

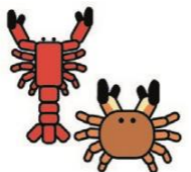
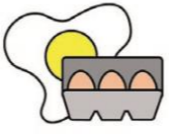
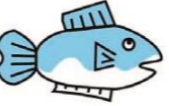
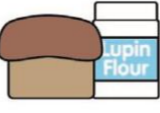










DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

BREAKFAST														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	EMolluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JAMON CON HUEVOS, PAPAS FRITAS Y PIMIENTOS DE PADRON		✓ Trace Wheat - (Chips cooked in Deep Fat Fryer)		✓ Eggs										✓ Jamon
LABNEH & SOUR CHERRY FRUIT PLATE WITH FLAT BREAD		✓ Wheat - Flat Bread					✓ Labneh							✓ Cherry Compote
BRUNCH QUESADILLA	✓ Bouillon – Spicy Beans	✓ Wheat - Tortilla		✓ Eggs			✓ Cheese Soured Cream							✓ Salsa
CHORIZO BRUNCH QUESADILLA	✓ Bouillon – Spicy Beans	✓ Wheat - Tortilla		✓ Eggs			✓ Cheese Soured Cream							✓ Chorizo Salsa
JAMAICAN ACKEE & SALT FISH		✓ Trace Wheat - Foo Dumplings (Cooked in Deep Fat Fryer)		✓ Eggs	✓ Salt Cod				✓ Chutney					✓ Chutney

AMERICAN BUTTERMILK PANCAKES - 2 FRIED EGGS FRIED PLANTAIN		✓ Wheat – Pancake Trace Wheat - Plantain (Cooked in Deep Fat Fryer)		✓ Pancake Eggs			✓ Pancake							
AMERICAN BUTTERMILK PANCAKES - 2 FRIED EGGS STREAKY BACON		✓ Wheat - Pancake		✓ Pancake Eggs			✓ Pancake							✓ Bacon
AMERICAN BUTTERMILK PANCAKES - YOGHURT SOUR CHERRY BANANA		✓ Wheat - Pancake		✓ Pancake			✓ Pancake Yoghurt							✓ Cherry Compote
TWO MANX KIPPERS		✓ Wheat - Toast			✓ Kippers		✓ Butter							
MEAT FRY UP		✓ Wheat – Toast Black Pudding (Rusk/Fryer) Sausage (Rusk/Fryer)		✓ Egg			✓ Butter							✓ Bacon Sausage Black Pudding
NO MEAT FRY UP		✓ Wheat – Toast Trace Wheat - Plantain (Cooked in Deep Fat Fryer)		✓ Egg			✓ Butter							



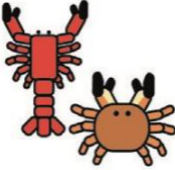
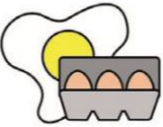

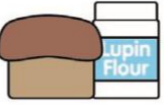








VEGAN FRY UP	✓ Bouillon - Veg Sausage	✓ Wheat – Toast Trace Wheat - Plantain (Cooked in Deep Fat Fryer) Trace Wheat - Veg Sausage (Cooked in Deep Fat Fryer)												
BANNER'S POTATOES WITH TWO FRIED EGGS		✓ Trace Wheat – Potatoes (Cooked in Deep Fat Fryer)		✓ Egg										✓ Bacon
GRIDDLED SPOON BREAD				✓ Egg			✓ Cheese							✓ Bacon

Review date: 17/8/21

Reviewed by: Banner's Management

DISHES AND THEIR ALLERGEN CONTENT

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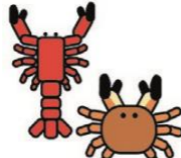
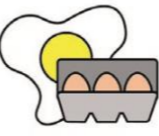
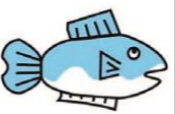
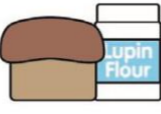








BREAKFAST														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SOURDOUGH, WHOLEMEAL TOAST		✓ Wheat					✓ Butter							
GLUTEN FREE TOAST							✓ Butter						✓ Sometimes Soya Flour – Please check	

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DISHES AND THEIR ALLERGEN CONTENT

