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 | | Does contain Wheat | | | | | Does contain | | | | | | Does contain | |
| MOZZARELLA | | | | | | | contain | | | | | | contain | |
| OAKMAN - GARLIC FLATBREAD ADD VEGAN | | Does contain Wheat | | | | | | | | | | | Does | |
| MOZZARELLA ALTERNATIVE | | | | | | | | | | | | | contain | |
| | | | | | | | | | | | | | | |
| TOMATO BRUSCHETTA FLATBREAD | | Does contain Wheat | | | | | | | Does | | | | Does | Does |
| | | | | | | | | | contain | | | | contain | contain |
| TOMATO BRUSCHETTA FLATBREAD with | | Does contain Wheat | | | | | Does | | Does | | | | Does | Does |
| BURRATA MOZZARELLA | | | | | | | contain | | contain | | | | contain | contain |
| | | | | | | | | | | | | | | |
| BH WATFORD - MACARONI CHEESE - SIDE | | Does contain Wheat | | | | | Does | | Does | | | | Does | Does |
| PORTION | | | | | | | contain | | contain | | | | contain | contain |
| BH WATFORD - VEGAN - MACARONI CHEESE - | | Does contain Wheat | | | | | | | Does | | | | Does | Does |
| SIDE PORTION | | | | | | | | | contain | | | | contain | contain |
| | | | | | | | <u> </u> | | | | | | | |
| BH WATFORD - BUTTERMILK CALAMARI | | Does contain Wheat | | Does contain | | | Does contain | Does | | | | Does contain | Does | |
| | | | | contain | | | contain | contain | | | | | contain | Dest |
| SPC - CORE - CHORIZO IN CIDER | | | | | | | | | | | | | Does contain | Does contain |
| | | | | | | | | | | | | | | contain |
| 5 CHICKEN WINGS with | Does | Does contain Wheat | | | | | | | | | | | Does | |
| House Seasoning | contain | | | | | | | | | | | | contain | |
| 5 CHICKEN WINGS with BBQ | | Does contain Wheat | | | | | | | Does | | | | Does | |
| Sauce | | | | | | | | | contain | | | | contain | |
| 5 CHICKEN WINGS with | Does | Does contain Wheat | | | | | | | | | | | Does | Does |
| Brown Sugar & Harissa Glaze | contain | | | | | | | | | | | | contain | contain |
| 5 CHICKEN WINGS with Hot Sauce | | Does contain Wheat | | | | | | | | | | | Does | |
| | | | | | | | | | | | | | contain | |
| CAULIFLOWER WINGS with | Does | Does contain Wheat | | | | | | | | | | | Does | |
| House Seasoning | contain | Barley | | | | | | | | | | | contain | |
| | | | | | | | | | | | | | | |
| CAULIFLOWER WINGS with | | Does contain Wheat | | | | | | | Does | | | | Does | |
| BBQ Sauce | | Barley | | | | | | | contain | | | | contain | |
| | - | | | | | | | | | | | | _ | |
| 5 CAULIFLOWER WINGS with | Does | Does contain Wheat | | | | | | | | | | | Does | Does |
| Brown Sugar & Harissa Glaze | contain | Barley | | | | | | | | | | | contain | contain |
| CAULIFLOWER WINGS with | | Does contain Wheat | | - | | | | | | | | | Deee | |
| Hot Sauce | | Barley | | | | | | | | | | | Does contain | |
| not Sauce | | Daney | | | | | | | | | | | contain | |
| AW23 - OAKMAN - HALLOUMI CHIPS | Does | | | 1 | | | Does | | | | | | Does | Does |
| | contain | | | | | | contain | | | | | | contain | contain |
| LEBANESE FRIES | Does | | | - | | | | | Does | | | | Does | Does |
| | contain | | | | | | | | contain | | | | contain | contain |
| BH WATFORD - HOT FLAME FRIES - SIDE | | | | | | | | | | | | | Does | |
| | | | | | | | | | | | | | contain | |
| BH WATFORD - SEASONED FRENCH FRIES - SIDE | Does | | | - | | | | | | | | | Does | |
| | contain | | | | | | | | | | | | contain | |
| BATTERED ONION RINGS - BH WATFORD | | Does contain Wheat | | - | | | | | | | | | | |
| BATTERED UNION RINGS - BH WATFORD | | Does contain wheat | | | | | | | | | | | Does contain | |
| OAKMAN - ROCKET, LETTUCE & TOMATO SALAD | | | | - | | | | | Door | | | | | Does |
| OARMAN - ROCKET, LETTUCE & TOMATO SALAD | | | | | | | | | Does contain | | | | Does contain | contain |
| | | | | | | | Deec | | | | | | | |
| BH WATFORD - MACARONI CHEESE - SIDE PORTION - | | | | | | | Does contain | | Does contain | | | | Does contain | Does contain |
| Gluten Free Version | | | | | | | contain | | contain | | | | Contain | contain |
| BH WATFORD - VEGAN - MACARONI CHEESE - | | | | | | | | | Does | | | | Does | Does |
| SIDE | | | | | | | | | contain | | | | contain | contain |
| PORTION - Gluten Free Version | | | | | | | | | | | | | 50 | CC. III III |
| | | | | | | | | | | | | | | |
| 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 | |
| | Colony | Coroolo Containing Cluton | Crustasaana | Eggo | Fich | Lunin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | contain | Sulphitoo |
| BH CLASSICS | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | WIIK | WONUSES | | NULS | realluis | Jesame Jeeus | 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 - | | | | | | | Does contain | | Does contain | | | | Does contain | Does contain |
| Gluten Free Version | | | | | | | | | | | | | | |

| BH WATFORD - VEGAN - MACARONI CHEESE - | | | | | Does | | Does | Does |
|--|--|--|--|--|---------|--|---------|---------|
| MAIN | | | | | contain | | contain | contain |
| PORTION - Gluten Free Version | | | | | | | | |
| | | | | | | | | |

| BURGER BAR | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|--|-----------------|------------------------------|-------------|-----------------|------|-------|-----------------|----------|-----------------|------|---------|--------------|-----------------|-----------------|
| BH WATFORD -60Z 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 | |
| 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 | |

| OAKMAN - BACON BRIOCHE BUN | | Does contain Wheat | | Does contain | | Does contain | | | | Does contain | |
|--|-----------------|------------------------------|----------|-----------------|-----------------|-----------------|-----------------|------|--------------|-----------------|-----------------|
| OAKMAN - SAUSAGE BRIOCHE BUN | | Does contain Wheat | | Does contain | | Does contain | | | | Does contain | Does contain |
| *OAKMAN - KIDS NO-PORK SAUSAGE BUN | | Does contain Wheat | | | | | | | | Does contain | |
| OAKMAN - KIDS GARLIC BREAD | | Does contain Wheat | | | | | | | | Does contain | |
| OAKMAN - KIDS VEGETABLE STICKS | | | | | | | | | Does contain | Does | |
| OAKMAN - KIDS HALLOUMI CHIPS | | | | | | Does contain | | | | Does | |
| OAKMAN - KIDS BEEF BURGER | Does contain | Does contain Wheat | | | | oontain | | | | Does | |
| OAKMAN - KIDS PIZZA | | Does contain Wheat | | | | Does contain | | | | Does | |
| OAKMAN - KIDS VEGAN PIZZA | | Does contain Wheat | | | | | | | | Does contain | |
| OAKMAN - KIDS PIZZA TOPPING - MUSHROOM | | | | | | | | | | Does | |
| OAKMAN - KIDS PIZZA TOPPING - CHICKEN | | | | | | | | | | Does contain | |
| OAKMAN - KIDS PIZZA TOPPING - SALAMI | | | | | | | | | | Does contain | |
| OAKMAN - KIDS FISH GOUJONS | | Does contain Wheat Barley | | Does contain | Does contain | | Does contain | | | Does contain | Does contain |
| | Does contain | Does contain Wheat | | | | | | | | Does contain | Does contain |
| OAKMAN - KIDS GRILLED NO PORK SAUSAGE GLUTEN FREE | | | | | | | | | | Does contain | |
| BH WATFORD - MACARONI CHEESE - KIDS PORTION | | Does contain Wheat | | | | Does contain | Does contain | | | Does contain | Does contain |
| BH WATFORD - KIDS BREADED CHICKEN STRIPS | | Does contain Wheat | | | | | | | | Does contain | |
| OAKMAN - KIDS - CHUNKY CHIPS | | | | | | | | | | Does contain | |
| OAKMAN - KIDS GEM LETTUCE AND TOMATO SALAD | | | | | | | Does contain | | | Does contain | Does contain |
| OAKMAN - KIDS BAKED BEANS | | | | | | | | | | Does contain | |
| BH WATFORD - KIDS CHOCOLATE BROWNIE | | | | | | | | | | Does contain | |
| BH WATFORD - KIDS VANILLA SOFT-SERVE ICE CREAM | | | | | | | | | | Does contain | |
| OAKMAN - ROCKET LOLLY | | | <u>├</u> | | | | | | | Does | |
| *OAKMAN - KIDS MILK | | | | | | Does contain | | | | Does contain | |
| OAKMAN - KIDS STRAWBERRY MILKSHAKE | | | | | | Does contain | | | | Does contain | |
| OAKMAN - KIDS CHOCOLATE MILKSHAKE | | | | | | Does contain | | | | Does | |
| OAKMAN - KIDS HOT CHOCOLATE | | | | | | Does contain | | | | Does contain | |
| *OAKMAN - KIDS APPLE JUICE | | | + | | | | | | 4 | Does | |

