

# ALLERGEN INFORMATION

A RED marking indicates that the dish contains the specified allergenic ingredient and it cannot be removed.  
A GREEN marking indicates the ingredient can be removed or substituted and identifies which part of the dish contains that allergen.

Please speak to a member of staff and inform them of all your allergies. This allows us to take extra care during preparation to minimize the risk of cross-contamination.

## Important Notice:

While we strive to provide accurate information, certain ingredients and seasonings sourced from our suppliers and factories may contain traces of allergens where cross-contamination occurred during manufacturing, transport, or storage.

Additionally, our kitchens use shared fryers for multiple menu items.

## DAYTIME MENU:

PORTUGUESE TART: CEREAL/GLUTEN, MILK, EGGS

ALMOND CROISSANT: CEREAL/GLUTEN, MILK, ALMONDS, EGGS

BUTTER CROISSANT JAM AND BUTTER: CEREAL/GLUTEN, MILK, EGGS

TOASTED TEA CAKE WITH BUTTER: CEREAL/GLUTEN, SOYA, MILK (BUTTER)

CHEESE & AVOCADO CROISSANT: CEREAL/GLUTEN, MILK, EGGS

CHEESE & HAM CROISSANT: CEREAL/GLUTEN, MILK, EGGS

SCRAMBLED EGGS WITH SALMON: EGG, FISH, CEREAL/GLUTEN (BREAD: OPTION OF GF BREAD), MILK (CREAM)

SCRAMBLED EGGS WITH BACON: EGG, CEREAL/GLUTEN (BREAD: OPTION OF GF BREAD), MILK (CREAM)

TRADITIONAL ENGLISH BREAKFAST: EGG,

TRADITIONAL ENGLISH VEGGIE BREAKFAST: EGG, CEREAL/GLUTEN+ SOYA (VEGAN SAUSAGE)

CLASSIC OMELETTE: EGG, MILK (CREAM), MUSTARD (DRESSING)

EGGS BENEDICT: CEREAL/GLUTEN (MUFFIN, OPTION OF GF TOAST), EGG+MILK (HOL. SAUCE), EGGS

EGGS FLORENTINE: CEREAL/GLUTEN (MUFFIN, OPTION OF GF TOAST), EGG+MILK (HOL. SAUCE), EGGS

EGGS ROYALE: CEREAL/GLUTEN (MUFFIN, OPTION OF GF TOAST), EGG+MILK (HOL. SAUCE), EGGS, FISH

CHE GUEVARA'S MUFFIN: CEREAL/GLUTEN (MUFFIN, OPTION OF GF TOAST), EGG, MILK (BUTTER)

SPANISH OMELETTE: MILK (CREAM), CEREAL/GLUTEN (BREAD, OPTION OF GF TOAST), EGG

CUBAN HUEVOS RANCHEROS : EGG, MILK

SHAKSHOUKA: CEREAL/GLUTEN (BREAD, OPTION OF GF TOAST), EGG

JAMBALAYA: CRUSTACEANS (PRAWNS), CEREAL/GLUTEN (BREAD: OPTION OF GF BREAD)

CAESAR ROMERO: CEREAL/GLUTEN, MILK, EGG, MUSTARD (AMERICAN MUSTARD, SLAW)

QUESADILLA: CEREAL/GLUTEN, MILK, EGG, MUSTARD (SLAW), SULPHITES

BURRITO: CEREAL/GLUTEN, MILK, EGG, MUSTARD (SLAW), SULPHITES

BURRITO BOWL: X

NACHOS: MILK, EGG, SULPHITES

CUBAN SARNIE: CEREAL/GLUTEN (BREAD, OPTION OF GF TOAST), MUSTARD+EGG (MAYO), MUSTARD (DRESSING)

MEDI HABANO: CEREAL/GLUTEN (BREAD, OPTION OF GF TOAST), MILK (HALLOUMI), MUSTARD+EGG (MAYO), MUSTARD (DRESSING)

HABANO SALAD: MILK (HALLOUMI), MUSTARD (DRESSING)

HALLOUMI SALAD: MILK (HALLOUMI), SULPHITES (GLAZE)

