

EAGLE HOUSE

E C C L E S H A L L

ALLERGEN ADVICE

This allergen information is based on our suppliers' ingredient lists. This information is reviewed every four weeks and whenever our ingredients change.

Please note that normal kitchen operations may involve some shared cooking and preparation areas and utensils, and the possibility exists that your food items may come in contact with other food products, including other allergens.

We encourage anyone with food sensitivities, allergies, or special dietary needs to discuss these with us. We will endeavour to accommodate your needs by identifying alternatives and preparing meals separately.

EAGLE HOUSE

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MAIN MENU

	Cereals containing gluten																		
	Wheat	Barley	Spelt	Oats	Rye	Kamut	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
English Breakfast	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
Light Breakfast	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
Eggs Benedict	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Breakfast Muffin	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	
Scotch Pancakes	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							

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VEGETARIAN/VEGAN MENU

	Cereals containing gluten																		
	Wheat	Barley	Spelt	Oats	Rye	Kamut	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veggie Breakfast	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/> ¹			<input checked="" type="checkbox"/> ¹							<input checked="" type="checkbox"/>
Veggie Light Breakfast	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/> ¹			<input checked="" type="checkbox"/> ¹							<input checked="" type="checkbox"/>
Eggs Florentine	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Veggie Breakfast Muffin	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/> ¹			<input checked="" type="checkbox"/> ¹							<input checked="" type="checkbox"/>
Scotch Pancakes	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							

1 Vegan alternative is prepared without eggs and milk

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BREAD, PASTRIES AND CEREALS

	Cereals containing gluten																			
	Wheat	Barley	Spelt	Oats	Rye	Kamut	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	
Bread	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> 1			<input checked="" type="checkbox"/> 1			<input checked="" type="checkbox"/> 1		<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>		
Corn Flakes	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1															
Bran Flakes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1															
Rice Krispies	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1															
Crunchy Nut	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1											<input checked="" type="checkbox"/>				
Granola	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1										<input checked="" type="checkbox"/> 1					
Croissant	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> 1		<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 1		
Pain au chocolat	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> 1		<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/>		
Cinnamon Swirl	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> 1			<input checked="" type="checkbox"/> 1					
Mixed nuts															<input checked="" type="checkbox"/> 2	<input checked="" type="checkbox"/>				
Trail mix	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3							<input checked="" type="checkbox"/> 3			<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	
Yoghurts - Dairy												<input checked="" type="checkbox"/>								
Yoghurts - Vegan															<input checked="" type="checkbox"/> 4			<input checked="" type="checkbox"/> 4		

1 May contain

2 Peanuts, Almonds, Hazelnuts, Pecan nuts (may contain other nuts)

3 Sodium Metabisulfite (E223), Peanuts, Wallnuts Brazil Nuts (may contain Cereals containing Gluten, Milk, Nuts, sesame, Soya)

4 Alpro yoghurts contain soya, Petits filous yoghurts contain Almond

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CONDIMENTS & SAUCES

	Cereals containing gluten																			
	Wheat	Barley	Spelt	Oats	Rye	Kamut	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	
Ketchup							<input checked="" type="checkbox"/>													
Brown sauce		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>															
Marmite	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>													
Butter												<input checked="" type="checkbox"/>								
Vegan butter																				
Peanut Butter																<input checked="" type="checkbox"/>				
Nutella												<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> *				<input checked="" type="checkbox"/>	
Jams and honey																				
Marmalade																				

*Hazelnuts

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DRINKS

	Cereals containing gluten																		
	Wheat	Barley	Spelt	Oats	Rye	Kamut	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tea																			
Specialty Teas																			
Coffee																			
Milk												<input checked="" type="checkbox"/>							
Soya Milk																		<input checked="" type="checkbox"/>	
Rice Milk																			