| | | | | | | | _ | | | | | | Deee | |
|---|-----------------|---------------------------|-------------|-----------------|------|-------|-----------------|----------|-----------------|------|---------|--------------|-----------------|-----------------|
| *OAKMAN - KIDS ORANGE JUICE | | | | | | | | | | | | | Does contain | |
| OAKMAN - BABYCINOS | | | | | | | Does contain | | | | | | | |
| OAKMAN - GLUTEN FREE - KIDS FULL ENGLISH | | | | Does contain | | | Does contain | | | | | | Does contain | |
| OAKMAN - KIDS VEGANO GLUTEN FREE | | | | | | | | | | | | | Does contain | |
| OAKMAN - GLUTEN FREE - KIDS BEANS ON TOAST | | | | | | | | | | | | | Does contain | |
| OAKMAN - GLUTEN FREE - BACON BRIOCHE BUN | | | | | | | | | | | | | Does contain | |
| OAKMAN - GLUTEN FREE - KIDS BEEF BURGER | Does contain | | | | | | | | | | | | Does contain | |
| BH WATFORD - MACARONI CHEESE - KIDS PORTION - Gluten Free Version | | | | | | | Does contain | | Does contain | | | | Does contain | Does contain |
| HOT DRINKS | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
| OAKMAN - SINGLE ESPRESSO | | | | | | | | | | | | | | |
| OAKMAN - DOUBLE ESPRESSO | | | | | | | | | | | | | | |
| OAKMAN - CAPPUCCINO | | | | | | | Does contain | | | | | | | |
| OAKMAN - OAT MILK CAPPUCCINO | | Does contain Oats | | | | | | | | | | | | |
| OAKMAN - FLAT WHITE | | | | | | | Does contain | | | | | | | |
| OAKMAN - OAT MILK FLAT WHITE | | Does contain Oats | | | | | | | | | | | | |
| OAKMAN - CAFFE LATTE | | | | | | | Does contain | | | | | | | |
| OAKMAN - OAT MILK CAFFE LATTE | | Does contain Oats | | | | | | | | | | | | |
| OAKMAN - MOCHA | | | | | | | Does contain | | | | | | Does contain | |
| OAKMAN - OAT MILK MOCHA | | Does contain Oats | | | | | | | | | | | Does contain | |
| OAKMAN - MACCHIATO | | | | | | | Does contain | | | | | | | |
| OAKMAN - OAT MILK MACCHIATO | | Does contain Oats | | | | | | | | | | | | |
| OAKMAN - AMERICANO | | | | | | | Does contain | | | | | | | |
| OAKMAN - OAT MILK AMERICANO | | Does contain Oats | | | | | | | | | | | | |
| OAKMAN - AMERICANO NO MILK | | | | | | | | | | | | | | |
| OAKMAN - ENGLISH BREAKFAST TEA | | | | | | | Does contain | | | | | | | |
| OAKMAN - EARL GREY TEA | | | | | | | Does contain | | | | | | | |
| OAKMAN - PEPPERMINT TEA | | | | | | | | | | | | | | |
| OAKMAN - SUPERFRUIT TEA | | | | | | | | | | | | | | |
| OAKMAN - LEMON AND GINGER TEA | | | | | | | | | | | | | | |
| OAKMAN - GREEN TEA | | | | | | | | | | | | | | |

| OAKMAN - HOT CHOCOLATE | | | | Does contain | | | Does contain | |
|---------------------------------|-------------------|--|--|-----------------|--|--|-----------------|--|
| OAKMAN - OAT MILK HOT CHOCOLATE | Does contain Oats | | | | | | Does contain | |