

31 below allergen information

AW25 | Version 1

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SNACKS	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegans	Vegetarian	Non-Gluten diets
Smoked Almonds			<div><div></div><div>almond</div></div>													Yes	Yes	Yes
Truffle Nut Mix		<div><div></div></div>	<div><div></div><div>almond, cashews</div></div>													Yes	Yes	Yes
Pistou Nut Mix		<div><div></div></div>	<div><div></div><div>cashews</div></div>					<div><div></div></div>								No	Yes	Yes
Vegetable Crisps																Yes	Yes	Yes

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Guide to symbols

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Marinated Olives																Yes	Yes	Yes
Padron Peppers	◇		◇	◇		◇	◇	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes
Creamy Burrata, Minty Courgette Pesto, Ezme-Marinated Heritage Tomato Salad								•								No	Yes	Yes
Buttermilk Fried Chicken Small/Large	• wheat barley		◇	◇		◇	◇	•	•	◇	•	◇	◇			No	No	No
Patatas Bravas	◇		◇	◇		◇	◇	◇	•	◇	◇	◇	◇			No	Yes	Yes
Beef Fillet Tetaki, Black Garlic Mayo, Crispy Shallots, Pickled Mouli & Shiso Cress									•				•			No	No	Yes
Crudites: Raw Seasonal Vegetable, Hummus							•			•		•				Yes	Yes	Yes
Devilled Eggs							•		•							No	Yes	Yes
Gambas Pil Pil: Chilli, Olive Oil, Garlic	• wheat				•								•			No	No	No
Crispy Squid, Roasted Garlic Aioli and Lemon	• wheat		◇	◇		•	◇	◇	•	◇	•	•	◇			No	No	No

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Moroccan Soup	● wheat															Yes	Yes	No
Butternut Squash Soup	● wheat															Yes	Yes	No
Carrot and Turmeric Soup	● wheat															Yes	Yes	No

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MAINS	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegans	Vegetarian	Non-Gluten diets
8oz Rump Pave, Rosemary Salted Skinny Fries	◊		• almond	◊		◊	◊	◊	•	•	◊	◊	◊			No	No	Yes
Rare Seared Yellowfin Tuna, Soft Boiled Egg, Tomatoes, Olives, Green Beans, New Potatoes, Anchovy Mayo				•					•				•			No	No	Yes
Meat Plancha Sharer: Buttermilk Fried Chicken, Crispy Fried Squid, Padron Peppers, Devilled Eggs	• wheat barley		◊	◊		•	•	•	•	◊	•	•	◊			No	No	No
Vegetarian Sharer: Padron Peppers, Devilled Eggs, Crudites, Whipped Aubergine, Grilled Flatbread	• wheat		◊	◊		◊	•	◊	•	◊	◊	•	◊			No	Yes	No
Grilled Herbed Chicken, Skinny Fries	◊		• almond	◊		◊	◊	◊	•	•	◊	◊	◊			No	No	Yes
Market Fish: Gremolata, Aioli, Lemon				•												No	No	Yes
31 Below Burger: British Beef Patty, Iceberg Lettuce, Mature Cheddar, Russian Dressing, Tomato, Pickles	• wheat, oat barley		◊	•		◊	◊	•	•	•	◊	•	•			No	No	No
Add Bacon																No	No	Yes

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Salmon, Hispi Cabbage, Roasted Garlic Aioli				•					•							No	No	Yes
Plant Based Burger, Fermented Mushroom Patty, Malting Cheese, Truffle Baby Gem	• wheat, oats, barley		◊	◊		◊	◊	◊	◊	•	•	◊	◊			Yes	Yes	No

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SALADS	This dish contains															Suitable for?		
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Mediterranean Shrimp Salad					•			•					•			No	No	Yes
Mediterranean Shrimp Salad with Halloumi					•			•					•			No	No	Yes
Mediterranean Shrimp Salad with Chicken					•			•					•			No	No	Yes
Mediterranean Shrimp Salad with Salmon				•	•			•					•			No	No	Yes
Mediterranean Shrimp Salad with Burrata					•			•					•			No	No	Yes
Caesar Salad	• wheat			•				•	•						•	No	No	No
Caesar Salad with Halloumi	• wheat			•				•	•						•	No	No	No
Caesar Salad with Chicken	• wheat			•				•	•						•	No	No	No
Caesar Salad with Salmon	• wheat			•				•	•						•	No	No	No
Caesar Salad with Burrata	• wheat			•				•	•						•	No	No	No

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SIDES	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegans	Vegetarian	Non-Gluten diets
Skinny Fries	◇		◇	◇		◇	◇	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes
Triple Cooked Chips	◇		◇	◇		◇	◇	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes
House Salad, Market Leaves, Shallot & Citrus Dressing																Yes	Yes	Yes
Roasted Hispi Cabbage, Sesame Dressing, Sriracha & Crispy Shallots	◇		◇	◇		◇	●	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes
Tenderstem Broccoli, Nduja, Toasted Almonds			● almond													No	No	Yes
Truffle Pecorino Fries	◇		◇	◇		◇	◇	●	◇	◇	◇	◇	◇		●	No	Yes	Yes
Sweet Potato Fries, Thyme & Lime	◇		◇	◇		◇	◇	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes