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BREAKFAST ITEMS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
FREE RANGE EGGS - fried or poached				✓ Eggs										
FREE RANGE EGGS - scrambled				✓ Eggs			✓ Cream							
BUTTERED TOAST - brown, sourdough		✓ Wheat					✓ Butter							
BUTTERED TOAST - gluten free							✓ Butter							
HEINZ BAKED BEANS														
BACON														✓ Bacon
BLACK PUDDING		✓ Wheat (Rusk) Trace Wheat (Cooked in Deep Fat Fryer)												✓ Black Pudding



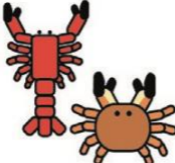


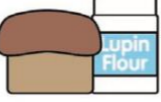








BREAKFAST SAUSAGES		✓ Wheat (Rusk) Trace Wheat (Cooked in Deep Fat Fryer)												✓ Sausage
CHIPS		✓ Trace Wheat - (Cooked in Deep Fat Fryer)												
SWEET POTATO FRIES		✓ Trace Wheat - (Cooked in Deep Fat Fryer)												

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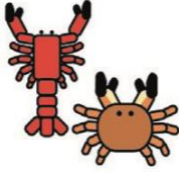
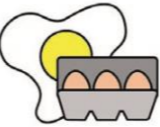

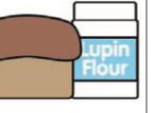




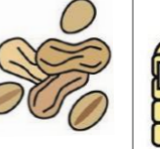
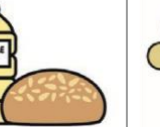
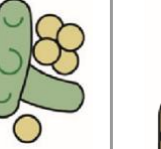

BREAKFAST ITEMS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
GRILLED TOMATO														
SPINACH														
MUSHROOMS														
PLANTAIN		✓ Trace Wheat - (Cooked in Deep Fat Fryer)												
PEA GUACAMOLE DIP														
MAPLE-FLAVOURED SYRUP														

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DISHES AND THEIR ALLERGEN CONTENT

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KID'S MEALS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BACON & EGG SARNIE IN BRIOCHE ROLL		✓ Wheat - Brioche		✓ Egg										✓ Bacon
FISH FINGERS & CHIPS		✓ Fish Fingers - Breadcrumbs (Cooked in Deep Fat Fryer) Trace Wheat - (Chips cooked in Deep Fat Fryer)			✓ Fish Fingers									
SAUSAGE, EGG & CHIPS		✓ Sausage - Rusk (Cooked in Deep Fat Fryer) Trace Wheat - (Chips cooked in Deep Fat Fryer)		✓ Egg										✓ Sausage
EGG, BEANS & CHIPS		✓ Trace Wheat (Chips cooked in Deep Fat Fryer)		✓ Egg										
FRY UP – SEE INDIVIDUAL ITEMS ON BREAKFAST ITEMS MENU														
BEEF BURGER & CHIPS		✓ Wheat – Bun Trace Wheat - (Chips cooked in Deep Fat Fryer)		✓ Burger										



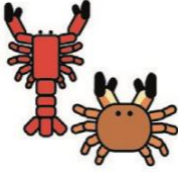
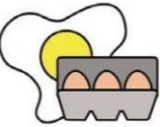

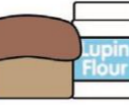








CHICKEN BURGER & CHIPS		✓ Wheat - Bun Trace Wheat - (Chicken and chips cooked in Deep Fat Fryer)												
NO MEAT BURGER & CHIPS	✓ Burger (Bouillon)	✓ Wheat-Bun Trace Wheat - (Burger and chips cooked in Deep Fat Fryer)												
FISH FINGER BURGER WITH MAYO & CHIPS		✓ Wheat-Bun, Fish Fingers Trace Wheat - (Chips and Fish Fingers cooked in Deep Fat Fryer)		✓ Mayo	✓ Fish Fingers									
HLT WRAP & CHIPS		✓ Wheat - Wrap Trace Wheat - (Chips Cooked in Deep Fat Fryer)		✓ Mayo			✓ Haloumi							

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KID'S MEALS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BUTTERMILK PANCAKE BACON & EGG		✓ Wheat - Pancake		✓ Pancake Egg			✓ Pancake							✓ Bacon
BUTTERMILK PANCAKE MAPLE SYRUP & BACON		✓ Wheat -Pancake		✓ Pancake, Egg			✓ Pancake							✓ Bacon
BUTTERMILK PANCAKE BANANA, GREEK YOGURT & HONEY		✓ Wheat -Pancake		✓ Pancake			✓ Pancake Yoghurt							
PASTA WITH HOME-MADE POMODORO SAUCE & GRATED CHEESE	✓ Tomato Sauce	✓ Wheat -Pasta		✓ Pasta sometimes - please check			✓ Cheese							
SMALL MEZE		✓ Wheat - Flat Bread					✓ Haloumi							
SALT & ROSE PEPPER CALAMARI		✓ Flour – Calamari (coating) Trace Wheat - (Chips and Calamari cooked in Deep Fat Fryer)						✓ Calamari		✓ Rose Peppers (same family as cashew)				
GRILLED CHICKEN PIECES WITH BBQ SAUCE & CHIPS OR BASMATI RICE	✓ BBQ Sauce	✓ Wheat - BBQ Sauce Trace Wheat- (Chicken and chips cooked in Deep Fat Fryer)												


