



**Form 1.3.1: Allergy information summary – Food Menu**

*Dishes which are colour coded can be adapted by leaving this ingredient out*

| Name of dish                 | Peanuts | Nuts*  | Molluscs | Sesame seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulphur dioxide | Lupin | Gluten |
|------------------------------|---------|--------|----------|--------------|-----------|------|------|------|------|--------|---------|-----------------|-------|--------|
| <b>Snacks</b>                |         |        |          |              |           |      |      |      |      |        |         |                 |       |        |
| Mixed olives & encurtidos    |         |        |          |              |           |      |      |      |      |        |         | Y               |       |        |
| Giant Gordal Olives          |         |        |          |              |           |      |      |      |      |        |         | Y               |       |        |
| Roasted Catalan Almonds      |         | Almond |          |              |           |      |      |      |      |        |         |                 |       |        |
| Habas Picantes               |         | May    |          |              |           |      |      |      |      |        |         |                 |       |        |
| Kikones                      |         | May    |          |              |           |      |      |      |      |        |         |                 |       |        |
| Catalan Tomato Bread         |         |        |          |              |           |      |      |      |      |        |         |                 |       | Y      |
| Traditional Pan Alloli       |         |        |          |              |           |      | Y    | Y    |      |        |         | Y               |       | Y      |
| Pan Alloli                   |         |        |          |              |           |      |      |      | Y    |        |         |                 |       | Y      |
| Bread, oil & vinegars        |         |        |          |              |           |      |      |      |      |        |         | Y(vinegars)     |       | Y      |
| Sourdough Bread              |         |        |          |              |           |      |      |      |      |        |         |                 |       | Y      |
| <b>Sharing Deli Platters</b> |         |        |          |              |           |      |      |      |      |        |         |                 |       |        |
| Giant Mixed Deli Plank       |         | Y      |          |              |           | Y    | Y    |      | Y    | Y      |         | Y               |       | Y      |
| Artisan Cheese Platter       |         | Y      |          |              |           |      |      |      | Y    | Y      |         | Y(chutney)      |       | Y      |
| Mixed Deli Platter           |         | Y      |          |              |           |      | Y    |      | Y    | Y      |         | Y               |       | Y      |
| Deli Veg Platter             |         | Y      |          | Y            |           |      | Y    |      | Y    | Y      |         | Y               |       | Y      |

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|---------------------------------|---------|-------|---------------|--------------|---------------|---------------|------|------|------------------|--------|-----------------|-----------------|-------|--------------|
| Deli Vegan Platter              |         | Y     |               | Y            |               |               |      |      |                  | Y      |                 | Y               |       | Y            |
| Cured Meat Platter              |         |       |               |              |               |               |      |      |                  |        |                 | Y (guindilla)   |       |              |
| Iberico Bellota Meat Platter    |         |       |               |              |               |               |      |      |                  |        |                 | Y               |       |              |
| <b>Meat Tapas</b>               |         |       |               |              |               |               |      |      |                  |        |                 |                 |       |              |
| Alitas                          |         |       |               |              |               |               |      | Y    |                  | Y      |                 | Y               |       |              |
| Sobrasada                       |         |       |               |              |               |               |      | Y    | Y (goats cheese) |        |                 |                 |       | Y (bread)    |
| Bavette Moruno                  |         |       |               | Y            |               |               |      | Y    |                  | Y      |                 | Y               |       |              |
| Secreto                         |         |       |               |              |               |               |      | Y    | Y                | Y      |                 | Y               |       |              |
| Morcilla Cojones                |         |       |               |              |               |               | Y    | Y    |                  |        |                 |                 |       | Y            |
| Bomba                           |         |       |               |              |               |               | Y    | Y    | Y                | Y      |                 | Y               |       | Y            |
| Chorizo                         |         |       |               |              |               |               |      | Y    |                  |        |                 | Y (wine)        |       |              |
| Albondigas                      |         |       |               |              |               |               |      | Y    |                  | Y      |                 | Y               |       |              |
| Catalan Scouse                  |         |       |               |              |               |               |      | Y    |                  | Y      |                 |                 |       | Y            |
| Croquetas                       |         |       | May (flavour) |              | May (flavour) | May (flavour) | Y    | Y    | Y                | Y      |                 |                 |       | Y            |
| Crispy Chicken                  |         |       |               |              |               |               | Y    | Y    | Y                | Y      |                 |                 |       | Y            |
| Carpaccio of cured, smoked beef |         |       |               |              |               |               |      |      | Y (horseradish)  |        | Y (horseradish) |                 |       |              |
| Catalan country pork pâté       |         |       |               |              |               |               | Y    | Y    | Y                |        |                 | Y (chutney)     |       | Y (crackers) |
| Serrano ham                     |         |       |               |              |               |               |      |      |                  |        |                 |                 |       |              |
| Alejandro Chorizo               |         |       |               |              |               |               |      |      |                  |        |                 |                 |       |              |