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DESSERTS	This dish contains															Suitable for?		
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Catalan Cream								•	•							No	No	Yes
Mini Chocolate Mousse			• hazelnut								•					Yes	Yes	Yes
Chocolate Mousse, Hazelnut Praline			• hazelnut								•					Yes	Yes	Yes
Lemon Tart, Crème Fraiche	• wheat							•	•							No	Yes	No
Tirami-choux	• wheat barley			•				•	•		•					No	No	No
Ice Cream – Vanilla								•	•							No	Yes	Yes
Ice Cream – Strawberry								•	•							No	Yes	Yes
Ice Cream - Honeycomb								•	•							No	Yes	Yes
Ice Cream – Lemon Sorbet																Yes	Yes	Yes

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BREAKFAST & BRUNCH	This dish contains															Suitable for?		
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Croissant	<div><div></div><div>wheat</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	Yes	No
Pain Au Chocolat	<div><div></div><div>wheat</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>					No	Yes	No
Toasted Breakfast Muffin, Whipped Ricotta & Smashed Avocado	<div><div></div><div>wheat, rye, oat, barley</div></div>						<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>				<div><div></div><div></div></div>			No	Yes	No
Smashed Avocado on Toast	<div><div></div><div>wheat</div></div>								<div><div></div><div></div></div>							No	Yes	No
Smashed Avocado on Toast with Bacon	<div><div></div><div>wheat</div></div>								<div><div></div><div></div></div>							No	No	No
Smashed Avocado on Toast with Halloumi	<div><div></div><div>wheat</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	Yes	No
Smashed Avocado on Toast with Salmon	<div><div></div><div>wheat</div></div>			<div><div></div><div></div></div>					<div><div></div><div></div></div>							No	No	No
Eggs Benedict with Bacon	<div><div></div><div>wheat, oat, rye, barley</div></div>						<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>		<div><div></div><div></div></div>			No	No	No
Eggs Benedict with Salmon	<div><div></div><div>wheat, oat, rye, barley</div></div>			<div><div></div><div></div></div>			<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>		<div><div></div><div></div></div>			No	No	No

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Baked Eggs, Nduja, Toasted Paul Rhodes Sourdough	<div><div></div><div>wheat</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	No	No
Eggs Benedict Spinach	<div><div></div><div>wheat, oat, rye, barley</div></div>						<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>		<div><div></div><div></div></div>			No	Yes	No
Sourdough Toast**	<div><div></div><div>wheat</div></div>															Yes	Yes	No
Granary Toast & Butter**	<div><div></div><div>wheat, barley</div></div>							<div><div></div><div></div></div>								No	Yes	No
White Toast**	<div><div></div><div>wheat</div></div>															Yes	Yes	No
Gluten Free Toast**																Yes	Yes	Yes
Honey Pot																No	Yes	Yes
Jam Apricot/Raspberry/Strawberry																Yes	Yes	Yes

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Skillet Breakfast	<div><div></div><div>wheat, barley</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>		<div><div></div><div></div></div>			No	No	No
Garden Breakfast	<div><div></div><div>** toast allergens</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	Yes	No
Kefir Pancakes, Vanilla Mascarpone, Berries, Honey & Pistachio	<div><div></div><div>wheat</div></div>		<div><div></div><div>pistachio</div></div>					<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	Yes	No
Kefir Pancakes, Smoked Bacon, Melting Butter & Maple Syrup	<div><div></div><div>wheat</div></div>							<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	No	No
Yoghurt and Mulled Berries	<div><div></div><div>wheat, oats</div></div>		<div><div></div><div>hazelnut, almond</div></div>				<div><div></div><div></div></div>				<div><div></div><div></div></div>					No	Yes	No
Pain Perdu	<div><div></div><div>wheat</div></div>		<div><div></div><div>pecan</div></div>					<div><div></div><div></div></div>	<div><div></div><div></div></div>							No	Yes	No

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Extra Tomato																Yes	Yes	Yes
Add Egg									•							No	Yes	Yes
Add Black Pudding	• wheat, barley										•					No	No	No
Extra Beans																Yes	Yes	Yes
Add Bacon																No	No	Yes
Add Cumberland Sausage	• wheat												•			No	No	No
Add Smash Avocado																Yes	Yes	Yes
Extra Greens																Yes	Yes	Yes
Add Halloumi								•								No	Yes	Yes

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Add Mushrooms																Yes	Yes	Yes
Add Severn & Wye Salmon				•												No	No	Yes
Add Chicken																No	No	Yes
Add Mojo Verde										•						Yes	Yes	Yes
Aioli									•							No	Yes	Yes
Romesco			• almond													Yes	Yes	Yes

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