LE 💊 F L A M M E

ALLERGEN INFROMATION

Dietary Needs		Food Allergy				Food Intolerance				Coelica Disease			
If you suffer from a food allergy or intolerance, this guide	Food allergic reactions range from mild to very serious. Symptoms can				Food intolerance can be caused by difficulties digesting certain ingredients, such as lactose from milk. Symptoms include diarrhoea,				Coeliac disease is caused by a reaction of the immune system to gluten. Symptoms include bloating, diarrhoea, tiredness, mouth				
make a more informed choice from our men	affect different areas of the body at the same time and can include rashes, swelling, chest tightness and shortness of breath. Serious cases				bloating and stomach cramps and usually only occur several hours after				ulcers, anaemia, osteoporosis and usually occur several hours after eating the food.				
WHILST WE TAKE THE UTMOST CARE TO EN CROSS CONTAMINATION OCCURS, IT IS ADVIS	can lead to anaphyaxis (a life-threatening reaction) and death.				eating the food.				AGAIN, YOU WILL NEED TO LET US KNOW OR				
EXERCISE SOME CAUTION AS WE HAVE A VA FOOD ITEMS THAT CONTAIN ALLERGENS, TH	IF YOU DO SUFFER FROM A SPECIFIC FOOD ALLERGY, YOU MUST INFORM OUR STAFF WHEN YOU ORDER.				AS FOOD INTOLERANCE SENSITIVITY VARIES FROM PERSON TO PERSON, IT IS YOUR DUTY TO INFORM OUR				CHECK THROUGH THIS GUIDE FOR THE SPECIFIC INTOLERANCE TO THE CEREAL CONTAINING				
THERE MAY BE TRACES IN OUR COOKING ENV	IRONMENT.	WOOTH			ULK.	STAFF TH	IE INTOLERAN	ICE AND ITS SEV	ERITY.	INTOLEK	GLU		
Allergen Key Allergen Present -	Celery	Gluten in	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulpder
Possible Cross Contamination -		Cereals									Seeds		Dioxide
Piri Piri - Garlic & Herb	<u> </u>				FLAVOUR:		1		I	1		1	<u> </u>
Piri Piri - Mild	<u> </u>				<u> </u>				<u> </u>				
Piri Piri - Medium Piri Piri - Hot	<u> </u>								I			I	
Piri Piri - Extra Hot Piri Piri - Mango & Lime (Seasonal)									<u> </u>			<u> </u>	
Piri Piri - Jamacian Jerk (Seasonal)													
					APPERTISE	RS	+						
Olive Mix							NKH			1			
Chicken Breast Tenders Lamb Strips													
Houmous & Flat Bread		FB					U 🖌	-		1	I		
Chicken Wings Falafel Bites				1	<u> </u>					2			
Chicken (Ruger Elat Broad & Wreet)			MAIN	FOOD ITEMS - WR	APS/ FLAT BR	AD/ BURERS/GRI	LLED MEATS				 		
Chicken (Buger, Flat Bread & Wrap) Signature Burger		1		101	10	12							
Double Signature Burger Le Flamme Veggie Burger													
Le Flamme Burger	2												
Falafel Flat Bread Veggie Wrap								10.00					
¼ Chicken – Leg	Nº Ca		1	177				A AN				<u> </u>	
Half Chicken Full Chicken									-				
Chicken Wings	1					<u> </u>			X				
¼ Chicken – Breast Chicken Breast Tenders					X							<u> </u>	
Crispy Chicken Tenders	. ja												
Lamb Chops Lamb Strips													
Junior Beanie Burger SALADS													
Mediterranean Salad - Chicken								DRESSING				<u> </u>	
Mediterranean Salad - Falafel Mediterranean Salad								DRES <mark>SING</mark> DRESSING					
SIDES		·	1 5.			N Y N			ا ا ا				
Chunky Chips Sweet Potato Fries			90					1.	Han				
Flaming Fries Garlic Bread							0.1	- 71					
Coleslaw				~1		ALV -				1	/		
Creamy Mash Mediterranean Salad					e		ALV .						
EXTRAS		8 /					X A			200			
Piri Piri - Garlic & Herb Piri Piri - Mild							1			-			
Piri Piri - Medium	<u> vic</u>		/i/	İ		<u>i</u>		İ				İ	İ
Piri Piri - Hot Piri Piri - Mango & Lime (Seasonal)	AT I												
Piri Piri - Jamacian Jerk (Seasonal) Mayonnaise	T												
Tomato Ketchup	P												
Piri Piri Salt DRINKS													
Classic Coca-Cola													
Diet Coke Fanta Orange													
Lemonade													
Bottled Water Classic Mojito													
Mango Passion Mojito Blue Energy Mojito													
Peach Melba Mojito													
Ferrero Rocher Milksahke Kinder Bueno Milkshake					_								
White Kinder Bueno Milkshake									1				
Oreo Milkshake Espresso													
Americano						1							
Cappuccino Latte													
English Breakfast Tea Earl Grey Tea													
Cardamom Tea													
DESSERTS Vanilla Gelato													
Milk Chocolate Cookie Dough		l				İ			I	<u> </u>			
White Chocolate Cookie Dough Chocolate Fude Cake													
Biscoff Cheesecake									l	İ			
Strawberry Cheesecake Chocolate Orange Cheesecake					1								