

**AQUA**  
ALLERGEN MATRIX - 1 OF 3

**Allergen Matrix, September 19th, 2022**

**Important Allergy & Dietary Information** - We take every care & attention to identify the allergens that are in our ingredients. We cannot guarantee that our dishes are 100% allergen free due to the risk of cross-contamination of trace allergens during cooking and preparation processes. This includes items that are cooked in our fryers or frying pans where allergenic ingredients have also been cooked. Please ask a member of our team for more details. Please also check every item, including any accompanying sides

NIBBLES	Cereals / Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Molluscs	Fish	Crustaceans/ Molluscs	Seesame Seeds	Celery	Sulpher Dioxide
Del Sur Sarasa Olives	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
SOURDOUGH, Butter, Rock Salt	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roast Garlic & Mozzarella Flatbread	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Fried Calamari, Harissa Aioli	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO
Lamb Croquettes	YES	NO	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	YES

STARTERS	Cereals / Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Molluscs	Fish	Crustaceans/ Molluscs	Seesame Seeds	Celery	Sulpher Dioxide
Braised Beef Shin	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
Corgette Pea and Mint Soup	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Squash Ravioli	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
King Prawn & Crab Bisque	YES	NO	NO	YES	NO	NO	NO	NO	YES	NO	YES	NO	YES	NO
Torched Mackereal	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
Beetroot, Goats Cheese Arrancini	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO
Seared Scallops, Chard Cauliflower	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO

MAINS	Cereals / Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Molluscs	Fish	Crustaceans/ Molluscs	Seesame Seeds	Celery	Sulpher Dioxide
Chicken Supreme	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
Duck Two Ways	YES	NO	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	YES
Cod Supreme	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	YES	NO	NO	YES
Lamb Rump	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
Seafood Linguine, King Prawns	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	YES
Chicken Caesar Salad	YES	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO
Pork Belly	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
Avocado, Zucchini Carbonara	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tuna Niciose	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	YES
Market Fish Special	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO



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DESSERTS	Cereals / Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Molluscs	Fish	Crustaceans/ Molluscs	Seesame Seeds	Celery	Sulpher Dioxide
Miso Brownie, Banana Ice Cream	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Lemon Posset, Berry Compote	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Passion Fruit Cheese Cake	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Dark Chocolate Delice, Blood Orange	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES
Sticky Toffee Pudding, Caramel Sauce	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Fig & Almond Tart, Coconut Ice Cream	YES	NO	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Ice Cream	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Vegan Ice Cream	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sorbet	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cheeses, Walnuts, Quince Jelly	YES	NO	YES Walnut	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

BREAKFAST	Cereals / Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Molluscs	Fish	Crustaceans/ Molluscs	Seesame Seeds	Celery	Sulpher Dioxide
Aqua Breakfast	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Aqua Veggie Breakfast	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES
Eggs Benedict	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES
Eggs Royale	YES	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	YES
Scrambled Eggs & Smoked Salmon	YES	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO
Avocado & Spinach Benedict	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES
Eggs Pomodoro	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES
Aqua Eggs	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Avocado & Eggs On Toast	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Fruit Pancakes	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Brioche Sausage Bun	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Brioche Bacon & Egg Bun	YES	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO