



ALLERGEN INFORMATION

APRIL 2023

Our food is freshly prepared in a small kitchen that handles allergens and our coffee counter is a busy place, so we can't guarantee that our food and drinks are allergen-free.

To make things easier, we've put together this handy guide containing a list of products found in our menu, with the 14 declarable allergens listed along the top of the page for your reference. If a product contains one of these allergens, then you will find a tick in the corresponding box.

Freshly prepared in a small, busy kitchen that handles allergens so we really can't guarantee any of our food or drink is allergen-free. Please take care.



DOES IT CONTAIN?													ARE THESE SUITABLE FOR?		PLEASE NOTE	
Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarian	Vegan	Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

BREAKFAST / BRUNCH

Full Breakfast	✓ Wheat		✓			✓							✓	✓		<p>Toast contains Wheat (gluten) [gluten-free toast available].</p> <p>Sausage contains Soya, Wheat (gluten) and Sulphur Dioxide.</p> <p>Mushrooms are cooked in Margarine (milk).</p>
Half Breakfast	✓ Wheat		✓										✓	✓		<p>Toast contains Wheat (gluten) [gluten-free toast available].</p> <p>Sausages contain Soya, Wheat (gluten) and Sulphur Dioxide.</p>
Veggie Breakfast	✓ Wheat		✓			✓								✓		<p>Toast and Home-Style Fried Potatoes contain Wheat (gluten) [gluten-free toast available]. Veggie Sausage contains Wheat (gluten).</p> <p>Mushrooms are cooked in Margarine (milk).</p>
Create Your Own'														*	*	<p>*[Subject to items chosen — see 'Add-Ons' for item allergens].</p>
Breakfast Burrito	✓ Wheat		✓			✓								✓		<p>Tortilla Wrap contains Wheat (gluten). Contains Cheddar (milk).</p> <p>Scrambled Egg cooked with Milk.</p>
Breakfast Butty	✓ Wheat		*											*		<p>Bread contains Wheat (gluten) [gluten-free bread available].</p> <p>*[Subject to toppings chosen — see 'Add-Ons' for topping allergens].</p>
The 'American'	✓ Wheat		✓			✓										<p>Pancake contains Egg, Wheat (gluten) and Buttermilk (milk).</p> <p>Scrambled Egg cooked with Milk.</p>
Veggie 'American'	✓ Wheat		✓			✓								✓		<p>Pancake contains Egg, Wheat (gluten) and Buttermilk (milk).</p> <p>Scrambled Egg cooked with Milk.</p> <p>Mushrooms are cooked in Margarine (milk).</p>
Toast & Jam	✓ Wheat					✓								✓	✓	<p>Toast contains Wheat (gluten) [gluten-free toast available].</p>
Honey & Banana Porridge	✓ Oats					✓								✓		<p>Contains Oats. May contain Wheat and Barley (gluten).</p>
Banana, Maple & Peanut Butter Porridge	✓ Oats					✓			✓					✓	✓	<p>Contains Oats. May contain Wheat and Barley (gluten).</p> <p>Contains Peanut Butter (nuts).</p>

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SALADS

Mediterranean Salad						✓		✓			✓			✓	✓ Remove Feta	Contains Feta (milk) . Leemoo's Special Dressing contains Mustard . Hummus contains Sesame Seeds . Falafel may contain Sesame Seeds .
Chicken Caesar		✓ Wheat		✓			✓	✓								Breaded Chicken and Croutons contain Wheat (gluten) . Caesar Dressing contains Egg, Milk and Fish .
King Prawn & Avocado			✓								✓					Contains King Prawns (crustacean) .

EGGS

Eggs on Toast		✓ Wheat		✓		✓*								✓		Toast contains Wheat (gluten) [<i>gluten-free toast available</i>]. Toast is spread with Butter (milk) . *If Eggs scrambled, then cooked with Milk .
Avocado & Poached Eggs		✓ Wheat		✓			✓						✓	✓		Toast contains Wheat (gluten) [<i>gluten-free toast available</i>]. Toast is spread with Butter (milk) . Balsamic Reduction contains Sulphites (Sulphur Dioxide) .
Smoked Salmon & Scrambled Eggs		✓ Wheat		✓	✓		✓									Toast contains Wheat (gluten) [<i>gluten-free toast available</i>]. Toast is spread with Butter (milk) . Scrambled Egg cooked with Milk .
Eggs Benedict		✓ Wheat & Barley		✓			✓			* Pumpkin Seeds			✓			English Muffin contains Soya and Wheat (gluten) . English Muffin is spread with Butter (milk) . *Contains Pumpkin Seeds . Hollandaise Sauce contains Egg, Milk, Soya and Barley (gluten) .
Eggs Florentine		✓ Wheat & Barley		✓			✓			* Pumpkin Seeds			✓	✓		English Muffin contains Soya and Wheat (gluten) . English Muffin is spread with Butter (milk) . *Contains Pumpkin Seeds . Hollandaise Sauce contains Egg, Milk, Soya and Barley (gluten) .
Eggs Royale		✓ Wheat & Barley		✓	✓					* Pumpkin Seeds			✓			English Muffin contains Soya and Wheat (gluten) . English Muffin is spread with Butter (milk) . *Contains Pumpkin Seeds . Hollandaise Sauce contains Egg, Milk, Soya and Barley (gluten) .
Baked Eggs		✓ Wheat		✓										*		*[Subject to toppings chosen — see 'Add-Ons' for topping allergens]. Toast contains Wheat (gluten) [<i>gluten-free toast available</i>].