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|--------------------------------|---------|-------|----------|--------------|-----------|------|------------|------|------|--------|---------|-----------------|-------|-----------|
| Teurel Lomo                    |         |       |          |              |           |      |            |      |      |        |         |                 |       |           |
| Salchichon de Vic              |         |       |          |              |           |      |            |      |      |        |         | Y               |       |           |
| 5J Iberico Jamon               |         |       |          |              |           |      |            |      |      |        |         | Y               |       |           |
| Sliced Chorizo Iberico         |         |       |          |              |           |      |            |      |      |        |         | Y               |       |           |
| Sliced Salchichon Iberico      |         |       |          |              |           |      |            |      |      |        |         | Y               |       |           |
| Sliced Morcilla Iberico        |         |       |          |              |           |      |            |      |      |        |         | Y               |       |           |
| <b>Fish Tapas</b>              |         |       |          |              |           |      |            |      |      |        |         |                 |       |           |
| Chippirones (Lunya Only)       |         |       | Y        |              |           |      | Y          | Y    |      |        |         | Y               |       | Y         |
| S&P Chippirones (Lunya)        |         |       | Y        |              |           |      |            | Y    |      |        |         |                 |       | Y         |
| Seabass                        |         |       |          |              |           | Y    |            | Y    |      |        |         | Y               |       |           |
| Pescaditos Fritos (Lita Only ) |         |       |          |              |           | Y    | Y          | Y    |      |        |         | Y               |       | Y         |
| Mussels                        |         |       | Y        |              | Y         | Y    |            | Y    |      |        |         | Y               |       |           |
| Calamari                       |         |       | Y        |              |           |      | Y(allioli) | Y    |      |        |         | Y(allioli)      |       | Y(batter) |
| Gambas                         |         |       |          |              | Y         |      |            | Y    |      |        |         |                 |       |           |
| Marisco Salad                  |         |       |          |              | Y         | Y    | Y          | Y    |      |        |         |                 |       | Y         |
| Piquillo Peppers               |         |       |          |              |           | Y    | Y          |      | Y    |        |         | Y               |       |           |
| Boquerones                     |         |       |          |              |           | Y    |            |      |      |        |         | Y               |       |           |
| Salted Anchovies               |         |       |          |              |           | Y    |            |      |      |        |         |                 |       |           |

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|-------------------------|---------|----------|----------|--------------|-----------|------|------------|------|------|--------|---------|-----------------|-------|---------------|
| Smoked Anchovies        |         |          |          |              |           | Y    |            |      |      |        |         | Y               |       |               |
| Mojama                  |         | Almonds  |          |              |           | Y    |            |      |      |        |         |                 |       |               |
| <b>Vegetable Tapas</b>  |         |          |          |              |           |      |            |      |      |        |         |                 |       |               |
| Rarebit                 |         |          |          |              |           |      |            | Y    | Y    |        | Y       | Y               |       | Y             |
| Carrots                 |         |          |          |              |           |      |            | Y    | Y    |        |         | Y               |       |               |
| Deep fried Monte Enebro |         |          |          |              |           |      | Y (batter) | Y    | Y    |        |         |                 |       | Y (batter)    |
| Mushrooms               |         |          |          |              |           |      |            | Y    |      |        |         |                 |       |               |
| Patatas Bravas          |         |          |          |              |           |      | Y (alloli) | Y    |      | Y      |         | Y               |       |               |
| Dirty Bravas            |         |          |          |              |           |      | Y (alloli) | Y    | Y    | Y      |         | y               |       |               |
| Tortilla                |         |          |          |              |           |      | Y          | Y    |      |        |         |                 |       |               |
| Guiso de Alubias (lita) |         | Almond   |          |              |           |      |            | Y    |      | Y      |         | Y               |       |               |
| Escalivada              |         | Almond   |          |              |           |      |            | Y    |      |        |         | Y               |       |               |
| Cocido (Lunya)          |         | Hazelnut |          |              |           |      |            | Y    |      | Y      |         | Y               |       |               |
| Garbanzos               |         |          |          |              |           |      |            | Y    |      | Y      |         | Y               |       |               |
| Padron Peppers          |         |          |          |              |           |      |            | Y    |      |        |         |                 |       |               |
| Cauli Frituras          |         |          |          |              |           |      | Y          | Y    | Y    |        |         | Y               |       | Y             |
| Broccoli                |         | Haz/Alm  |          |              |           |      |            | Y    |      |        |         | Y               |       |               |
| Hummus                  |         |          |          | Y            |           |      |            | Y    |      |        |         |                 |       | Y (flatbread) |
| Lunya House Salad       |         |          |          |              |           | Y    | Y          |      |      |        |         | Y (dressing)    |       |               |
| Escalivada              |         | Almond   |          |              |           |      |            | Y    |      |        |         | Y               |       |               |
| Cherry Tomatoes         |         |          |          |              |           |      |            |      |      |        |         |                 |       |               |

