















# Allergen Matrix

For cereals containing gluten, and nuts, the type of gluten and type of nut needs to be specified.

														
Dishes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Breakfast		X		X									X	X
Veggie Breakfast		X		X									X	
Sausage ciabatta		X												X
Bacon Ciabatta		X												
Omelette		X		X			X							X
Veggie omlette				X			X							
Eggs on toast		X		X			X*IF SCRAMBLED							
American Pankcakes		X					X							
Toast w/butter, jam/marm		X					X							
Teacake w/butter/jam		X		X			X							X
Fruit Scone		X		X			X						X	X
Tomato/mozzarella ciabat		X					X			X				
Bacon and Brie Ciabatta		X		X			X							X
BLT Ciabatta		X												
Chicken & Bacon ciabatta		X												
Meatball Ciabatta	X	X												X
Fish finger Ciabatta		X		X	X		X		X					















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“While we cannot guarantee that any of our dishes are free from food allergens we take food allergy safety seriously. If you have specific questions about our menu, ingredients and/or cross-contact prevention practices please speak with a Manager. We cannot always accommodate a dietary restriction **P baguet: w41e** do our very best to help you make informed ordering decisions.”

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Whitby Mush Ciabatta		X		X	X		X		X					
Milanese Ciabatta		X		X			X		X					
Ham and Cheese		X					X							
Cheese and Chicken		X					X							
Tuna Melt		X		X	X		X		X					
Prawn Sandwich		X	X	X			X		X					
New Yorker		X					X					X		X
Chicken Burger		X		X			X		X			X		
Classic Cheese		X					X					X		
Chefs Special		X		X			X		X			X		
Italian Job		X		X			X		X			X		
Bangkok Bad Boy		X										X	X	X
	SOUP VARIES PLEASE ASK THE KITCHEN WHAT THE SOUP OF THE DAY IS													
Caeser Salad		X		X			X							
Chicken Avocado									X					
Greek Salad							X		X					















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Olives		X										X		X
Potato Skins														
Bravas							X							X
Salt and pepper squid		X		X			X*	X	X				X	
Whitby Prawns		X	X				X*							
Breaded Mushrooms		X		X			X*		X					
Chicken Wings		X*										X		
BBQ		X										X	X	
KOREAN		X										X	X	
SWEET CHILLI												X		
Chicken chorizo skewers		X					X*					X	X	
Meatballs	X						X							X
Breaded Jalepenos		X					X						X	
Chicken Goujons		X					X*							
Lemon sole goujons		X		X	X		X*		X					
Mussels and Prawns		X	X				X	X						X
Mac and Cheese		X					X							



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Breaded Brie		X					X						X	
Arancini	X	X					X							
FRITTO DE		X	X	X	X		X*	X	X					
MISTO Lobster	X	X	X				X							
Ravioli	X	X					X			X				
Tacos		X		X			X							X
Carbonara		X					X							
Seafood Rigatoni	X	X	X		X		X	X						
Veggie Lasagne	X	X					X							X
Lasagne	X	X					X							X
Whitby Scampi		X	X	X			X*		X					X
Fajitas		X		X			X							X
Chicken Parmo		X					X							X
Thai Fishcakes	X	X	X		X		X							















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FRIES														
Garlic bread		X					X					X*		
Cheesy Fries		X		X			X		X					
Nachos		X					X		X					X
Loaded Fries	X						X							
Halloumi fries		X					X							
Onion Rings		X												
Mini Salad		X					X							X
BBQ SAUCE		X											X	
SWEET CHILLI SAUCE														
GARLIC MAYO				X			X		X					
BROWN SAUCE														
KETCHUP	X													
Korean Sauce		X					X		X				X	
Sweet Chilli														

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