

ALLERGENS TABLE

BH WATFORD JANUARY

BRUNCH & LUNCH	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
*OAKMAN - THE FULL ENGLISH + FRIED EGGS		Does contain Wheat		Does contain									Does contain	Does contain
*OAKMAN - THE FULL ENGLISH + POACHED EGGS		Does contain Wheat		Does contain									Does contain	Does contain
AW22 - OAKMAN - CHOPPED AVOCADO & EGGS		Does contain Wheat		Does contain									Does contain	Does contain
AW22 - OAKMAN - CHOPPED AVOCADO, BACON & EGGS		Does contain Wheat		Does contain									Does contain	Does contain
BH WATFORD - SWEET POTATO HASH													Does contain	
BUTTERMILK PANCAKES - With Bacon & Maple Syrup		Does contain Wheat		Does contain			Does contain						Does contain	
PANETONNE FRENCH TOAST - With Bacon & Maple Syrup		Does contain Wheat		Does contain			Does contain						Does contain	
PANETONNE FRENCH TOAST - With Bananas & Chocolate Sauce		Does contain Wheat		Does contain			Does contain						Does contain	
OAKMAN - BATTERED FISH FINGER PANINO SANDWICH		Does contain Wheat		Does contain	Does contain				Does contain				Does contain	Does contain
OAKMAN - BLT PANINO SANDWICH		Does contain Wheat		Does contain					Does contain				Does contain	Does contain
OAKMAN - HLT PANINO		Does contain Wheat		Does contain			Does contain		Does contain				Does contain	Does contain
OAKMAN - THE FULL ENGLISH WITH FRIED EGGS - GLUTEN FREE				Does contain									Does contain	
OAKMAN - THE FULL ENGLISH WITH POACHED EGGS - GLUTEN FREE				Does contain									Does contain	Does contain
AW23 - OAKMAN - CHOPPED AVOCADO & EGGS - GLUTEN FREE				Does contain									Does contain	Does contain
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS				Does contain									Does contain	Does contain
OAKMAN - BLT PANINO SANDWICH - Gluten Free Version				Does contain					Does contain				Does contain	Does contain
OAKMAN - HLT PANINO - Gluten Free Version				Does contain			Does contain		Does contain				Does contain	Does contain
SOMETHING TO START... SOMETHING ON THE SIDE	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - ARTISAN BREAD, OIL AND BALSAMIC		Does contain Wheat											Does contain	Does contain
OAKMAN - GARLIC FLATBREAD		Does contain Wheat											Does contain	

OAKMAN - GARLIC FLATBREAD ADD MOZZARELLA		Does contain Wheat					Does contain						Does contain	
OAKMAN - GARLIC FLATBREAD ADD VEGAN MOZZARELLA ALTERNATIVE		Does contain Wheat											Does contain	
TOMATO BRUSCHETTA FLATBREAD		Does contain Wheat							Does contain				Does contain	Does contain
TOMATO BRUSCHETTA FLATBREAD with BURRATA MOZZARELLA		Does contain Wheat					Does contain		Does contain				Does contain	Does contain
BH WATFORD - MACARONI CHEESE - SIDE PORTION		Does contain Wheat					Does contain		Does contain				Does contain	Does contain
BH WATFORD - VEGAN - MACARONI CHEESE - SIDE PORTION		Does contain Wheat							Does contain				Does contain	Does contain
BH WATFORD - BUTTERMILK CALAMARI		Does contain Wheat		Does contain			Does contain	Does contain				Does contain	Does contain	
SPC - CORE - CHORIZO IN CIDER													Does contain	Does contain
5 CHICKEN WINGS with House Seasoning	Does contain	Does contain Wheat											Does contain	
5 CHICKEN WINGS with BBQ Sauce		Does contain Wheat							Does contain				Does contain	
5 CHICKEN WINGS with Brown Sugar & Harissa Glaze	Does contain	Does contain Wheat											Does contain	Does contain
5 CHICKEN WINGS with Hot Sauce		Does contain Wheat											Does contain	
CAULIFLOWER WINGS with House Seasoning	Does contain	Does contain Wheat Barley											Does contain	
CAULIFLOWER WINGS with BBQ Sauce		Does contain Wheat Barley							Does contain				Does contain	
5 CAULIFLOWER WINGS with Brown Sugar & Harissa Glaze	Does contain	Does contain Wheat Barley											Does contain	Does contain
CAULIFLOWER WINGS with Hot Sauce		Does contain Wheat Barley											Does contain	
AW23 - OAKMAN - HALLOUMI CHIPS	Does contain						Does contain						Does contain	Does contain
LEBANESE FRIES	Does contain								Does contain				Does contain	Does contain
BH WATFORD - HOT FLAME FRIES - SIDE													Does contain	
BH WATFORD - SEASONED FRENCH FRIES - SIDE	Does contain												Does contain	
BATTERED ONION RINGS - BH WATFORD		Does contain Wheat											Does contain	
OAKMAN - ROCKET, LETTUCE & TOMATO SALAD									Does contain				Does contain	Does contain
BH WATFORD - MACARONI CHEESE - SIDE PORTION - Gluten Free Version							Does contain		Does contain				Does contain	Does contain
BH WATFORD - VEGAN - MACARONI CHEESE - SIDE PORTION - Gluten Free Version									Does contain				Does contain	Does contain
PIZZA	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites