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|------------------------|---------|-------|----------|--------------|-----------|------|------|------|------|-----------|---------|-----------------|-------|------------|
| Manchego and Membrillo |         |       |          |              |           |      |      |      | Y    | Y(celery) |         |                 |       | Y(cracker) |
| <b>Big Meals</b>       |         |       |          |              |           |      |      |      |      |           |         |                 |       |            |
| Cochinillo             |         |       |          |              |           |      |      | Y    |      |           |         | Y               |       |            |
| Txuleton               |         |       |          |              |           |      |      | Y    |      |           |         |                 |       |            |
| Moritz Chicken         |         |       |          |              |           |      |      | Y    |      |           |         |                 |       | Y          |
| <b>Paella</b>          |         |       |          |              |           |      |      |      |      |           |         |                 |       |            |
| Seafood Paella         |         |       | Y        |              | Y         | Y    |      | Y    |      | Y         |         | Y               |       |            |
| Mixed Paella           |         |       | Y        |              | Y         | Y    |      | Y    |      | Y         |         | Y               |       |            |
| Vegetable Paella       |         |       |          |              |           |      |      | Y    |      | Y         |         | Y               |       |            |
| Fideua                 |         |       | Y        |              | Y         | Y    | Y    | Y    |      | Y         |         | Y               |       | Y          |
| Arroz Negro            |         |       | Y        |              | Y         | Y    | Y    | Y    |      | Y         |         | Y               |       |            |
| <b>Breakfast</b>       |         |       |          |              |           |      |      |      |      |           |         |                 |       |            |
| Catalan Migas          |         |       |          |              |           |      | Y    | Y    |      |           |         | Y               |       | Y          |
| Full Lunya             |         |       |          |              |           |      | Y    | Y    | Y    | Y         |         | Y               |       | Y          |
| Beans on Toast         |         |       |          |              |           |      |      | Y    | Y    | Y         |         | Y               |       | Y          |
| Sausage and Beans      |         |       |          |              |           |      |      | Y    | Y    | Y         |         | Y               |       | Y          |
| Baked Eggs Flamenco    |         |       |          |              |           |      | Y    | Y    | Y    | Y         |         | Y               |       | Y          |
| Eggs Benedict          |         |       |          |              |           |      | Y    |      | Y    |           |         | Y               |       | Y          |
| Eggs Florentine        |         |       |          |              |           |      | Y    | Y    | Y    |           |         | Y               |       | Y          |
| Revueltos              |         |       |          |              |           |      | Y    | Y    | Y    |           |         |                 |       | Y          |

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|---------------------|---------|--------|----------|--------------|-----------|------|------|-------------|------|--------|---------|-----------------|-------|--------|
| Eggs on Toast       |         |        |          |              |           |      | Y    |             | Y    |        |         | Y               |       | Y      |
| Toast and Preserves |         |        |          |              |           |      |      |             | Y    |        |         |                 |       | Y      |
| Chorizo Sandwich    |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Butifarra Sandwich  |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Morcilla Sandwich   |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Bacon Sandwich      |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Escalivada Sandwich |         |        |          | Y            |           |      |      | Y           |      |        |         | Y               |       | Y      |
| Sobrasda Sandwich   |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Cheese Sandwich     |         |        |          |              |           |      |      |             | Y    |        |         |                 |       | Y      |
| Tortilla Sandwich   |         |        |          |              |           |      | Y    | Y           | Y    |        |         |                 |       | Y      |
| BLT Sandwich        |         |        |          |              |           |      | Y    | Y           | Y    |        |         |                 |       | Y      |
| <b>Desserts</b>     |         |        |          |              |           |      |      |             |      |        |         |                 |       |        |
| Ice Cream           |         |        |          |              |           |      | Y    | Y           | Y    |        |         |                 |       |        |
| Crema Catalana      |         |        |          |              |           |      | Y    |             | Y    |        |         |                 |       |        |
| Basque Cheesecake   |         |        |          |              |           |      | Y    |             | Y    |        |         | Y               |       | Y      |
| Catalan Sundae      |         | Almond |          |              |           |      | Y    | Y           | Y    |        |         |                 |       |        |
| Dessert Platter     |         | Almond |          |              |           |      | Y    | Y ice cream | Y    |        |         | Y               |       | Y      |
| Choc & Churros      |         |        |          |              |           |      |      | Y           | Y    |        |         |                 |       | Y      |
| Tarta Santiago      |         | Almond |          |              |           |      | Y    | Y ice cream |      |        |         |                 |       |        |

\* brazil nuts, hazelnuts, almonds and walnuts

Review date: 04<sup>th</sup> April 2024

\*\* cereals containing gluten (including wheat, rye, barley and oats)



