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SANDWICHES

Egg Mayo	✓ Wheat		✓											✓		Bread contains Wheat (gluten) [gluten-free bread available]. Contains Mayonnaise (egg) .
Cheese	✓ Wheat					✓								✓		Bread contains Wheat (gluten) [gluten-free bread available]. Contains Cheddar (milk) .
Ham & Cheese	✓ Wheat					✓										Bread contains Wheat (gluten) [gluten-free bread available]. Contains Cheddar (milk) .
Chicken & Bacon	✓ Wheat		✓													Bread contains Wheat (gluten) [gluten-free bread available]. Contains Mayonnaise (egg) .
Tuna & Sweetcorn	✓ Wheat		✓	✓												Bread contains Wheat (gluten) [gluten-free bread available]. Contains Mayonnaise (egg) .
Chilli Tuna	✓ Wheat		✓	✓												Bread contains Wheat (gluten) [gluten-free bread available]. Contains Mayonnaise (egg) .
Chicken Escalope	✓ Wheat			✓												Bread contains Wheat (gluten) [gluten-free bread available]. Breaded Chicken contains Wheat (gluten) and Egg .
Hummus & Grilled Vegetables	✓ Wheat										✓			✓	✓	Bread contains Wheat (gluten) [gluten-free bread available]. Hummus contains Sesame Seeds .
Halloumi, Avocado & Spinach	✓ Wheat					✓								✓		Bread contains Wheat (gluten) [gluten-free bread available]. Halloumi contains Milk .



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CIABATTAS

Chicken Ciabatta	✓ Wheat					✓			✓ Cashew							Ciabatta contains Wheat (gluten) . Contains Mozzarella (milk) . Pesto contains Cheese (milk) and Cashew (nuts) .
Avocado Ciabatta	✓ Wheat					✓			✓ Cashew					✓		Ciabatta contains Wheat (gluten) . Contains Mozzarella (milk) . Pesto contains Cheese (milk) and Cashew (nuts) .
Tuna Ciabatta	✓ Wheat		✓	✓		✓			✓ Cashew							Ciabatta contains Wheat (gluten) . Contains Mayonnaise (egg) . Contains Mozzarella (milk) . Pesto contains Cheese (milk) and Cashew (nuts) .
Chilli Tuna & Cheese Ciabatta	✓ Wheat		✓	✓		✓										Ciabatta contains Wheat (gluten) . Contains Mayonnaise (egg) . Contains Mozzarella (milk) .
Chicken, Bacon & Cheese Ciabatta	✓ Wheat					✓										Ciabatta contains Wheat (gluten) . Contains Mozzarella (milk) .
Ham, Cheese & Tomato Ciabatta	✓ Wheat					✓										Ciabatta contains Wheat (gluten) . Contains Mozzarella (milk) .
Roasted Vegetables Ciabatta	✓ Wheat					✓			✓ Cashew					✓	Remove Mozzarella + Pesto	Ciabatta contains Wheat (gluten) . Contains Mozzarella (milk) . Pesto contains Cheese (milk) and Cashew (nuts) .

LEEMOO'S SPECIAL

Chicken Crunch	✓ Wheat		✓			✓										Brioche Bun contains Egg, Milk and Wheat (gluten) . Breaded Chicken contains Wheat (gluten) . Contains Mayonnaise (egg) .
Grilled Chicken Fillet	✓ Wheat		✓			✓										Brioche Bun contains Egg, Milk and Wheat (gluten) . May contain Mayonnaise (egg) .