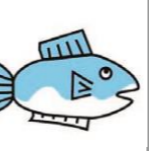
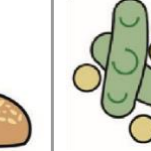
PEAS														
CHIPS		✓ Trace wheat - (cooked in Deep Fat Fryer)												
SWEET POTATO FRIES		✓ Trace wheat - (cooked in Deep Fat Fryer)												

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DISHES AND THEIR ALLERGEN CONTENT

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STARTERS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
GRILLED KING TIGER PRAWNS		✓ Wheat - Garlic Bread	✓ Prawns	✓ Mayo			✓ Garlic Butter							
SALT & ROSE PEPPER CALAMARI		✓ Wheat - (coating)		✓ Tartare Sauce				✓ Calamari		✓ Rose Pepper (same family as cashews)				✓ Gherkins
HOME MADE & HEARTY SOUP OF THE DAY – <i>Changes Daily – Please ask</i>		✓ Wheat - Sourdough												
GRILLED HALOUMI SALAD							✓ Haloumi					✓ Za'tar		
GREEK FETA SALAD							✓ Feta							✓ Pickled Chillies
LABNEH – TOASTED PINE NUTS HOMEMADE ZA'TAR OLIVE OIL FLAT BREAD		✓ Wheat - Flat Bread					✓ Labneh			✓ Pine nuts		✓ Za'tar		
HOMEMADE SMOKEY PAPRIKA HUMMUS		✓ Wheat – Flat Bread												



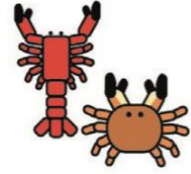
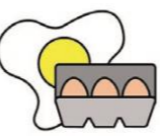
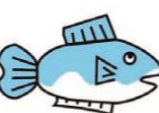
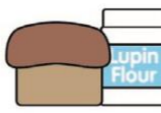








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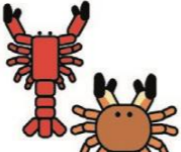
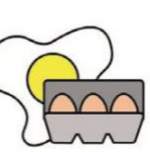
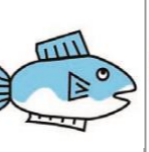
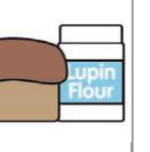





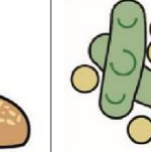


MEAT														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JAMAICAN JERK CHICKEN	✓ Jerk Sauce	✓ Trace Wheat - Plantain (Cooked in Deep Fat Fryer) Peanut Sauce (Soy Sauce)									✓ Peanut Sauce		✓ Peanut Sauce	✓ Jerk Sauce (vinegar)
THAI COCONUT CHICKEN	✓ Rice (Bouillon)													
CARIBBEAN GOAT ROTI - GOAT CURRY		✓ Wheat - Roti Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)		✓ Coleslaw (mayo)			✓ Foo Foo dumplings		✓ Coleslaw				✓ Roti - Sunflower oil used contains soya	
JAMON CON HUEVOS, PAPAS FRITAS Y PIMIENTOS DE PADRON		✓ Trace wheat – (Chips cooked in Deep Fat Fryer)		✓ Eggs										✓ Jamon

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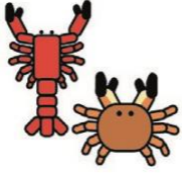
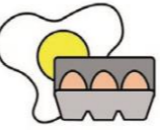

