

Food allergens summary		Q Breakfast												
Name of dish	Peanuts	*Nuts	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Lupin	**Gluten	Sulphur dioxide
Full Breakfast							yes	yes	yes				yes	yes
Vegetarian Breakfast							yes	yes	yes				yes	
Mediterranean Breakfast							yes		yes				yes	
Vegan Breakfast				yes				yes					yes	
Steak Breakfast							yes		yes				yes	
Pancake and Fruits							yes		yes				yes	
Pancake Bacon							yes		yes				yes	
Buttermilk Chicken Pancake							yes		yes				yes	
American Pancake							yes	yes	yes				yes	
OMG Q Pancake							yes	yes	yes				yes	
French Toast									yes				yes	
Bacon Ciabatta									yes				yes	
Sausage Ciabatta								yes	yes				yes	
Egg Ciabatta							yes		yes				yes	
Full Ciabatta							yes	yes	yes					

Review date:13/05/2020

all dishes may contain traces of nuts

Food allergens summary														
Q Bar & Kitchen Starters														
May 2020														
Name of dish	Peanuts	*Nuts	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya beans	Milk	Celery	Mustard	Sulphur dioxide	Lupin	**Gluten
Mixed Olives												yes		yes
Oil & Vinegar												yes		yes
Smokehouse Mixed Nuts	yes	yes												
Tzatziki									Yes					bread
Hummus w Bread				yes										yes
Kibbeh							yes		yes					yes
Saksuka										yes				yes
Beef Sujuk										yes				yes
Calamari			yes				yes	yes		yes	yes	dress		yes
Avocado w Prawns					yes		yes			yes		yes		
Grilled Halloumi Salad									yes	yes				
Mozzarella and avocado									yes					
Butterflied Prawns					yes				yes					yes
Prosciutto w Melon												dress		
Filo Parcels				yes			yes		yes					yes
Combo Quattro Cold				Yes		yes	yes		yes					yes
Combo Quattro Hot			yes						yes					yes

* brazil nuts, hazelnuts, almonds and walnuts

Review date(s): 14.05.2020

** cereals containing gluten (including wheat, rye, barley and oats)

Food allergens summary														
Name of dish	Q Bar & Kitchen				Grill, Stew, Fish									
	Peanuts	*Nuts	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya beans	Milk	Celery	Mustard	Sulphur dioxide	Lupin	**Gluten
Zesty Chicken Steak									Mash Potato		yes			
Lamb Cutlets											yes			
Lamb Steak											Yes			
Steak Duo									Peppercorn Sauce		Yes			
Spicy Chicken Chops											yes			
Moussaka							yes		yes	yes				yes
Spinach Stew w Halloumi									yes	yes				rice
Spicy Fish Pot			yes		yes	yes			rice	yes				rice
Farmer's Chicken									rice	yes				rice
Bacon Cheeseburger							bun		yes			yes		yes
Haloumi & Falafel Burger				yes			bun	yes	yes			yes		yes
Chicken Burger							bun		Yes		yes	yes		yes
Salmon						yes			yes			yes		yes
Sea Bass						yes			yes					yes
Fish Duo						yes			yes			yes		yes
Calamari			yes				yes	yes		yes	yes	dress		yes

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Food allergens summary														
Name of dish	Q Bar & Kitchen				Pasta, Salads, Wraps and Sandwiches, Desserts									
	Peanuts	*Nuts	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya beans	Milk	Celery	Mustard	Sulphur dioxide	Lupin	**Gluten
Pasta														
Penne Prawns					yes				yes	yes		yes		yes
Beef Ragu										Yes		yes		yes
Chicken Arrabbiata										Yes		yes		yes
Penne w tomato and mozza									yes	yes		yes		yes
Grilled Chicken Salad												dress		
Butterflied Prawns Salad					yes				yes		dress	dress		
Halloumi									yes		dress	dress		
Add chicken														
Lamb wrap/sandwich									Yes		yes			yes
Chicken wrap/sandwich									Yes		yes			yes
Halloumi wrap/sandwich									yes					yes
Chicken and Halloumi wrap/sandwich									Yes		yes			yes
Falafel & Hummus wrap/sandwich				yes				yes						yes
Chocolate Fudge		trace					yes	yes	yes					yes
Banoffee Pie		yes						yes	yes					yes
Strawberry Cheesecake									yes					yes

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Food allergens summary														
Q Bar & Kitchen														
Vegan menu														
Name of dish	Peanuts	*Nuts	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya beans	Milk	Celery	Mustard	Sulphur dioxide	Lupin	**Gluten
Olives												yes		yes
Oil and Vinegar												yes		yes
Saksuka														yes
Melon pomegranate sauce														
Hummus				yes										yes
Mediterranean Penne														yes
Veg stew														rice
Avocado salad											dressing	dressing		rice
Spinach and chickpeas stew														

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