BEEF BURGER: CEREAL/GLUTEN, MILK, EGG

HALLOUMI BURGER: CEREAL/GLUTEN, MILK, EGG

NAKED BURGER: X

EMPANADA: CEREAL/GLUTEN, MILK

GAMBAS CON CHORIZO: CEREAL/GLUTEN, CRUSTACEANS

MAC & CHEESE CROQUETTES (V): CEREAL/GLUTEN, MILK

PANKO & TEMPURA SHRIMP: CEREAL/GLUTEN, CRUSTACEANS

BLAZING KING PRAWNS: CEREAL/GLUTEN, SOYA, CRUSTACEANS

VEGETARIAN SPRING ROLLS (Ve): **CEREAL/GLUTEN, SOY, CELERY, SESAME**

BREADED STUFFED JALAPEÑOS (v): **CEREAL/GLUTEN, MILK**

BREADED BRIE: **CEREAL/GLUTEN, MILK**

PATATAS BRAVAS (v): **MUSTARD+ EGG (AIOLI)**

SWEET AND SPICY FRIED CHICKEN: **CEREAL/GLUTEN, SOY**

OLIVES: X

PLANTAIN: X

CUBAN SLAW: **EGG,**

SKINNY FRIES: X

SWEET POTATO FRIES: X

HALLOUMI FRIES: **MILK**

GARLIC AIOLI: **MUSTARD, EGG**

GARLIC BREAD: **CEREAL/GLUTEN**

GARLIC BREAD W CHEESE: **CEREAL/GLUTEN, MILK**

CHURROS W CHOCOLATE SAUCE: **CEREAL/GLUTEN**

STICKY TOFFEE PUDDING: **MILK, EGG**

CHOCOLATE FONDANT: **CEREAL/GLUTEN, MILK, EGG, SOYA**

COFFEE & WALNUT CAKE: **CEREAL/GLUTEN, MILK, EGG, NUT**

LEMON CAKE: **CEREAL/GLUTEN, MILK, EGG**

CARROT & ORANGE CAKE: **CEREAL/GLUTEN, MILK, EGG**

## EVENING MENU:

OLIVES: X

CHEESE BOARD: **CEREAL/GLUTEN, MILK**

JEKR PIT WINGS: X

SWEET AND SPICY FRIED CHICKEN: **CEREAL/GLUTEN, SOY**

PECORDERO FRITO: **CEREAL/GLUTEN** (BREAD, OPTION OF GF TOAST),

POLLO DE CHORIZO: **CEREAL/GLUTEN** (BREAD, OPTION OF GF TOAST),

EMPANADA: **CEREAL/GLUTEN, MILK**

PULLED PORK NACHOS: **MILK, EGG, SULPHITES**

CROQUETA'S DE HABANO: X

TRI COLORE SALAD: **MILK, SULPHITES**

CON QUESO: **CEREAL/GLUTEN** (BREAD, OPTION OF GF TOAST), **MILK**

TORTILLA ESPANOLA: **EGG**

BREADED STUFFED JALAPEÑOS (v): **CEREAL/GLUTEN, MILK**

BREADED BRIE: **CEREAL/GLUTEN, MILK**

PATATAS BRAVAS (v): **MUSTARD+ EGG (AIOLI)**

VEGETARIAN SPRING ROLLS (Ve): **CEREAL/GLUTEN, SOY, CELERY, SESAME**

MAC & CHEESE CROQUETTES (V): **CEREAL/GLUTEN, MILK**

SARDINES: **FISH, CEREAL/GLUTEN,**

CALAMARES FRITOS: **CEREAL/GLUTEN, MOLLUSCS, MUSTARD+ EGG (AIOLI)**

GAMBAS CON CHORIZO: **CEREAL/GLUTEN, CRUSTACEANS**

PANKO & TEMPURA SHRIMP: **CEREAL/GLUTEN, CRUSTACEANS**

BLAZING KING PRAWNS: **CEREAL/GLUTEN, SOYA, CRUSTACEANS**

PLANTAIN: X

SKINNY FRIES: X

SWEET POTATO FRIES: X

HALLOUMI FRIES: **MILK**

GARLIC AIOLI: **MUSTARD, EGG**

GARLIC BREAD: **CEREAL/GLUTEN**

GARLIC BREAD W CHEESE: **CEREAL/GLUTEN, MILK**

FARMER'S BOARD: **CEREAL/GLUTEN, SOYA, MILK, SULPHITES, EGG**

FISHERMAN'S BOARD: **CEREAL/GLUTEN, SOYA, CRUSTACEANS, MOLLUSCS, MILK, SULPHITES, FISH, EGG**

MIX BOARD: **CEREAL/GLUTEN, SOYA, CRUSTACEANS, MOLLUSCS, MILK, SULPHITES, FISH, EGG**

**BEEF BURGER: CEREAL/GLUTEN, MILK, EGG**

**HALLOUMI BURGER: CEREAL/GLUTEN, MILK, EGG**

**QUESADILLA: CEREAL/GLUTEN, MILK, EGG, MUSTARD (SLAW), SULPHITES**

**BURRITO: CEREAL/GLUTEN, MILK, EGG, MUSTARD (SLAW), SULPHITES**

**CHICKEN FAJITA: CEREAL/GLUTEN, MILK (SOUR CREAM, GUACAMOLE)**

**PORK FAJITA: CEREAL/GLUTEN, MILK (SOUR CREAM, GUACAMOLE)**