Chez Mal

BAR SPRING/SUMMER MENU 2021 v1

Allergen Guide

Y = ALLERGEN PRESENT
P = POSSIBLE PRESENCE OF ALLERGEN / AMMENDABLE

DISH NAME	CELERY	CEREALS - GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK - LACTOSE	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	
SWEET THINGS															
MORNING PASTIRES	-	Y	-	Y	-	-	Y	-	-	-	-	-	Y	-	Check the box and what pastries you give away.
CLASSIC VANILLA BRULEE	-	-	-	Y	-	-	Y	-	-	-	-	-	-	-	EGGS AND MILK
WARM CHOCOLATE BROWNIE	-	Y	-	Y	-	-	Y	-	-	Y	-	-	Y	-	SOYA GLUTEN NUTS in brownie milk from crème fraiche
SWEET TREATS	-	P	-	P	-	P	P	-	-	P	P	P	P	P	Check the package possible allegens present.
JUDES ICE CREAM	-	Y	-	Y	-	-	Y	-	-	Y	-	-	Y	-	EGG AND MILK IN THE BASE, NUTS SOYA FROM FLAVOURS gluten soya OR NUTS from biscuits
LIGHT BITES															
ROAST TOMATO SOUP	Y	Y	-	-	-	-	Y	-	-	-	-	-	Y	Y	check your sdj with chef in charge no butter for vegans olive oil alternative. Soya in bread as well as gluten - swap for gluten free bread if need.
SMOKED SALMON	-	-	-	-	Y	-	-	-	Y	-	-	-	-	Y	SULPHITES IN PICKLES, MUSTARD IN PICKLES.
CALAMARI	-	Y	Y	-	Y	-	Y	Y	-	-	-	-	Y	Y	gluten from flour, calamari eats all seafood, fish sauce & sulphites in dressing.
CHEESES	-	Y*	-	-	-	-	-	-	Y*	-	-	-	-	Y	mustard seeds in chutney, crackers gluten, SO2 chutney
KOREAN CHICKEN WINGS	Y	Y	Y*	Y	Y*	-	Y	Y*	Y	-	Y*	Y	Y	Y	gluten in flour fish,crustecean,molluscs mustard in mayo.
MAINS															
LINGUINI PASTA	Y	Y	Y*	Y	-	-	Y	Y*	-	-	-	-	-	Y	* if prawns added, possible all seafood contamination . Watch c/c FROM BLUE BOARDS and grill
VEGAN MAL BURGER	Y	Y	-	-	-	-	-	-	Y	-	-	Y	Y	Y	celery in relish, gluten in burger bun gluten in chips, , mustard in relish, soya in the bun, dioxide in relish, charrgrill contamination
LINGUINE	-	Y	P	Y	-	-	Y	-	-	-	-	-	P	-	GLUTEN AND EGG FROM PASTA MILK FROM PARMESAN POSSIBLE CRUSTECEAN IF ADD PRAWNS , POSSIBLE SOYA FROM TOFU.
CAESAR SALAD	-	Y	P	Y	Y	-	Y	-	Y	-	-	-	Y	Y	GLUTEN IN CROUTONS, CRUSTESEAN IF ADD PRAWNS. EGGS MUSTARD FISH MILK IN DRESSING, SOYA FROM CROUTONS / Tofu
THAI NOODLE SALAD	-	-	Y	-	-	-	-	-	-	-	-	Y	Y	Y	NO Gluten in glass noodles - check pkt, , sesame and soya in dressing sulphites in dressing (crustaceans if tiger prawns) soya in tofu
COD GOUJONS & FRIES	-	Y	Y*	Y	Y	-	Y	Y*	Y	-	-	-	-	-	* fryer contamination gluten in bread crumbs, egg, milk in coating, mayo allergens (eggs, mustard, sulphur dioxide)
STEAK FRITES	-	Y	-	P*	-	-	P*	-	Y	-	-	-	-	Y	gluten in fries, mustard in salad dressing, dioxide in tomatoes and marinade. MILK & EGG IF Truffle Fries Upgrade
MAL BURGER	Y	Y	-	Y	-	-	Y	-	Y	-	-	-	Y	Y	celery in relish, gluten in burger bun gluten in chips, egg in the bun, mustard in relish, soya in the bun, dioxide in relish, charrgrill contamination
POSH SARNIES															
PLOUGHMAN's BAGUETTE	-	Y	-	-	-	-	Y	-	Y	-	-	-	-	Y	pickle allergens gluten FROM BAGUETTE MILK FROM CHEESE SULPHITES&MUSTARD FROM PICKLE
KATSU CHICKEN	-	Y	P	Y	P	-	-	P	Y	-	-	-	Y	Y	gluTEN FROM WRAPS AND CRISPS, MAYO ALLERGENS: EGG MUSTARD SUPLPHITES, POSSIBLE FRYER CONTAMINATIONS : SEAFOOD.
VEGAN FETA WRAP	Y	Y	-	-	-	-	-	-	-	-	-	Y	Y	Y	VEGAN Gluten from wrap Sesame from tahini, soya from wrap , dioxide/celery from hummys?
BLT BAGUETTE	-	Y	-	Y	-	-	Y	-	Y	-	-	-	Y	Y	Gluten in baguette, egg, milk from CHEESE & butter, mustard in mayo, soya in bread
FISH FINGER WRAP	-	Y	P	Y	Y	-	Y	P	Y	-	-	-	Y	Y	* fryer contamination gluten in bread crumbs, egg, milk in coating, mayo allergens (eggs, mustard, sulphur dioxide), charrgrill contamination.
SIDES															
FRIES	-	Y	Y	-	Y	-	Y	Y	-	-	-	-	Y	Y	FRYER ALLERGENS, can be cooked separate if possible for gluten/allergic..
TRUFFLE & PARMESAN FRIES	-	Y	Y	P	Y	-	Y	Y	-	-	-	-	Y	Y	FRYER ALLERGENS, can be cooked separate if possible for gluten/allergic.. Milk from PARMESAN It also may CONTAIN EGG PROTEIN
CRISPY CRISPS	-	Y	Y	-	Y	-	-	Y	-	-	-	-	Y	Y	FRYER ALLERGENS, DON'T SERVE FOR GLUTEN FREE. OR MIXED LEAF SALAD INSTEAD
PIZZAS															
MARGHERITA	Y	Y	-	-	-	-	Y	-	-	-	-	-	Y	Y	
NDUJA	Y	Y	-	-	-	-	Y	-	-	-	-	-	Y	Y	
PORTABELLA	Y	Y	-	-	-	-	Y	-	-	-	-	-	Y	Y	
SESONAL PIZZA	Y	Y	P	P	P	P	Y	P	P	P	P	P	Y	Y	