



VARDO

ALLERGEN INFORMATION

All Day Menu

Last modified
01/06/2021



VARDO

This guide provides information on allergens present in each dish. In accordance with the EU Food Information Regulation, we declare the main fourteen allergens.

Y

indicates the intentional presence of the allergen indicated

M

Menu items marked with this symbol contain ingredients which our suppliers have indicated have been prepared and/or packaged in an environment that may contain traces of the allergen stipulated

Fryer

An element of the menu item marked with this symbol has been cooked in the deep fat fryer, which may contain traces of all allergens and of non-plant based matter

As our dishes are handmade in our busy kitchens, unfortunately, we cannot guarantee that they are 100% free of allergens or contaminants.



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MENU ITEM

CEREALS CONTAINING GLUTEN

Wheat/ Spelt/ Kamut

Rye

Barley

Oats

FISH

CRUSTACEANS

MOLLUSCS

EGGS

SOYBEANS

MILK

TREE NUTS

PEANUTS

CELERY

MUSTARD

SESAME

SUPHUR DIOXIDE

LUPIN

DEEP FAT FRYER

SMALL PLATES

Steamed edamame, sea salt									Y												
Marcona almonds and nocellara del belice olives												Y									
Jalapeno cornbread, chipotle butter, coriander, lime	Y	Y							Y	M	Y										
Garam masala labneh, fenugreek-chilli butter, spiced chickpeas, flatbread	Y	Y								M	Y	M	M		Y	Y	Y				Fryer
Burrata, lemon dressing, puntarelle, fennel seed, cracked pepper											Y										
Crisp chilli salt tofu, baby spinach, salted black beans, sesame										Y				M	M	Y	Y				Fryer
Grilled asparagus, den miso, stilton, basil cress										Y	Y			Y	Y						
Peruvian style baby squid salad, green tomato, celery, coriander, jalapeno, lime						M	M	Y						Y	Y						
Prawn ceviche: chilled prawn, coconut, ginger, coriander, lime, taro crisps, cape gooseberries						M	Y	Y									Y				
Jamon and smoked san simon croquettes, saffron aioli	Y	Y							Y	M	Y				M				M		Fryer
Broken lamb meatballs, chermoula, aubergine, tahini, labneh, pickled red onion											Y					Y	Y				Fryer



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DEEP FAT FRYER

GRAINS AND BOWLS

Quinoa, edamame, buckwheat grain bowl, broccoli, pickled daikon, avocado, toasted chickpeas, mung beans, sesame soy

Y

Y

Y

Chickpea dahl, courgette and fava bean bhaji, carrot thoran, fresh coconut relish

M

M

M

Y

Y

Y

Fryer

Burnt stem broccoli, charred sweet potato, spiced black bean salsa, green chutney, coconut yoghurt, curry leaf oil

M

M

M

M

Y

Seasoned rice, hot-smoked salmon, avocado, miso mayonnaise, mung beans, pickled ginger, furikake

Y

M

M

Y

Y

M

M

Y

Chicken larb, polished rice, pickles, sambal, romaine lettuce, peanuts

Y

Y

Y

M

Y

M

Y

Add protein: - Grilled chicken

M

Add protein: - Fried egg

Y

Add protein: - Grilled halloumi

Y

Add protein: - Grilled chorizo

Y



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DEEP FAT FRYER

SIDES

Charred stem broccoli, garlic, lemon, chilli

French fries, rosemary salt

Fryer

Wedge salad, saffron buttermilk dressing, sumac, shallot

Seasoned rice

House flatbread

Y

Y

PUDDINGS

Vanilla bean soft serve

Y

Y

Caramel soft serve

Y

Y

Topping: Fontodi olive oil

Topping: Espresso caramel sauce

Topping: Rum-soaked golden sultanas

Topping: Almond praline

Y

Hazelnut and lemon polenta cake, strawberries, kaffir lime syrup, coconut yoghurt

Y

M

M

Dark chocolate terrine, berry compote, crème fraiche

Y

Y

Y

Villarejo manchego semicurado, membrillo, lavash

Y

Y

Y

Y

Y