eggs
Brunch	Avocado Brunch with Bacon & Hollandaise GF				•		•						•					If Allergic to Eggs and/or Sulphites, ask for No Poached Eggs + No Hollandaise
Brunch	Avocado Brunch with Salmon & Hollandaise GF				•	•	•						•					If Allergic to Eggs and/or Sulphites, ask for No Eggs + No Hollandaise. If Allergic to Fish ask for No Smoked Salmon
Brunch	Rather Elegant Brunch GF				•						•	•	•					If Allergic to Soya and/or Sesame, ask for No Munchy Seeds. If Allergic to Eggs, ask for No Eggs
Brunch	Cosy Eggs with Bacon GF				•		•						•					
Brunch	Cosy Eggs with Chorizo, Spinach & Peppers GF				•		•						•					
Brunch	Cosy Eggs with Smoked Salmon GF				•	•	•						•					If Allergic to Fish ask for No Smoked Salmon
Brunch	Cosy Eggs with Spinach & Mushrooms GF				•		•				•	•	•			✓		If Allergic to Soya and/or Sesame, ask for No Munchy Seeds
Brunch	Shakshuka GF				•											✓		If Allergic to Eggs, ask for No Eggs
Brunch	Shakshuka with Chorizo GF				•													If Allergic to Eggs, ask for No Eggs
Brunch	Shakshuka with Streaky Bacon GF				•													If Allergic to Eggs, ask for No Eggs
Brunch	Shakshuka with Feta GF				•		•									✓		If Allergic to Eggs, ask for No Eggs
Brunch	Smoked Bacon Sandwich GF						•											If Allergic to Milk, ask for No Butter

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		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN		VEGAN	
Burgers	The Classic GF	•			•					•			•	•					If Allergic to Celery, and/or Soya ask for No House Slaw
Burgers	The Scarlett Pimpernel GF	•			•			•	•			•	•						If Allergic to Celery, Milk, Mustard, Soya and/or Sulphites ask for No House Slaw + Burger Cheese Slice+ No Capia Cheese Dip
Burgers	The Blue Velvet GF	•			•			•	•			•	•						If Allergic to Celery, Milk, and/or Soya ask for No House Slaw +Blue Cheese
Burgers	The Beyond Meat GF	•			•			•	•			•	•			☑			If Allergic to Celery, Milk, and/or Soya ask for No House Slaw +Burger Cheese Slice
Burgers	The Chicken, Bacon & Avocado GF	•			•				•			•	•						If Allergic to Celery,and/or Soya ask for No House Slaw

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		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS		VEGETARIAN	VEGAN
Tapas	Baked Camembert GF				•			•						•		✓		If Allergic to Eggs, ask for No GF Bread Roll & Swap for GF & Vegan Linseed Bread
Tapas	The Mediterranean Mezze Sharer GF				•			•			•	•	•			✓		If Allergic to Eggs, ask for No GF Roll. If Allergic to Milk, ask for No Tzatziki. If Allergic to Sesame ask for No Munchy seeds + No Hummus + No Miso Sesame Dressing
Tapas	Squid & Chorizo				•				•	•				•				
Tapas	Garlic Mushrooms on Toast GF				•			•						•		✓		If Allergic to Eggs, ask for No GF Bread Roll & Swap for GF & Vegan Linseed Bread
Tapas	Mediterranean Mezze Plate GF				•			•			•	•	•			✓		If Allergic to Eggs, ask for No GF Roll. If Allergic to Milk, ask for No Tzatziki. If Allergic to Sesame and/or Soya ask for No Munchy seeds + No Hummus
Tapas	Pulled Beef Brisket GF				•			•										If Allergic to Milk, ask for No Blue Cheese If Allergic to Eggs, ask for No GF Roll & Swap for GF & Vegan Linseed Bread
Tapas	Feta, Heirloom Tomato & Lovage Pesto GF				•			•						•		✓		If Allergic to Eggs, ask for No GF Bread Roll & Swap for GF & Vegan Linseed Bread
Tapas	Pulled Chicken & Chorizo GF							•										
Tapas	Roast Tumeric Cauliflower GF										•			•		✓	Ⓥ	

