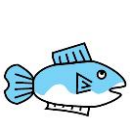LIGHT LUNCH MENU AND THEIR ALLERGEN CONTENT – GRUMPY MOLE OCT 2024 – PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MOLE SPECIALS (INCLUDING BREAD)														
GM CROQUE MONSIEUR		✓			✓		✓		✓				✓	✓
POSH FISH FINGER BLOOMER	✓	✓		✓	✓				✓				✓	✓
SANDWICH/ BAGUETTE, PANINI, WRAP FILLINGS ONLY (WITHOUT BREAD)														
SAUSAGE AND FRIED ONIONS		✓					✓*							✓
PRAWN MARIE ROSE			✓	✓			✓*							
SMOKED SALMON, CREAM CHEESE, CUCUMBER					✓		✓							
CAJUN CHICKEN, BACON, AVO, MAYO							✓*		✓*					
SWEET POTATO FALAFEL, HUMMUS (VG)												✓		

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BRIE, CRANBERRY, BACON							✓							
CAJUN CHICKEN, BACON, CHEESE							✓							
CORONATION CHICKEN	✓	✓		✓			✓		✓					
CRISPS							✓*							
FRENCH DRESSING ON SALAD GARNISH									✓					
BREAD														
WHITE SANDWICH BREAD		✓											✓	
BROWN SANDWICH BREAD		✓											✓	
ARTISAN WHITE BAGUETTE		✓		✓ MCT								✓ MCT	✓ MCT	
ARTISAN BROWN BAGUETTE		✓		✓ MCT			✓ MCT					✓	✓ MCT	
PANINI		✓		✓ MCT								✓ MCT		
TORTILLA WRAPS		✓												
WHITE BLOOMER		✓											✓	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
GLUTEN FREE BREAD				✓										
CHEESE PLOUGHMANS		✓ *		✓*			✓					✓*	✓*	✓*
ROAST HAM PLOUGHMANS		✓ *		✓*			✓*		✓*			✓*	✓*	✓*
CORONATION CHICKEN PLOUGHMANS	✓	✓		✓			✓		✓			✓*	✓*	✓*
FALAFEL VEGAN MEZZE PLATTER		✓					✓*MCT		✓			✓	✓ MCT	✓
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
CAESAR SALAD WITH CHICKEN		✓		✓	✓*		✓		✓			✓*	✓*	
BACON CEASAR SALAD		✓		✓	✓*		✓					✓*	✓*	
CAESAR SALAD WITH POACHED EGG/AVO		✓		✓			✓		✓			✓*	✓*	✓
GOATS CHEESE, FIG & WALNUT SALAD							✓*			✓				✓

* Alternative can be Supplied, Please Ask Waiter/Waitress

MCT – May Contain Traces