

ELIÁN

BAR & KITCHEN

	CELERY	CEREALS CONTAINING GLUTEN*	EGGS	CRUSTACEAN	FISH	LUPIN	MILK (DAIRY)	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
GLUTEN FREE TOAST			✓											
WHITE TOAST		✓												
BROWN TOAST		✓												
BRIOCHE LOAF		✓	✓				✓							
BRIOCHE BUN		✓												
SOURDOUGH		✓												
BREAKFAST														
SMOKED SALMON					✓									
BACON														
VEGAN SAUSAGES													✓	
BUTCHER CRAFT SAUSAGES		✓											✓	✓
HALLOUMI							✓							
TOMATO														
BAKED BEANS													✓	✓
MUSHROOMS														
HASHBROWN														
AVOCADO														
ROASTED PEPPERS														
SPINACH														
CHILLI AUBERGINE														
BLACK PUDDING		✓								✓				
CHEDDAR							✓							
FETA							✓							
MOZZARELLA							✓							
SWISS CHEESE							✓							
	CELERY	CEREALS CONTAINING GLUTEN*	EGGS	CRUSTACEAN	FISH	LUPIN	MILK (DAIRY)	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
EGGS														
FRIES EGGS			✓											
SCRAMBLED EGGS			✓				✓							
OMELLETE			✓				✓							
POACHED			✓											✓
HONEY														
JAM														
BUTTER							✓							
STARTERS														
SOUP OF THE DAY		SOUP OF THE DAY CHANGES ON DAILY BASES. PLEASE, SPEAK TO A MEMBER OF STAFF FOR PRECISE INGREDIENTS!												
OLIVES		✓					✓							
SOURDOUGH		✓					✓							
GARLIC SOURDOUGH		✓	✓											
GOATS CHEESE														
HUMMUS														
TOMATO BRUSCHETTA														
DUCK SPRING ROLLS														
BUTTERMILK CHICKEN														
PADRON PEPPERS														
CALAMARI		✓			✓									
KING PRAWNS					✓									
SALAD														
SWEET POTATO & KALE													✓	
GREEK SALAD							✓							
CAESAR SALAD		✓					✓							
SIDES														
FRIES														
SWEET POTATO WEDGES														
SWEET POTATO FRIES														
	CELERY	CEREALS CONTAINING GLUTEN*	EGGS	CRUSTACEAN	FISH	LUPIN	MILK (DAIRY)	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
MAINS														
CHICKEN FILLET														
SEA BASS					✓									
SALMON					✓									
CHICKEN SUPREME							✓							
TAGLIATELLE ARRABBIATA		✓	✓											
CHICKEN PESTO TAGLIATELLE		✓	✓				✓			✓				
SMOKED SALMON TAGLIATELLE		✓	✓				✓							
CARBONARA TAGLIATELLE		✓	✓				✓							
STEAK														
GAMMON STEAK			✓											
BURGERS														
BEEF														
BUTTERMILK CHICKEN		✓	✓				✓							
CHICKEN FILLET														
SIDES / SAUCE														
SWEET POTATO FRIES														
FRIES														
TOMATO SALAD														
MOZZARELLA STICKS		✓					✓							
DESSERTS														
CHEESECAKE		✓	✓				✓							
BROWNIES		✓	✓				✓			✓				
MACAROONS		✓	✓				✓							
BISCOFF BISCUITS		✓											✓	
CHOCOLATE MOUSSE		✓	✓				✓			✓				
CHAI LATTE							✓							
HOT CHOCOLATE							✓							

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ALLERGENS:

IF YOU ARE GLUTEN INTOLERANT, COELIAC OR HAVE ANY ALLERGIES, PLEASE CONSULT YOUR SERVER UPON ORDERING. WE CAN NEVER GUARANTEE ABSOLUTELY NO CROSS CONTAMINATION BUT WE WILL ALWAYS ENDEAVOUR TO CATER FOR ANY DIETARY REQUIREMENTS TO THE BEST OF OUR ABILITY.

WE OFFER A GLUTEN FREE BREAD WHICH CAN BE SUBSTITUTED FOR ANY TOAST WITH BREAKFAST OR FOR OUR BURGER BUNS. GLUTEN FREE BREAD IS TOASTED IN A SEPARATE TOASTER TO AVOID CROSS CONTAMINATION.

ON OUR CLASSIC BREAKFASTS OR BUILD YOUR OWN BREAKFAST OPTION, THE SAUSAGE AND BLACK PUDDING CONTAIN GLUTEN. THE FORM OF COOKING WE USE FOR THE HASH BROWNS AND FRIES IS THE SAME FOR THAT OF GLUTEN CONTAINING INGREDIENTS AND THEREFORE THERE WILL BE CROSS CONTAMINATION AND DEPENDING ON THE SEVERITY OF YOUR ALLERGY WE WOULD ENCOURAGE YOU NOT TO HAVE THESE.

WE HAVE STRICT PROCEDURES IN PLACE TO AVOID CROSS CONTAMINATION ON OUR OTHER WORK SURFACES AND COOKING EQUIPMENT INCLUDING OUR FLAT GRILL, OVEN, STOVE AND PANS HOWEVER OUR CHEFS USE A WIDE COLLECTION OF FRESH INGREDIENTS DAILY AND THE COMPLETE ABSENCE OF ALLERGENS IN OUR DISHES CANNOT BE GUARANTEED.

ALL BREAKFASTS ARE SERVED WITH A SLICE OF TOAST WHICH IS BUTTERED UNLESS YOU REQUEST OTHERWISE. PLEASE ENSURE YOUR SERVER KNOWS IF YOU NEED GLUTEN FREE TOAST, OR VEGAN/NON-DAIRY BUTTER. IF YOU HAVE A DAIRY ALLERGY PLEASE MAKE YOUR SERVER AWARE OF THIS WHEN ORDERING. VEGAN AND VEGETARIAN FOOD IS PREPARED IN THE SAME KITCHEN AS NON-VEGAN/VEGETARIAN FOOD SO WHILST WE HAVE PROCEDURES IN PLACE TO AVOID CROSS CONTAMINATION WE CANNOT GUARANTEE IT 100%.

OUR POACHED EGGS ARE COOKED IN WHITE WINE VINEGAR WHICH DOES CONTAIN SULPHUR DIOXIDE.

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