

Think allergy

ALLERGEN INFORMATION

Arlo's
—pantry & kitchen—

At Arlo's we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

Y Contains – a planned ingredient which is definitely present.

? A supplier has reported to us a real risk of cross contamination on their production line OR there is a potential cross contamination through shared cooking equipment in our kitchens.

	Allergen Information													
	Contains Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide
Breakfast items														
Sausage	Wheat													
Bacon														
Vegetarian sausage	Wheat													
Egg, fried or poached			Y											
Egg scrambled/ omelette			Y											
Mushrooms														
Tomato														
Hash browns	?													
Baked beans														
Brioche style bap	Wheat Y Barley ?													
Muffin	Wheat Y Barley ?													
Multi grain bloomer	Wheat, Barley													
White bloomer	Wheat Y Barley ?													
Butter			Y											
Jam														
Marmalade														
Tomato ketchup														
Brown sauce	Barley, Rye													
Breakfast dishes														
Eggs and avocado	Wheat Y Barley ?		Y											
Eggs benedict	Wheat Y Barley ? Rye ?		Y											
Hot Drinks														
Tea with milk			Y											
Americano black														
Americano with milk			Y											
Cappuccino			Y											
Latte			Y											
Flat white/Piccolo			Y											
Speciality tea no milk														
Hot chocolate/mocha			Y											
Vanilla syrup														
Caramel syrup														
Hazlenut syrup														
Marshmallows	Wheat													
Cold drinks														
White wine														
Red wine														
Cakes and pastries														
Granola	Wheat, Oats		Y											
Caramel slice	Wheat		Y											
Jewel bar	Wheat ?		Y											
Carrot cake	Wheat		Y											
Rocky Road	Wheat		Y											
Lemon Drizzle	Wheat		Y											
Red Velvet	Wheat		Y											
Coffee and walnut	Wheat		Y											
Cherry and Almond tart	Wheat		Y											
Pear Tart	Wheat		Y											
Chocolate chunk cookie	Wheat		Y											
Double chocolate cookie	Wheat		Y											
White chocolate cookie	Wheat		Y											
White chocolate and macadamia cookie	Wheat		Y											
Croissant	Wheat		Y											
Pretzel	Wheat		Y											
Chocolate pastry sticks	Wheat		Y											
Cookie dough cheesecake	Wheat, Barley		Y											
Sticky toffee cheesecake	Wheat, Barley		Y											
Scone	Wheat		Y											
Strawberry Jam														
Butter			Y											
Clotted Cream			Y											
Toasted teacake (no butter or jam)	Wheat													
Victoria sponge	Wheat		Y											
Vanilla crown	Wheat		Y											
Cinnamon swirl	Wheat		Y											
Apricot crown	Wheat		Y											
Sandwiches and ciabattas														
Ham & Cheese, with mustard Ciabatta	Wheat, Rye, Barley		Y											
Mozzerella tomato and pesto Ciabatta	Wheat, Rye, Barley		Y											
Brie and bacon ciabatta	Wheat, Rye, Barley		Y											
Chicken and bacon ciabatta	Wheat, Rye, Barley		Y											
Tuna melt ciabatta	Wheat, Rye, Barley		Y											
Spicy chicken and pepperoni melt	Wheat, Rye, Barley		Y											
Ham and cheese croissant	Wheat Y Rye ? Barley ?		Y											
Cheese and tomato croissant	Wheat Y Rye ? Barley ?		Y											

	Allergen Information													
	Contains Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide
Main meals														
Arlo's burger with steak burger	Wheat Y Barley ?		Y											
Arlo's burger with chicken	Wheat Y Barley ?		Y											
Arlo's burger with vegetarian burger	Wheat Y Barley ?		Y											
The Classic 'Bacon & Cheese' with steak burger	Wheat Y Barley ?		Y											
The Classic 'bacon and cheese' with chicken	Wheat Y Barley ?		Y											
The classic burger with vegetarian burger	Wheat Y Barley ?		Y											
All day breakfast	Wheat		Y											
American Dog & Fries	Wheat Y Barley ?		Y											
Chilli Con Carne	Wheat, Barley		Y											
Chargrilled chicken rice box														
Buttermilk chicken Rice box	Wheat		Y											
Buttermilk chicken wrap and fries	Wheat		Y											
Chargrilled chicken wrap and fries	Wheat		Y											
Cod and chips (NO TARTARE)	?													
Gammon and Egg	?		Y											
BBQ Chicken stack	Wheat, Barley		Y											
Chicken Tikka skewer	Wheat		Y											
Piri Piri Curry and rice	Barley													
Vegetable Goan curry and rice			Y											
Green Thai curry and rice			Y											
Trio of chicken	Wheat		Y											
Salads														
Chargrilled chicken salad with beetroot and cous cous and coleslaw	Wheat, Barley		Y											
Sauces														
Tartare sauce			Y											
Tomato ketchup														
Brown sauce	Barley, Rye													
BBQ sauce	Barley													
Mayonnaise			Y											
French dressing														
Piri Piri sauce														
Kids meals														
Kids breakfast sausage	Wheat		Y											
Kids Veggie breakfast with ketchup	Wheat		Y											
Scrambled Egg & Toast (BROWN TOAST) with ketchup	Wheat, Barley		Y											
Kids brunch	Wheat		Y											
Chicken salad			Y											
Fish and chips (KETCHUP NO TARTARE)	?		Y											
Fried Chicken dippers	Wheat		Y											
Jacket potatoes														
Jacket potato with cheese			Y											
Jacket potato with beans			Y											
Jacket potato with tuna mayo			Y											
Jacket potato with coleslaw			Y											
Jacket potato with chilli	Wheat, Barley		Y											
Extra cheese			Y											
Sides														
Fries	?		Y											
Sweet Potato fries	?		Y											
Onion rings	Wheat		Y											
Coleslaw			Y											
Sweetcorn (no butter)														
Soup														
Indonesian Chicken Noodle soup	Wheat		Y											
Boston Chicken Chowder			Y											
British Beef & potato			Y											
Chipotle Meatball														
Sambar Dahl														
Red Lentil and vegetable														