



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


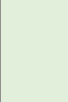



ALLERGEN MATRIX & TABLES:

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	
BUFFET BOWLS	Thai Green Chicken Curry		•	•	*			*		*			•	•					GF Option Available
BUFFET BOWLS	Thai Veg Green Curry		•		*			*		*			•	*		✓			GF & Vegan Options Available
BUFFET BOWLS	Buttermilk Chicken & Chips	•	•	*	*	*		•			*	•	•						
BUFFET BOWLS	Macaroni Cheese with Leek & Kale		•					•		•						✓			
BUFFET BOWLS	Chicken, Bacon & Avocado Salad with Balsamic							•			•	•	•						If Allergic to Sesame, and/or Soya ask for No Munchy Seeds. If Allergic to Milk, ask for No Parmesan Shavings
BUFFET BOWLS	Superfood Bowl		•								•	•				✓			If Allergic to Sesame, ask for No Hummus + No Sesame Miso Dressing + Munchy Seeds.GF option available.
BUFFET BOWLS	Mini Fish & Chips	*	•	*	•	•		*		•		*		•					
BUFFET BITES	Sesame Chicken	*	•	*		*		*		*		•	•	*					
BUFFET BITES	Beef Burger Sliders		•		•			•		•				•					
BUFFET BITES	Scotch Egg	*	•	*	•	*		*		•		*		•					
BUFFET BITES	Beef & Bone Marrow Croquettes	*	•	*	•	*		•		•		*		•					
BUFFET BITES	Goats & Spinach Cheese Croquettes		•		•			•		•			*	•		✓			
BUFFET BITES	Avocado Toasts with Hummus & Rocket		•								•					✓	✓		If Allergic to Sesame, ask for No Hummus
BUFFET BITES	Mac Cheese Bites		•		•			•		•		*	*			✓			
BUFFET BITES	Garlic Mushrooms on Toast		•					•						•		✓			
BUFFET BITES	King Prawns Tempura	*	•	•	*	*		*		*		*	•	*					
BUFFET BITES	Smoked Salmon Blinis		•		•	•		•		•				•					

MENU CATEGORY	DISH															MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS		VEGETARIAN	VEGAN
SANDWICH PLATTERS	Cheese & Tomato Chutney		•					•								✓		
SANDWICH PLATTERS	Ham, Cheese and Mustard		•		•			•		•				•				If Allergic to Eggs and/or Mustard, ask for No Mustard Mayo
SANDWICH PLATTERS	Hummus, Avocado & Rocket		•							•						✓	Ⓥ	If Allergic to Sesame, ask for No Hummus
SANDWICH PLATTERS	Smoked Salmon & Cream Cheese		•			•		•										
SANDWICH PLATTERS	Cream Cheese & Cucumber		•					•								✓		
SIDES	Olives													•		✓		
SIDES	Ciabatta with Balsamic & olive oil		•											•		✓	Ⓥ	
SIDES	Garlic Bread with Cheese		•					•						•		✓		
SIDES	House Salad															✓	Ⓥ	
SIDES	House Slaw	•								•		•	•			✓	Ⓥ	
SIDES	Cheesy Fries							•								✓		
SIDES	Fries															✓	Ⓥ	
SIDES	Thick Cut Chips															✓	Ⓥ	
SIDES	Sweet Potato Fries															✓	Ⓥ	
SIDES	Onion Rings		•		*			•		*		*	*			✓		

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	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																		
Package 1 & 2	Sesame Chicken	*	•	*		*		*		*		•	•	*					
Package 1 & 2	Goats & Spinach Cheese Croquettes		•		•			•		•			*	•			✓		
Package 1 & 2	Scotch Egg	*	•	*	•	*		*		•		*		•					
Package 1 & 2	Avocado Toasts with Hummus & Rocket		•									•					✓	Ⓟ	If Allergic to Sesame, ask for No Hummus
Buffet	If you want to modify any allergen(s) from a package the modifications will have to be on individuals items only																		
Package 3 & 4	The Blighty Sharing Plate	•	•	*	•	*		•	•	•		*	*	•					
Package 3 & 4	The Mediterranean Platter		•					•				•	•	•			✓		If Allergic to Milk, ask for No Tzatziki. If Allergic to Sesame, ask for No Sesame + No Hummus + No Miso Sesame Dressing. GF & Vegan Options Available
Package 3 & 4	Marrakesh Olives													•			✓	Ⓟ	
Package 3 & 4	Garlic Bread		•					•						•			✓		
Package 3 & 4	Halloumi Sticks		•		•			•									✓		