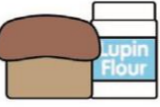








FISH														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SALT & ROSE PEPPER CALAMARI		✓ Wheat -(coating)		✓ Tartare Sauce				✓ Calamari		✓ Rose Peppers (Same family as cashews)				✓ Tartare Sauce (Gherkins, Capers)
THAI COCONUT SQUID CURRY	✓ Rice (Bouillon)							✓ Calamari						
THAI COCONUT PRAWN CURRY	✓ Rice (Bouillon)		✓ Prawns											
FISH OF THE DAY	✓ Jerk Sauce Rice 'n' Peas (Bouillon)			✓ Coleslaw (mayo)	✓ Fish		✓ Butter (lemon, garlic,parsley)		✓ Coleslaw					✓ Jerk Sauce (vinegar)
ACKEE & SALT FISH	✓ Rice 'n'Peas (Bouillon) Foo Foo Dumplings (Bouillon)	✓ Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)		✓ Egg	✓ Fish		✓ FooFoo Dumplings		✓ Chutney					✓ Chutney

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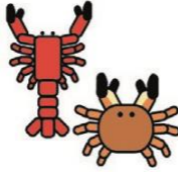
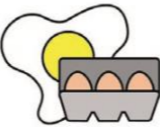

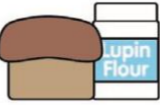








NO MEAT & VEGAN														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
THAI COCONUT VEGETABLE CURRY	✓ Rice (bouillon)													
4 ALARM BLACK BEAN CHILLI	✓ Chilli	✓ Wheat - Tortilla					✓ Soured Cream							✓ Salsa
MEZE SALAD		✓ Wheat - Flat Bread					✓ Haloumi Labneh					✓ Za'tar		

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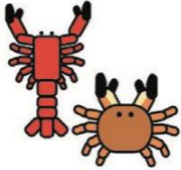
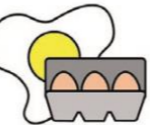

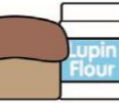








BURGERS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
OUR HOMEMADE BEEF BURGER	✓ BBQ Sauce	✓ Wheat - Bun, Tortilla Trace Wheat - Chips (Cooked in Deep Fat Fryer)		✓ Burger			✓ Cheese							
BANNER'S BURGER		✓ Wheat - Bun, Tortilla Trace Wheat - Chips (Cooked in Deep Fat Fryer)		✓ Burger			✓ Cheese		✓ Chutney					✓ Bacon Chutney
JERK CHICKEN BURGER	✓ Jerk Sauce	✓ Wheat - Bun, Tortilla Trace Wheat - Chips (Cooked in Deep Fat Fryer)												✓ Jerk Sauce (vinegar)
BANNER'S VEG BURGER	✓ Jerk BBQ Sauce	✓ Wheat - Bun, Tortilla Trace Wheat - Chips (Cooked in Deep Fat Fryer)					✓ Cheese							✓ Jerk BBQ Sauce

Review date: 17/8/21

Reviewed by: Banner's Management

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

BURGER EXTRAS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
FRIED EGG				✓ Egg										
BACON														✓ Bacon
CHEDDAR CHEESE							✓ Cheese							
GRILLED MUSHROOM														
ADD GARLIC TO CHIPS		✓ Trace Wheat - Chips (Cooked in Deep Fat Fryer)												
GHERKINS														✓ Gherkins
OUR LEMON & GARLIC MAYO				✓ Mayo										
PEANUT SAUCE		✓ Trace Wheat - Soy Sauce									✓ Peanuts			

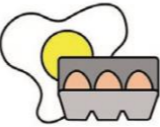
JALAPEÑOS														✓ Jalapeños
SALSA														✓ Salsa

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DISHES AND THEIR ALLERGEN CONTENT

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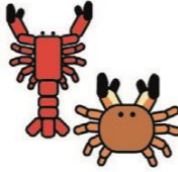
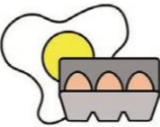

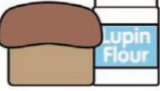








BURGER EXTRAS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
VEGAN CHEESE														

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DISHES AND THEIR ALLERGEN CONTENT

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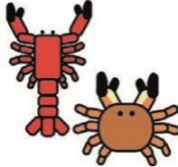
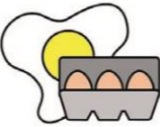

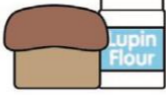





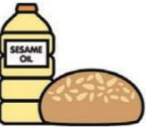


BIG SALADS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JAMAICAN JERK CHICKEN BREAST	✓ Jerk Sauce	✓ Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)					✓ Foo Foo Dumplings		✓ Chutney					✓ Chutney Jerk Sauce (vinegar)
LEMON & GARLIC FISH OF THE DAY		✓ Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)			✓ Fish		✓ Foo Foo Dumplings Butter (lemon, garlic, parsley)		✓ Chutney					✓ Chutney
JERK FISH OF THE DAY	✓ Jerk Sauce	✓ Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)			✓ Fish		✓ Foo Foo Dumplings		✓ Chutney					✓ Chutney Jerk Sauce (vinegar)
GRILLED GARLIC & LEMON KING TIGER PRAWNS		✓ Trace Wheat - Foo Foo Dumplings (Cooked in Deep Fat Fryer)	✓ Prawns				✓ Foo Foo Dumplings		✓ Chutney					✓ Chutney

