

Chez Mal

Seasonal (Autumn / Winter 2022)
Allergens Report

seasonal allergens autumn 2022

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
MAL DISH - A Taste of Chez Mal - Autumn 22	Y Whe							Y	Y	Y	M	Y	Y	Y	
MAL DISH - Pan Fried Tiger Prawns	Y Whe	Y						M	Y			Y			
MAL DISH - Saute Miso Mushrooms, Parsley and garlic puree, grilled altamura bread	Y Whe Rye Bar Oat							Y	Y	Y	M	Y		Y	
MAL DISH - Scallop Grilled in their Shell, with herb and garlic butter			Y							Y	M	M			
MAL DISH -WARM ROAST SQUASH & GOLDEN CROSS charred onion & watercress salad										Y	M	Y		Y	

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MAL DISH - Braised Lamb Shank Shepherds Pie, root veg, west comb cheddar mash & pickled red cabbage									Y	Y	Y	Y		Y	
MAL DISH - chateaubriand						M	Y Unknown			Y	Y	Y		Y	
MAL DISH - Chicken Kiev, champ Mash grilled sprouting broccolli	Y Whe							M	Y	Y	Y			Y	
MAL DISH - roast cod, charred cabbage & carrot & ginger puree				Y						Y					
MAL DISH - root veg & lentil shepherds pie, vegan cheddar mash	Y Whe Bar Oat							Y			Y	Y		Y	
MAL DISH - Champ Mash										Y					
MAL DISH - chips & curry dip															1
MAL DISH - Tender stem broccolli, lemon& garlic															
MAL DISH - Chocolate and Peanut Butter Pudding, salted caramel icecream	Y Whe				Y		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		M			
MAL DISH - seasonal cheese	Y Whe Bar						M Alm Brz Cas Mac Pec Pis Wal			Y			M		
MAL DISH - Spiced plum crumble	Y Whe Rye Bar Oat				M	M	Y Alm Brz Cas Haz Mac Pec Pis Wal	M		Y	M		M	M	

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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