



ALLERGIES? HERE'S WHAT'S IN OUR FOOD

CATEGORY	DISH NAME	INGREDIENTS Allergens in CAPITAL
Vegan	Crispy pumpkin seed and vegan feta polenta, heritage tomatoes and mushrooms	polenta, veg bouillon (CELERY), water, corn flour, vegan feta, sage, rosemary, pumpkin seeds, mixed mushrooms, olive oil, vegetable oil, garlic, tomatoes, salt, thyme, thyme cress
Vegetarian	Romanesco, leek and Lord London quiche	large savoury tart shell (SOYA, MILK, EGG, WHEAT, RYE, BARLEY, SPELT), EGG, double cream (MILK), Romanesco, salt, pepper, olive oil, leeks, Lord London cheese (MILK, PASTEURISED), chives
Meat	Chargrilled chicken, parsley & wood roasted pepper salad, tahini sauce	chicken legs, olive oil, garlic, rosemary, thyme, sumac, pomegranate molasses, salt, pepper, honey, red peppers, parsley, capers, tahini (SESAME), garlic, lemon juice, yoghurt (MILK)
Fish	Poached salmon, pickled fennel, watercress mayo	salmon (FISH), white wine (SULPHITES), water, lemon juice, lemon zest, parsley, bay leaf, black peppercorns, fennel, dill, salt, extra virgin olive oil, mayonnaise (EGG), watercress, lemon, dill sprigs
Sides	New potato, caper, herb, green beans	new potatoes, olive oil, salt, capers, pepper, chives, parsley, green beans
	Roast squash, cherry tomatoes, mixed seeds and feta	butternut squash, olive oil, thyme, garlic, cherry tomatoes, pumpkin seeds, SESAME seeds, linseeds, feta (MILK, PASTEURISED)
Salads	Spring greens, spring onion, runner bean, lemon and chilli	spring greens, runner beans, spring onion, chilli, lemon, olive oil, salt, pepper
	Mixed pea, lamb leaf salad, crispy croutons, pickled radish	peas, sugar snap, mange tout, mixed leaves, radish, sugar, white wine vinegar (SULPHITES), ciabatta (WHEAT, BARLEY), olive oil, salt, pepper, lime zest, orange zest, honey, MUSTARD, lime juice, orange juice
Salads	Spelt, marinated beetroot, orange and avocado	spelt (WHEAT), olive oil, salt, beetroot, orange zest, lemon juice, thyme, garlic, orange pieces, parsley, avocado
	Masala spiced green pea soup	onion, garlic, ginger, green chilli, salt, olive oil, garam masala, cumin, ground coriander, madras curry powder, vegetable bouillon (CELERY), dried green split peas, fresh coriander cucumber, saffron, Greek yogurt (MILK), garlic, lemon juice
Treat	Vegan forest fruit Eton mess	aquafaba, sugar, xanthan gum, vegan cream cheese, flora plant cream, icing sugar, vanilla powder, plum, blackberry, raspberry, micro lemon balm