



## Dietary Advice

We work to the very best practices at Lunya and try hard to ensure we have a menu for everyone. We make everything ourselves from scratch, so know everything that goes into each dish. In our kitchen, we use wheat flour to make our own bread and use almonds and hazelnuts in the kitchen. The bar serves peanuts. You must inform your server before you order any food or drink if you have any food allergies and intolerances. Please read this information sheet thoroughly and discuss any dietary requirements with your server and we will do our very best to accommodate your needs. However, please bear in mind, we have a small kitchen and a large menu and cannot guarantee a complete absence of any ingredient in a dish, despite our best endeavours.

## wheat and gluten

We do not use a lot of wheat flour in our menu at all, so most of it is naturally gluten-free. We are very careful with our separation in all aspects of our preparation, cooking and plating, but due to the small nature of our kitchen, there is always a risk of air-borne flour contaminating a dish. If you have a gluten allergy, please make sure your server knows **before** you order. We will cook any of your fried food in a new 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, using Gram flour instead. These are: Calamari and Deep Fried Monte Enebro. There are other dishes that we can adapt to make them gluten free:

- Broccoli/ Alubias Beans/Cauliflower – we can omit the hazelnuts/almond satay which will make it nut free
- Cheese boards and deli boards – substituting breads and crackers with gluten free versions
- Dips - using either carrot sticks or toasted Genius bread instead of bread sticks
- Baby sardines, mixed deli platter, giant deli plank – by using Genius bread instead of regular bread and substituting items
- Hummus we can serve without the flat bread and serve with Genius bread

The following dishes we pre-prepare in large batches and cannot make them gluten-free, unfortunately: Croquetas, Chicken Strips, Catalan Scouse & Hotpot, Morcilla.

Our Kikones and Habas Picantes do not contain any gluten but are produced in a factory that uses wheat and nuts and contains a warning as such on the packaging. Please note that one cheese, Graza lema, is wrapped in wheatgerm and is not suitable for Coeliacs.

## Nuts

We do not use peanuts in our kitchen (they are served in the bar). We do use pine nuts, almonds and hazelnuts. Our menu is labelled accordingly. We make Romesco sauce containing almonds – any dishes with this sauce can be provided with allioli as an alternative.

## Vegan

We have an extensive range of vegan and vegetarian food. Please ask your server for the Vegan menu

## Other dietary needs

Please tell your server – we will do our best to accommodate all of your needs. Please let us know in advance any special diets or queries you may have. We will do our best to help.

*Issued 15<sup>th</sup> May 2019*