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HOT WRAPS

Cheese Salad Wrap	✓ Wheat					✓					✓		✓	✓		Tortilla Wrap contains Wheat (gluten) . Hummus contains Sesame . Halloumi contains Milk . Balsamic Reduction contains Sulphites (Sulphur Dioxide) .
Mexican Beef	✓ Wheat					✓										Tortilla Wrap contains Wheat (gluten) . Contains Sour Cream (milk) . Contains Cheddar (milk) .
Mexican Chicken	✓ Wheat					✓										Tortilla Wrap contains Wheat (gluten) . Contains Cheddar (milk) .
Mexican Veggie	✓ Wheat					✓								✓	✓ Remove Cheddar	Tortilla Wrap contains Wheat (gluten) . Contains Cheddar (milk) .
Roasted Aubergine Wrap	✓ Wheat					✓			✓ Cashew					✓	✓ Remove Pesto	Tortilla Wrap contains Wheat (gluten) . Pesto contains Cheese (milk) and Cashew (nuts) .
Falafel Wrap	✓ Wheat								✓ Pine Nuts		✓			✓	✓	Tortilla Wrap contains Wheat (gluten) . Contains Pine (nuts) . Hummus contains Sesame Seeds . Falafel may contain Sesame Seeds .
Chicken Escalope Wrap	✓ Wheat					✓										Tortilla Wrap contains Wheat (gluten) . Contains Cheddar (milk) . Breaded Chicken contains Wheat (gluten) and Egg . Contains Mavonnaise (egg) .

OMELETTES

Plain			✓											✓		[For side dish allergens, see 'Add-Ons'].
Cheese			✓			✓								✓		Contains Cheddar (milk) . [For side dish allergens, see 'Add-Ons'].
Ham & Cheese			✓			✓										Contains Cheddar (milk) . [For side dish allergens, see 'Add-Ons'].
Spanish			✓											✓		[For side dish allergens, see 'Add-Ons'].
Greek			✓			✓								✓		Contains Feta (milk) . [For side dish allergens, see 'Add-Ons'].

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SOMETHING SWEET

Pancakes & Maple Syrup	✓ Wheat		✓			✓								✓		Pancake contains Egg, Wheat (gluten) and Buttermilk (milk) .
Pancakes & Bacon	✓ Wheat		✓			✓										Pancake contains Egg, Wheat (gluten) and Buttermilk (milk) .
Pancakes & Banana	✓ Wheat		✓			✓			* Hazelnut			*		✓		Pancake contains Egg, Wheat (gluten) and Buttermilk (milk) . *Nutella topping option contains Milk, Soya and Hazelnut (nut) .
Bacon & Banana French Toast	✓ Wheat		✓			✓										French Toast contains Egg, Butter (milk) and Wheat (gluten) .
Cinnamon French Toast	✓ Wheat		✓			✓								✓		French Toast contains Egg, Butter (milk) and Wheat (gluten) .

SOMETHING LIGHT

Cheese Croissant	✓ Wheat		✓			✓								✓		Croissant contains Egg, Butter (milk) and Wheat (gluten) . Contains Cheddar (milk) .
Ham & Cheese Croissant	✓ Wheat		✓			✓										Croissant contains Egg, Butter (milk) and Wheat (gluten) . Contains Cheddar (milk) .
Avocado & Cream Cheese Bagel	✓ Wheat & Barley					✓								✓		Bagel contains Wheat & Barley (gluten) [gluten-free bagel available]. Contains Cream Cheese (milk) .
Smoked Salmon & Cream Cheese Bagel	✓ Wheat & Barley			✓		✓										Bagel contains Wheat & Barley (gluten) [gluten-free bagel available]. Contains Cream Cheese (milk) .

SOUP

Vegetable Soup	✓	✓ Wheat				✓								✓		Soup contains Celery, Milk , and Wheat (gluten) .
Chicken & Mushroom		✓ Wheat & Barley				✓										Soup contains Milk and Wheat & Barley (gluten) . Contains Couscous, made from durum Wheat (gluten) .



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ADD-ONS

Side Salad														✓	✓	Plain – no dressing.
Chips														✓	✓	Chips is gluten-free.
Sausage		✓ Wheat										✓	✓			Sausage contains Soya, Wheat (gluten) and Sulphur Dioxide .
Veggie Sausage		✓ Wheat												✓	✓	Veggie Sausage contains Wheat (gluten) .
Bacon																
Chorizo						✓										Chorizo contains Lactose (milk) .
Egg				✓		*								✓		*If Egg scrambled, then cooked with Milk .
Mushrooms						✓								✓	✓ Cook with Veg Oil	Mushrooms are cooked in Margarine (milk) .
Tomato														✓	✓	
Baked Beans														✓	✓	



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														✓	✓		
														✓	✓		
														✓	✓		
				✓													
						✓								✓			
	✓ Wheat													✓	✓		Toast contains Wheat (gluten) <i>[gluten-free toast available]</i> .
	✓ Wheat		✓			✓								✓			Pancake contains Egg, Wheat (gluten) and Buttermilk (milk) .
														✓			
														✓	✓		
														✓	✓		
	✓ Wheat													✓	✓	Home-Style Fried Potatoes contains Wheat (gluten) .	



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SMOOTHIES

Berry Burst														✓	✓	
Coconut Crush						✓								✓		
Mango Dream														✓	✓	
Pineapple Sunset														✓	✓	
Raspberry Heaven														✓	✓	
Strawberry Delight														✓	✓	
Ginger Beets														✓	✓	
Green Reviver														✓	✓	