OAKMAN - MARGHERITA		Does contain Wheat					Does contain						Does contain	
OAKMAN - MARINARA D.O.C.		Does contain Wheat											Does contain	
OAKMAN - VEGAN MARGHERITA		Does contain Wheat											Does contain	
*OAKMAN - CASA LINGO PIZZA		Does contain Wheat		Does contain			Does contain						Does contain	Does contain
OAKMAN - ZUCCA [V]		Does contain Wheat					Does contain						Does contain	
OAKMAN - ZUCCA - SWAP TO VEGAN		Does contain Wheat											Does contain	
OAKMAN - POLLO DIAVOLA		Does contain Wheat		Does contain			Does contain						Does contain	
OAKMAN - NAPOLI FORTE		Does contain Wheat					Does contain						Does contain	
PIZZA EXTRAS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BH WATFORD - ADD BURRATA							Does contain						Does contain	
OAKMAN - ROCKET PIZZA TOPPING													Does contain	
OAKMAN - NDUJA PIZZA TOPPING													Does contain	
OAKMAN - PANCETTA PIZZA TOPPING													Does contain	
OAKMAN - NAPOLI SALAMI PIZZA TOPPING													Does contain	
OAKMAN - CHICKEN PIZZA TOPPING													Does contain	
OAKMAN - CHORIZO PIZZA TOPPING							Does contain						Does contain	
OAKMAN - PARMIGIANO- REGGIANO PIZZA TOPPING							Does contain						Does contain	
OAKMAN - MIXED MUSHROOMS PIZZA TOPPING													Does contain	
OAKMAN - GRILLED PEPPERS PIZZA TOPPING													Does contain	
BH CLASSICS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - POLLO PICANTE SKEWERS	Does contain			Does contain					Does contain				Does contain	Does contain
BH WATFORD - SMALL FISH AND CHIPS	Does contain	Does contain Wheat Barley		Does contain	Does contain		Does contain		Does contain				Does contain	Does contain
BH WATFORD - FISH AND CHIPS	Does contain	Does contain Wheat Barley		Does contain	Does contain		Does contain		Does contain				Does contain	Does contain
BH WATFORD - CHICKEN CAESAR SALAD		Does contain Wheat		Does contain			Does contain		Does contain				Does contain	Does contain
BH WATFORD - MACARONI CHEESE - MAIN PORTION		Does contain Wheat					Does contain		Does contain				Does contain	Does contain
BH WATFORD - VEGAN - MACARONI CHEESE - MAIN PORTION		Does contain Wheat							Does contain				Does contain	Does contain
BH WATFORD - NOURISH BOWL									Does contain			Does contain	Does contain	Does contain
BH WATFORD - MACARONI CHEESE - MAIN PORTION - Gluten Free Version							Does contain		Does contain				Does contain	Does contain

BH WATFORD - VEGAN - MACARONI CHEESE - MAIN PORTION - Gluten Free Version									Does contain				Does contain	Does contain
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BURGER BAR	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BH WATFORD -6OZ CLASSIC BEEF BURGER	Does contain	Does contain Wheat Barley		Does contain			Does contain		Does contain				Does contain	Does contain
BH Watford - 6OZ LOADED BEEF BURGER	Does contain	Does contain Wheat Barley		Does contain			Does contain		Does contain				Does contain	Does contain
BH WATFORD -CHICKEN KATSU BURGER	Does contain	Does contain Wheat		Does contain			Does contain		Does contain			Does contain	Does contain	
BH WATFORD - CHICKEN MILANESE BURGER	Does contain	Does contain Wheat		Does contain			Does contain						Does contain	
OAKMAN - SYMPLICITY BURGER	Does contain	Does contain Wheat										Does contain	Does contain	
Add Spanish Chorizo													Does contain	
BH WATFORD -6OZ CLASSIC BEEF BURGER - Gluten Free Version	Does contain						Does contain						Does contain	Does contain
BH Watford - 6OZ LOADED BEEF BURGER - Gluten Free Version	Does contain						Does contain						Does contain	Does contain
													Does contain	
DESSERTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BH WATFORD - TRIPLE CHOCOLATE BROWNIE													Does contain	
BH WATFORD - CHOCOLATE CHIP BAKED COOKIE DOUGH													Does contain	
BH WATFORD - BAKED VANILLA CHEESECAKE		Does contain Wheat		Does contain			Does contain						Does contain	
BH WATFORD - APPLE PIE		Does contain Wheat		Does contain			Does contain						Does contain	
BH WATFORD - VANILLA SOFT-SERVE ICE CREAM													Does contain	
OAKMAN - CHOCOLATE SAUCE													Does contain	
OAKMAN - CARAMEL/TOFFEE SAUCE													Does contain	
OAKMAN - RASPBERRY SAUCE													Does contain	
BH WATFORD - BOMBOLONE		Does contain Wheat											Does contain	
BH WATFORD - AFFOGATO													Does contain	
KIDS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS FULL ENGLISH		Does contain Wheat		Does contain			Does contain						Does contain	Does contain
OAKMAN - KIDS VEGANO		Does contain Wheat											Does contain	
OAKMAN - KIDS BEANS ON TOAST		Does contain Wheat											Does contain	

