MENU GUIDE

Allergen Information

Your guide to an informed choice from our menu

Please tell our staff about any allergy when ordering

1 Dietary Needs

This guide helps you choose confidently if you have a food allergy or intolerance. We take the utmost care to prevent cross contamination, but we handle many allergens, so traces may be present.

2 Food Allergy

Reactions range from mild to very serious: rashes, swelling, chest tightness, shortness of breath. Severe cases can lead to anaphylaxis. **You must inform our staff when you order.**

3 Food Intolerance

Caused by difficulty digesting certain ingredients, such as lactose in milk. Bloating, cramps and diarrhoea usually appear hours later. **Tell our staff your intolerance and its severity.**

4 Coeliac Disease

An immune reaction to gluten, causing bloating, diarrhoea, tiredness, mouth ulcers and anaemia, usually hours after eating. **Let us know, or check the Gluten column.**

ALLERGEN KEY

Menu Item	Celery CE	Gluten GL	Eggs EG	Fish FI	Lupin LU	Milk MI	Molluscs MO	Mustard MU	Nuts NU	Peanuts PE	Sesame SE	Soya SO	Sulphites SU
FLAVOURS													
Piri Piri - Garlic & Herb	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Mild	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Medium	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Hot	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Extra Hot	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Mango & Lime	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Jamaican Jerk	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Signature Marinade	●	●	●	●	●	●	●	●	●	●	●	●	●
Premier Fish Masala	●	●	●	●	●	●	●	●	●	●	●	●	●
APPETISERS													
Olive Mix			●			●							
Chicken Breast Tenders	●	●	●	●		●		●				●	●
Lamb Strips	●	●		●		●		●				●	●
Houmous & Flat Bread		○ FB									●	●	
Chicken Wings	●	●	●	●		●		●				●	●
Falafel Bites	●	●	●	●		●		●				●	●
MAINS · WRAPS / FLATBREADS / BURGERS / GRILLED MEATS													
Chicken (Burger, Flat Bread & Wrap)	●		●			●		●				●	●
Signature Burger	●		●			●		●				●	●
Dawn Burger	●		●			●		●				●	●
Flaming Hot Burger	●		●			●		●				●	●
Double Signature Burger	●		●			●		●				●	●
Le Flamme Veggie Burger	●		●			●		●				●	●
Falafel Flat Bread	●		●			●		●				●	●
Le Flamme Burger Beyond	●		●			●		●				●	●
Veggie Wrap	●		●			●		●				●	●
¼ Chicken – Leg	●	●	●			●		●				●	●
Half Chicken	●	●	●			●		●				●	●
Full Chicken	●	●	●			●		●				●	●
Chicken Wings	●	●	●			●		●				●	●
Chicken Breast Tenders	●	●	●			●		●				●	●
Crispy Chicken Tenders	●	●	●			●		●				●	●
Lamb Chops	●	●	●			●		●				●	●
Lamb Strips	●	●	●			●		●				●	●
Fish n Rice	●		●	●		●		●				●	●
SALADS													
Mediterranean Salad - Chicken	●	●	●	●		●						●	
Mediterranean Salad - Falafel	●	●	●			●					●	●	
Mediterranean Salad	●	●	●					○ DR					
SIDES													
Skin on Chips													
Flaming Fries													
Chilli Cheese Bites		●				●		●				●	
Mozzarella Sticks		●				●		●				●	
Garlic Bread		●				●		●				●	
Coleslaw		●	●			●						●	
Pasta		●	●			●						●	
Spicy Rice	●	●	●	●	●	●	●	●	●	●	●	●	●
Creamy Mash		●				●						●	
Mediterranean Salad													
EXTRAS													
Piri Piri - Garlic & Herb	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Mild	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Medium	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Hot	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Mango & Lime	●	●	●	●	●	●	●	●	●	●	●	●	●
Piri Piri - Jamaican Jerk	●	●	●	●	●	●	●	●	●	●	●	●	●
Mayonnaise			●			●							
Tomato Ketchup													
Piri Piri Salt	●	●	●			●		●				●	●
American Salt	●	●	●			●		●				●	●
Cajun Seasoning	●	●	●			●		●				●	●
Lemon Pepper Seasoning	●	●	●			●		●				●	●
DRINKS													
Classic Coca-Cola													
Diet Coke													
Fanta Orange													
Lemonade													
Bottled Water													
Classic Mojito													
Mango Mojito													
Island Sunset													●
Pineapple Mint Soda													
Ferrero Rocher Milkshake		●	●						●	●		●	●
Kinder Bueno Milkshake		●	●			●			●	●		●	●
White Kinder Bueno Milkshake		●	●			●			●	●		●	●
Oreo Milkshake		●	●			●			●	●		●	●
Espresso						●							
Americano						●							
Cappuccino						●							
Latte						●							
English Breakfast Tea						●							
Cardamom Tea													
DESSERTS													
Vanilla Gelato			●			●			●	●		●	
Milk Chocolate Cookie Dough		●	●			●			●	●		●	
Chocolate Fudge Cake	●	●	●			●		●	●	●		●	
Biscoff Cheesecake		●	●			●			●	●		●	
Chocolate Orange Cheesecake		●	●			●			●	●		●	

● Filled dot = allergen present or possible cross contamination

○ Outline dot = FB: in the flat bread only · DR: in the dressing only

Our kitchen handles a variety of food items that contain allergens, so traces may be present. If in doubt, please ask a member of our team before ordering.