

ALLERGY ADVICE

If you suffer from a food allergy or intolerance, please read this page

Some items on our menu may contain nuts, seeds or other allergens. There is a small chance that tiny traces of these may be in other items or foods served here.

We understand the dangers to those with severe allergies. Every care is taken to avoid any cross contamination when processing a specific allergen free order, we do however work in a kitchen that processes allergenic ingredients.

Within our kitchens we use nuts, fish, egg, shellfish, milk and gluten products and it is impossible to fully guarantee separation of these items in storage, preparation or cooking, although every effort is made to minimise the risk when required. Any bread or breaded product may contain nuts, sesame seeds or poppy seeds as a result of cross contamination during the baking process.

Wheat and gluten ingredients which are deep-fried use the same fryers in our kitchens as dishes not containing these ingredients – there may be risk of cross contamination which may affect extremely sensitive sufferers.

If you are in any doubt please ask to speak to the duty manager who should be able to help you.

Please note we are not able to guarantee that any food served on these premises has not come into contact with nuts or traces of nuts.

In order to assist you in making the right choices when ordering your food please refer to the allergen chart below and overleaf:



Items containing **Celery**: CROQUETAS DE BACALAO



Items containing **Cereals/Gluten** *Namely Wheat (such as Spelt and Khorasan Wheat), Barley, Rye and Oats*: ALBÓNDIGAS BARCELONESA • ARROZ NEGRE • BACALAO FRITO • BEERS • BERENJENAS FRITAS • CALABACIN FRITO • CALAMARES FRITAS • CARRILLERAS • CHIPIRONES FRITOS • CREMA CATALANA • CROQUETAS (*Pollo, Jamon Iberico & Bacalao*) • FIDUEAS (ALL) • MORCILLA DE BURGOS • PAN • PA AMB TOMAQUET • PAELLAS (ALL) • PA OLI XOCOLATA I SAL • PA TORRAT • PINCHO DIABLO • ROMESCO SAUCE (*Chipirones & Calamares*) • TARTA DE SANTIAGO • WINES



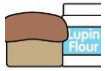
Items containing **Crustaceans** *Like Prawns, Crabs, Lobster and Crayfish etc.*
ARROZ NEGRE • CALAMARES • CHIPIRONES • FIDUEÁ DE PESCADO • FIDUEÁ NEGRE • GAMBAS AL AJILLO • PAELLA MIXTA.



Items containing **Eggs**: ALLIOLI • ALBONDIGAS BARCELONESA • BACALAO FRITO • CREMA CATALANA • FLAN DE HUEVO • HELADO DE VAINILLA PX • PA OLI XOCOLATA I SAL • PATATAS ALIOLI • PRUEBA DE CERDO IBÉRICO • SORBETE DE LIMON • TARTA DE SANTIAGO • TORTILLA ESPANOLA



Items containing **Fish**: ARROZ NEGRE ▪ ANCHOAS Y ALLEGRIAS ▪ BOQUERONES EN VINAGRE ▪ BACALAO FRITO ▪ FIDUEÁ DE ESCADO ▪ FIDUEA NEGRE ▪ PA TORRAT TUNA ▪ PA TORRAT ANCHOA ▪ PULPO A LA GALLEGA ▪ PAELLA MIXTA ▪ XATO DE SITGES.



Items containing **Lupin**: NONE



Items containing **Milk**: ALLIOLI ▪ CHEESE (ALL) ▪ CREMA CATALANA ▪ CROQUETAS (Pollo, Jamon Iberico & Bacalao) ▪ HELADO DE VAINILLA PX ▪ PA OLI XOCOLATA I SAL ▪ PATATAS ALIOLI ▪ SORBETE DE LIMON ▪ TABLAS DE APERITIVO



Items containing **Molluscs** *Like Clams, Scallops, Squid, Mussels, Oysters and Snails etc.* FIDUEÁ DE PESCADO ▪ MEJILLONES CON SOFRITO ▪ PAELLA MIXTA



Items containing **Mustard**: CROQUETAS DE BACALAO



Items containing **Nuts** *Namely Almonds, Hazelnuts, Walnuts, Pecan, Brazil, Pistachio, Cashew, Macadamia and Queensland nuts.* ALMENDRAS FRITAS ▪ HABAS FRITAS ▪ KIKOS ▪ ROMESCO SAUCE (*Chipirones & Calamares*) ▪ TARTA DE SANTIAGO ▪ XATO DE SITGES



Items containing **Peanuts**: ALMENDRAS FRITAS ▪ HABAS FRITAS ▪ KIKOS ▪ ROMESCO SAUCE (*Chipirones & Calamares*) ▪ TARTA DE SANTIAGO ▪ XATO DE SITGES.



Items containing **Sesame**: NONE



Items containing **Soybeans**: ALBÓNDIGAS A LA BARCELONESA ▪ PINCHO DIABLO.



Items containing **Sulphur Dioxide or Sulphites** *(where added and is >10mg/kg in the finished product. Often found in dried fruit and wine).* BEER ▪ CARILLERAS ▪ CHORIZO AL VINO ▪ WINE.