

VENTNORS GREENHOUSE ALLERGEN MATRIX 2018

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BASE														
Romaine Leaves	NO ALLERGENS													
Green Leaves	NO ALLERGENS													
Mixed Greens	NO ALLERGENS													
Super Greens	NO ALLERGENS													
Kale	NO ALLERGENS													
Mixed Leaves	NO ALLERGENS													
Spinach	NO ALLERGENS													
Noodles														
Pasta														
Brown Rice	NO ALLERGENS													
MAIN														
Salt 'N' Pepper Chicken	NO ALLERGENS													
Mexican Chicken	NO ALLERGENS													
Bang Bang Chicken														
Mango Chicken														
Peri Peri Chicken	NO ALLERGENS													
BBQ Chicken														
Cajun Chicken	NO ALLERGENS													
Thai Chicken														
Turkey	NO ALLERGENS													
Ham	NO ALLERGENS													
Steak Strips	NO ALLERGENS													

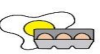
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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pastrami	NO ALLERGENS													
Bacon	NO ALLERGENS													
Tuna														
Prawns														
Salmon														
Cray Fish														
Falafel	NO ALLERGENS													
Roast Veg	NO ALLERGENS													
HOUSE SALADS														
Avocado	NO ALLERGENS													
Sugar Snap Peas	NO ALLERGENS													
Olives	NO ALLERGENS													
Broccoli	NO ALLERGENS													
Egg														
Sweetcorn	NO ALLERGENS													
Jalapenos	NO ALLERGENS													
Pickles	NO ALLERGENS													
Sauerkraut	NO ALLERGENS													
Apple	NO ALLERGENS													
Pears	NO ALLERGENS													
Roasted Chick Peas	NO ALLERGENS													
Rainbow Slaw														
Beetroot	NO ALLERGENS													
Carrots	NO ALLERGENS													

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Bean Sprouts	NO ALLERGENS													
Roast Sweet Potatoes	NO ALLERGENS													
Roasted Mixed Veggies	NO ALLERGENS													
Roasted Peppers	NO ALLERGENS													
Tomatoes	NO ALLERGENS													
Sun Blush Tomatoes	NO ALLERGENS													
Cucumber	NO ALLERGENS													
Red Onions	NO ALLERGENS													
Balsamic Onions														
Black Beans	NO ALLERGENS													
Pomegranate	NO ALLERGENS													
Scallions	NO ALLERGENS													
Celery														
Sweet Peppadew Peppers	NO ALLERGENS													
Roast Cauliflower	NO ALLERGENS													
Mango	NO ALLERGENS													
Irish Cheddar														
Cashel Blue Cheese														
Mozzarella														
Feta Cheese														
Emmental Cheese														

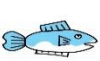
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DRESSINGS														
Caesar														
Pesto														
Peri Peri	NO ALLERGENS													
BBQ														
Honey Sesame														
Honey mustard														
Asian Dressing														
Salsa	NO ALLERGENS													
Green Goddess														
Chilli Relish														
1000 Island														
Lemon Vinaigrette	NO ALLERGENS													
Balsamic Dressing														
Tahini Dressing														
DRESSINGS														
Sesame Seeds														
Pumpkin Seeds	NO ALLERGENS													
Poppy Seeds	NO ALLERGENS													
Mixed Seeds														
Croutons														
Crumbled Tortilla Chips	NO ALLERGENS													
Peanuts														
Parmesan														

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BIG SIGNATURE SALAD BOWLS TOSSED OR CHOPPED														
Caesar Salad														
Bang Bang Noodle														
Steak Strip														
Italian Veggie Pasta														
Healthy Cobb														
Mexican Amigo	NO ALLERGENS													
Asian Prawns														
Chicken Pasta														
NY Deli														
Piri Piri Chicken	NO ALLERGENS													
Big Nutritional														
Big Protein														
Superfood Chicken														
Superfood Salmon														
Happy Healthy	NO ALLERGENS													
Happy Vegan														
Big Tuna														
Bangkok Salad														

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SANDWICH served with Mayo, Butter, Green Leaves, Tomatoes, Cucumber or Red Onions														
Salt N Pepper Chicken														
Bang Bang Chicken														
Mango Chicken														
Cajun Chicken														
Honey N Lime Chicken														
BBQ Chicken & Slaw														
Chicken & Bacon Club														
Mexican Chicken, Avocado & Salsa														
Turkey Stuffing & Cranberry														
BLT														
Bacon N Egg														
Ham, Turkey & Swiss Cheese														
NY Deli														
Reuben														
Prawn Apple & 1000 Island Dressing														
Greenhouse Tuna														
Smoked Salmon														
Roast Veg, Red Peppers & Spinach														
Feta Cheese, Sunblushed Tomatoes & Onion Jam														

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WRAPS served with Mayo, Butter, Green Leaves, Tomatoes, Cucumber or Red Onions														
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Bang Bang Chicken														
Mango Chicken														
Cajun Chicken														
Honey N Lime Chicken														
BBQ Chicken & Slaw														
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Mexican Chicken, Avocado & Salsa														
Turkey Stuffing & Cranberry														
BLT														
Bacon N Egg														
Ham, Turkey & Swiss Cheese														
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MELTS														
Piri Piri Chicken														
BBQ Chicken														
Chicken & Chorizo														
Chicken & Bacon														
Steak N Cheese														
Reuben														
Roast Veg														
DRINKS														
Fresh Filter	NO ALLERGENS													
Expresso / Short Black	NO ALLERGENS													
Long Black	NO ALLERGENS													
Flat White														
Cappuccino														
Latte														
Mocha Latte														
Hot Chocolate														
Tea	NO ALLERGENS													
Belfast Brew	NO ALLERGENS													
Green Sencha	NO ALLERGENS													
Earl Gray	NO ALLERGENS													
Milk														

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GOOD FOR YOU SMOOTHIES														
Skinny Greens														
Strawberry Summer														
Healthy Berries														
Blueberry Hill														
Raspberry Dreams														
Mango Tango														

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BREAKFAST														
BREAKFAST COMBOS														
Sausage Bap need sausage														
Bacon Bap														
Bacon & Cream Cheese Bagel														
Breakfast Bagel														
Vegetarian Pork Sausage Roll														
Leek & Apple Pork Sausage Roll														
Pork Sausage Roll & Spicy Pork Sausage Roll														
BAGELS														
Bagel														
Butter														
Jam	NO ALLERGENS													
Cream Cheese														
Honey	NO ALLERGENS													
Peanut Butter														
Nutella														
TOAST														
Morning Toast														
Sourdough Toast														
PORRIDGE BOWL														
Porridge														
With Honey	NO ALLERGENS													
With Banana or Berries	NO ALLERGENS													

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BUILD YOUR OWN BREAKFAST BOWL														
Poached Eggs														
Scrambled Egg														
Bacon	NO ALLERGENS													
Sausage														
Sourdough Toast														
Avocado	NO ALLERGENS													
Roast Sweet Potatoes	NO ALLERGENS													
Spinach	NO ALLERGENS													
Roast Tomatoes	NO ALLERGENS													
Baked Beans	NO ALLERGENS													
Smoked Salmon														
Chorizo Sausage	NO ALLERGENS													
FRESH FRUIT BOWL														
Fresh Seasonal Fruit	NO ALLERGENS													
Low Fat Yogurt & Granola														