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Mains	Hot Smoked Salmon & Potato Fishcake GF	•			•	•		•							•					
Mains	Pan Fried Chicken Breast GF	•						•							•					
Mains	Slow Roasted Pork Belly GF	•						•							•					
Mains	Superfood Bowl GF										•	•				☑	Ⓢ	If Allergic to Sesame, ask for No Hummus + No Toasted Seeds + No Miso Sesame Dressing		
Mains	Fish and Chips GF			*	•	•								•					If Allergic to Eggs, ask for No Tartare Sauce	
Mains	Thai Green Chicken Curry GF			•		*						•	•							
Mains	Warm Spiced Aubergine, Hummus & Feta GF	•						•			•	•				☑		If Allergic to Milk, ask for No Feta If Allergic To Sesame, and/or Soya ask for No Toasted Seeds + No Hummus		
Mains	Thai Green Vegetable Curry GF											•				☑	Ⓢ			
Mains	Roast Tumeric Cauliflower GF										•			•		☑	Ⓢ			
Mains	Chicken, Bacon & Avocado Salad GF							•			•	•	•					If Allergic to Sesame and/or Soya, ask for No Toasted Seeds If Allergic to Milk, ask for No Parmesan Shavings		
Mains	Roast Lemon & Thyme Chicken GF							•		•			•							
Mains	28 day Aged 8 oz Sirloin Steak GF							•					•							
Mains	8oz Rib-Eye Steak GF												•							
Mains	Bearnaise			•				•					•			☑				
Mains	Peppercorn Sauce	•						•					•			☑				

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Sides	Avocado GF																✓	✓	
Sides	Aubergine GF	•															✓	✓	
Sides	Baked Beans GF																✓	✓	
Sides	Burger Patty																		
Sides	Cheesy Fries Side GF						•										✓		If Allergic to Milk, ask for No Cheese
Sides	Cheddar GF						•										✓		
Sides	Chorizo GF																		
Sides	Falafel GF																✓	✓	
Sides	Feta GF						•										✓		
Sides	Fennel, Radish & Red Onion Slaw GF																✓	✓	
Sides	Field Mushroom GF						•										✓		
Sides	Fried Egg GF			•													✓		
Sides	Fries Side GF																✓	✓	
Sides	Green Beans, Peas & Spinach GF						•					•					✓		
Sides	Garlic Prawns GF		•				•					•							
Sides	Halloumi GF						•										✓		

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Puddings	Warm Chocolate Brownie GF				•			•						•			✓		
Puddings	Chocolate & Orange Torte GF													•			✓	✓	
Puddings	Chocolate Bombe GF							•						•			✓		

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Brunch	Linseed Bread (GF & V Toast)																✓	ⓧ	
Brunch	Vegan Breakfast		•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Brunch	Vegan Shakshuka		•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Brunch	Vegan Avocado Brunch		•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Brunch	Vegan Crumpets with Cinnamon Butter		•														✓	ⓧ	
Brunch	Vegan Crumpets with Marmite Butter	•	•														✓	ⓧ	
Brunch	Vegan Scrambled Tofu		•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Brunch	Vegan Toast With Jam		•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Brunch	Vegan Toast with Marmite	•	•														✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)

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Tapas	Vegan Garlic Mushroom		•											•		✓	ⓧ	If Allergic to Gluten ask for No Sourdough and swap for Linseed Bread (GF & V Toast)
Tapas	Vegan Heirloom Tomato		•											•		✓	ⓧ	If Allergic to Gluten, ask for No Sourdough swap for Linseed Bread (GF & V Toast)
Tapas	Vegan Mediterranean Mezze Plate		•								•	•				✓	ⓧ	If Allergic to Gluten, ask for No Pitta Bread swap for Linseed Bread (GF & V Toast). If Allergic to Sesame ask for No Hummous + No Toasted Seeds
Tapas	Vegan Mediterranean Platter LRG		•								•	•				✓	ⓧ	If Allergic to Gluten, ask for No Pitta Bread swap for Linseed Bread (GF & V Toast) If Allergic to Sesame ask for No Hummous + No Toasted Seeds +No Miso Sesame Dressing
Tapas	Vegan Roast Tumeric Cauliflower										•			•		✓	ⓧ	

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Sides	Vegan Ciabatta with Oil and Balsamic		•											•		✓	✓	If Allergic to Gluten, ask for No Ciabatta, swap for Linseed Bread (GF & V Toast)
Sides	Vegan Aubergine	•														✓	✓	
Sides	Vegan Fennel															✓	✓	
Sides	Vegan Spinach, Green Beans and Peas Side													•		✓	✓	
Sides	Vegan Marrakesh Olives													•		✓	✓	
Sides	Vegan Sweet Pot Fries Side															✓	✓	
Sides	Vegan Thick Cut Chips															✓	✓	
Sides	Vegan Cosy Side Salad															✓	✓	
Sides	Vegan Garlic Bread		•											•		✓	✓	
Sides	Vegan House Slaw	•								•		•	•			✓	✓	

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Puddings	Vegan Chocolate & Orange Torte																		<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified
Puddings	Vegan Berry Cheesecake																		<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> All the listed below are purchased from External(s) Supplier(s) and therefore CAN NOT be modified