



## Dietary Advice

We pride ourselves at Lunya for the thought and effort we put into our menus, all our dishes are made from scratch, which means we know what goes into them. Whilst our processes are aimed at minimising allergen cross contamination, due to the size of the kitchen, we cannot guarantee a complete absence of any ingredient in a dish.

**To help us help you; please inform your server before you order any food or drink if you have any food allergies or intolerances. A full list of the allergens in our drinks and foods can be found in our Allergen Matrix and your server or a Manager will be able to answer any queries you may have.**

## Labelling

We label our menus with the three most common allergens (Gluten, Milk and Nuts). For all other allergens, if a dish contains this, we mark that with a grey circle. To find out which allergen is in that dish, please ask our server or refer to the allergen matrix.

## wheat and gluten

We are very careful with our separation in all aspects of our preparation, cooking and plating, but due to the nature of our kitchen, there is always a risk of airborne flour contaminating a dish. If you have a gluten intolerance, please make sure your server knows **before** you order. We will cook any of your fried food in a clean pan with fresh oil, in which nothing else has been fried. Your bread will be prepared separately and toasted on a clean rack under our grill to prevent any contamination from other wheat based dishes. All of our breads are available as a gluten-free option using Genius bread.

There are certain dishes labelled with a "W" that we can adapt and make for you without wheat-flour, using Gram flour instead. These are: Calamari, Chipirones and Deep Fried Monte Enebro.

There are other dishes that we can adapt by removing the gluten containing ingredient:

- Cheese boards and deli platters – substituting breads and crackers with gluten-free versions
- Dips - using either carrot sticks or toasted Genius bread instead of bread sticks
- Baby sardines, smoked sardine, Sobrasada, mixed deli platter, giant deli plank – by using Genius bread instead of regular bread and substituting items
- Cabrales pâté we can serve without the pastry cases and serve them with gluten-free crackers
- Hummus we can serve without the flat bread and serve with Genius bread
- Mini beef burgers can be served without the bun

The following dishes we pre-prepare in large batches and cannot make them without gluten: Croquetas, Chicken Strips, Catalan Scouse & Hotpot, Morcilla, Veg Fideua and Seafood Fideua

Our Kikones and Habas Picantes do not contain any main gluten ingredients but are produced in a factory that uses wheat and contains a warning as such on the packaging. Our burger buns are produced in a factory that uses sesame seeds. Please note that one cheese, Grazalema, is wrapped in wheatgerm and is not suitable for Coeliacs.

## Peanuts & other nuts

We do not use peanuts in our kitchen (however, they are served in the bar). We do use almonds and hazelnuts in dishes so labelled, some of these dishes can be served without the accompanying sauce. Please ask your server.

## Vegan

We have an extensive range of vegan and vegetarian food. Please ask you server for the Vegan menu. All dishes suitable for vegetarians are labelled v

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