



S&S Menu Allergens (April 2020)

Last Update: June 2020

✓	This dish contains the allergen mentioned.
Gluten Free	Indicates a dish in which none of the ingredients contain gluten
May Contain Traces	Indicates a dish which may contain small traces of an allergen, even when it's ingredients do not contain the allergen
GF Version Available	Indicates a dish which is not gluten free as standard, but we can prepare a gluten free version of it upon request

While every effort has been made to ensure this information is accurate, our menu items are subject to change. We prepare all of our food fresh to order in a small kitchen, there for some traces of allergens may be present in all dishes. Please let your server know of any serious dietary requirements.

Allergen:

Peanuts	Nuts	Eggs	Milk(Dairy)	Gluten	Celery	Soya	Fish	Sulphites	Crustaceans	Mustard	Lupin	Sesame	Molluscs	Other (Specify)
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Sides & Bites

Skinny Fries				Gluten Free										
Halloumi Fries			✓	Gluten Free										
Crispy Onion Rings				✓										
Chicken Tenders			May Contain Traces	✓	May Contain Traces	May Contain Traces				May Contain Traces				

Savoury Signatures

All American Panwich			✓	✓	✓									
Breakfast Panwich			✓	✓	✓		✓			✓				
Katsu Chicken Panwich			✓	✓	✓		May Contain Traces	May Contain Traces				May Contain Traces		
Falafel Panwich	✓		✓	✓	✓	✓	GF Version Available							
Pork Panwich			✓	✓	✓	✓	GF Version Available			✓				

Sweet Signatures

Toffee Apple Panwich		✓	✓	✓	✓									
Nutella Panwich		✓	✓	✓	✓									
Strawberries Cheesecake Panwich			✓	✓	✓									
Peanut Butter Panwich	✓		✓	✓	✓				✓					
Citrus Oreo Panwich			✓	✓	✓									
Salted Caramel Banana Panwich			✓	✓	✓									

Stack Choices

Buttermilk			✓	✓	✓									
Buckwheat			✓	✓	✓		May Contain Traces							
Protein			✓	✓	✓		May Contain Traces							
Gluten/Dairy Free - Vegan	✓						Gluten Free							
Low Fat			✓	✓	✓		✓							

Savoury Toppings

Protein														
Bacon							Gluten Free							
Smoked Salmon							Gluten Free							
Shredded BBQ Beef							Gluten Free							
Moroccan Spiced Lamb							✓					May Contain Traces		
Hoi Sin Pulled Pork							✓			✓				



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Raspberries					Gluten Free										
Strawberries					Gluten Free										
Blueberries					Gluten Free										
Fresh Fig					Gluten Free										
Apple & Cinnamon					Gluten Free										
Roasted Pear					Gluten Free										
Orange Slices					Gluten Free										
Crunches															
Chocolate Chips				✓	✓			✓							
Oreo Biscuit					✓			✓							
Meringue			✓		Gluten Free										
Super-Berry Granola		✓			✓										
Crunchie				✓	Gluten Free										
Toffee Crisp				✓	✓										
Walnuts		✓			Gluten Free										
Pecans		✓			Gluten Free										
Almonds		✓			Gluten Free										
Jaffa Cake			✓	✓	✓			✓							
Sauces & Creams															
Maple Syrup					Gluten Free										
Nutella		✓		✓	Gluten Free			✓							
Peanut Butter	✓				Gluten Free										
Biscoff Spread					✓			✓							
Chantilly Cream				✓	Gluten Free										
Mascarpone				✓	Gluten Free										
Greek Yoghurt				✓	Gluten Free										
Creme Fraiche				✓	Gluten Free										
Low Fat Cream Cheese				✓	Gluten Free										
Lemon Curd			✓		Gluten Free										
Chocolate Sauce					Gluten Free										
Skinny Chocolate Sauce					Gluten Free										
Salted Caramel Sauce				✓	Gluten Free										
Skinny Salted Caramel Sauce					Gluten Free										
Toffee Sauce				✓	Gluten Free										
Hot Fudge Sauce				✓	Gluten Free										
Skinny White Choc & Raspberry					Gluten Free			✓							
Skinny Peanut Butter Sauce					Gluten Free										

Desserts

