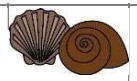
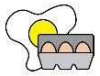
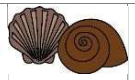
DISHES AND THEIR ALLERGEN CONTENT - Fizzy Lizard

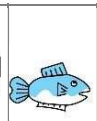
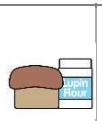
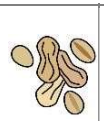
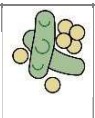
	Celery	**gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**	**NO ALLEGENS**
BREAKFAST															
TOAST		X													
BREAKFAST MELT		X		X			X								
BACON S/W		X													
BEANS ON TOAST		X													
BLT		X		X											
SAUSAGE S/W		X											X	X	
TCT		X											X		
TOASTIES															
BACON & CHEESE		X					X								
CHEESE PEPPER ONION		X					X								
CHICKEN MARINARA		X					X								
HAM & CHEESE		X					X								
NACHO CRUNCH		X					X								
PHILLY CHEESE STEAK		X					X								
TEXAN BBQ		X					X							X	
TUNA MELT		X		X	X		X								

DISHES															
	Celery	gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	NO ALLEGENS
JACKET POTATOES															X
BEANS															X
CHEESE							X								
TUNA MAYO				X	X										
BACON & CHEESE							X								
BUFFALO CHICKEN							X								
TEXAN BBQ							X							X	
PHILLY CHEESE							X								
BEAN CHILLI													X		
SALAD BOX															X
BACON															X
BRISKET															X
CHICKEN															X
EGG				X											
TUNA MAYO				X	X										
HAM															X
CHEESE							X								
PORK															X

DISHES															
	Celery	**gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**	**NO ALLEGENS**
FLATBREAD		X													
BACON		X		X											
BRISKET		X		X											
CHICKEN		X		X											
TUNA MAYO		X		X	X										
CHEESE		X		X											
PORK		X		X											
FRIED CHICKEN	X	X		X											
HOT SANDWICHES															
HOT BEEF & GRAVY		X													
FISH FINGERS		X		X	X				X						
BLT		X		X											
FRIED CHICKEN	X	X													
FALAFEL		X													
FRIES															X
BACON & CHEESE							X								
BBQ PULLED PORK							X							X	
TEXAN BBQ							X							X	
BEAN CHILLI													X		
PHILLY CHEESE STEAK							X								

DISHES															
	Celery	**gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**	**NO ALLEGENS**
NACHOS & SALSA							X								
CHICKEN WINGS															X
MEATS/FILLINGS															
BACON															X
BEAN CHILLI													X		
BEEF															X
CHICKEN															X
EGG				X											
FALAFEL															X
HAM															X
PORK															X
SAUSAGE		X											X	X	
TUNA MAYO				X	X										

DISHES															
	Celery	gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	NO ALLEGENS
BREADS															
SLICED BREAD		X													
BAPS		X													
CURRANT TEACAKE		X											X		
FLATBREAD		X													
KIDS BREAD		X											X		
KIDS MEAL															
CHICKEN NUGGETS		X													
FISH FINGERS		X			X										
FALAFEL & CHIPS															X
TOMATO & MASCAPORNE PASTA	X	X					X								
SAUSAGE ROLL		X					X						X	X	
SAUSAGE MEAL		X											X	X	
MACARONI		X					X								

DISHES															
	Celery	gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	NO ALLEGENS
SAUCES															
BALSAMIC GLAZE														X	
BBQ SAUCE														X	
BUFFALO SAUCE															X
CAESER DRESSING				X	X		X								
GRAVY															X
MAYONAISSE				X											
SPICY MAYO				X											
SRIRACHA															X
SWEET CHILLI															X
TARTARE SAUCE				X					X						
VEGAN MAYO															X
VINAGRETTE									X						