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DISHES AND THEIR ALLERGEN CONTENT

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SIDE DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
GREEN BEANS, TOASTED ALMONDS, OLIVE OIL SEA SALT.										✓ Almonds				
GARLIC SPINACH														
HOME-MADE COLESLAW				✓ Mayo					✓ Mustard					
HOME-MADE CHIPS		✓ Trace Wheat - Chips (Cooked in Deep Fat Fryer)												
OUR LEMON & GARLIC MAYO				✓ Mayo										
FRIED PLANTAIN		✓ Trace Wheat - Plantain (Cooked in Deep Fat Fryer)												
GARLIC CHIPS		✓ Trace Wheat - Chips (Cooked in Deep Fat Fryer)												



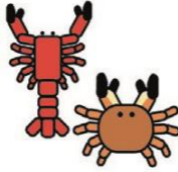
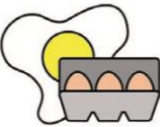

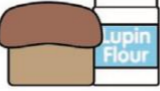





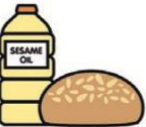


SWEET POTATO FRIES		✓ Trace Wheat - Sweet Potato Fries (Cooked in Deep Fat Fryer)												
FRESH SEASONAL SALAD														✓ Vinegar (dressing)
RICE 'N' PEAS	✓ Bouillon													

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DISHES AND THEIR ALLERGEN CONTENT

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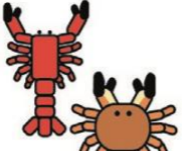

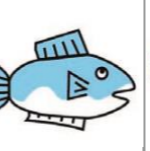
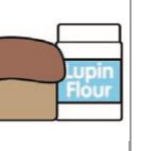





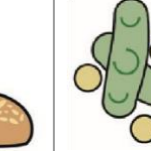


SIDE DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JAMAICAN ROTI & HOMEMADE CHUTNEY		✓ Wheat - Roti							✓ Chutney				✓ Sunflower oil used contains soya	✓ Chutney
HOMEMADE CHUTNEY									✓ Chutney					✓ Chutney
HOME-MADE SALSA														✓ Salsa
SPOON BREAD				✓ Eggs			✓ Cheese							

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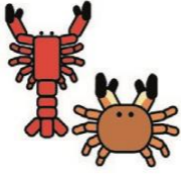
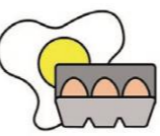

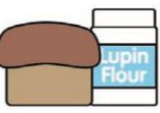








DESSERTS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHOCOLATE WALNUT BROWNIE		✓ Flour		✓ Eggs			✓ Butter			✓ Walnut				
BANNER'S BANOFFEE PIE		✓ Wheat - (biscuit base)					✓ Cream, butter (biscuit base)			✓ Trace nuts - (biscuit base)				
STICKY TOFFEE CAKE		✓ Flour		✓ Eggs			✓ Butter							✓ Dried fruit
SALTED CARAMEL / CHOCOLATE / STRAWBERRY / VANILLA ICE CREAM							✓ Cream, milk							
PASSION FRUIT SORBET														

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DISHES AND THEIR ALLERGEN CONTENT

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SARNIES & WRAPS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JERK CHICKEN WRAP	✓ Jerk Sauce	✓ Wheat – wrap		✓ Mayo										✓ Jerk Sauce - vinegar
BLT - BACON, LETTUCE & TOMATO WRAP		✓ Wheat – wrap		✓ Mayo										✓ Bacon
HLT – HALOUMI, LETTUCE & TOMATO WRAP		✓ Wheat – wrap		✓ Mayo			✓ Haloumi							
FALAFEL WRAP		✓ Wheat – wrap												
JAMON & CHEDDAR CHEESE SARNIE		✓ Wheat - Sourdough					✓ Cheese Butter							✓ Jamon
BACON BAGUETTE		✓ Wheat - Baguette												✓ Bacon
BACON & JALAPENO BAGUETTE		✓ Wheat - Baguette												✓ Bacon

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