



**VARDO**

# **ALLERGEN INFORMATION**

## **Breakfast and Brunch Menus**

Last modified  
18/05/2021



# 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 and 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.



MENU ITEM

CEREALS CONTAINING GLUTEN	Wheat/ Spelt/ Kamut	Rye	Barley	Oats	Gluten Free Oats	FISH	CRUSTACEANS	MOLLUSCS	EGGS	SOYBEANS	MILK	TREE NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SUPHUR DIOXIDE	LUPIN	DEEP FAT FRYER
---------------------------	---------------------	-----	--------	------	------------------	------	-------------	----------	------	----------	------	-----------	---------	--------	---------	--------	----------------	-------	----------------

Last modified 18/05/2021

GRAINS / FRUITS

Bowl of fresh fruit: berries, banana, pineapple, grapes, cardamom syrup										M		M	M			M			
Golden spiced yoghurt, raspberries, maple-sesame oat granola, toasted hazelnuts						Y				M	Y	Y	M	M		Y	Y		
Steel cut oat porridge, medjool dates, black sesame, tahini	Y				Y											Y			

ON TOAST

House spreads: berry jam, almond, sunflower seed butter on sourdough toast	Y	Y	Y	Y		Y					M	Y	Y	M			M		
House spreads: berry jam, almond, sunflower seed butter on gluten free toast						Y					M	Y	Y	M			M		
Smashed avocado, lemon, soy pumpkin seeds, chilli, sprouts, on sourdough toast	Y	Y	Y	Y						Y									
<i>Add:</i> poached egg										Y									
Poached eggs on sourdough toast	Y	Y	Y	Y						Y		Y							
Scrambled eggs on sourdough toast	Y	Y	Y	Y						Y		Y							
Fried eggs on sourdough toast	Y	Y	Y	Y						Y		Y							
Poached eggs on gluten free toast						Y				Y	M	Y							
Scrambled eggs on gluten free toast						Y				Y	M	Y							
Fried eggs on gluten free toast						Y				Y	M	Y							





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

Last modified 18/05/2021

SIDES

Thyme roasted field mushrooms

Smashed avocado, chilli, lemon

Thick cut bacon

Grilled chorizo

Merguez

Slow roasted tomatoes

Pork sausage

Hot-smoked salmon

Grilled halloumi

Y

Y

Y

Y

Y

Y

Y

Y

M

Y

Y

