

# MEMHAS

	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
<b>BREAKFAST</b>														
Breakfast 1		✓		✓									✓	✓
Breakfast 2		✓		✓									✓	✓
Breakfast 3		✓		✓									✓	✓
Breakfast 4		✓		✓									✓	✓
Breakfast 5		✓		✓									✓	✓
Breakfast 6		✓		✓			✓						✓	✓
Breakfast 7		✓		✓									✓	✓
Vegetarian Breakfast 1		✓		✓									✓	✓
Vegetarian Breakfast 2		✓		✓									✓	✓
Mediterranean Breakfast		✓		✓									✓	✓
<b>BREAKFAST EXTRAS</b>														
Egg				✓										
Pork Sausage		✓											✓	✓
Beef Sausage		✓											✓	✓
Cumberland Sausage		✓											✓	✓
Veggie Sausage		✓												
Frankfurter							✓							
Black Pudding		✓					✓							
Bubble & Squeak							✓							
Burger		✓											✓	✓
Smoked Salmon					✓									
Halloumi							✓							
<b>BRUNCH</b>														
Eggs Florentine		✓		✓			✓						✓	✓
Eggs Benedict		✓		✓			✓						✓	✓
Eggs Royale		✓		✓			✓						✓	✓
Avocado Smash		✓		✓			✓						✓	✓
American		✓		✓									✓	✓
The Sun Inn		✓		✓			✓						✓	✓
MEMHAS Special		✓		✓			✓						✓	✓
Londoner		✓		✓			✓						✓	✓
Manhattan		✓		✓									✓	✓
<b>OMELETTES</b>														
Mediterranean Omelette				✓										
Spanish Omelette				✓										
<b>KIDS CHOICE</b>														
Hamburger & Chips		✓										✓	✓	✓
Chicken Nuggets & Chips	✓	✓		✓			✓							
Fish Fingers & Chips					✓									
C. Sausage, Smiles & Beans		✓											✓	✓
Pancake Meal				✓			✓							
Penne Napoli		✓												
<b>HOT SANDWICHES</b>														
Egg		✓		✓			✓						✓	
Bacon		✓					✓						✓	
Pork Sausage		✓					✓					✓	✓	✓
Beef Sausage		✓					✓					✓	✓	✓
Cumberland Sausage		✓					✓					✓	✓	✓
<b>COLD SANDWICHES</b>														
Cheddar Cheese		✓					✓						✓	
Tuna Mayo		✓		✓	✓		✓	✓					✓	
Bacon, Lettuce & Tomato		✓					✓						✓	
Prawns in Seafood Sauce	✓	✓	✓	✓			✓		✓				✓	
Chicken Salad		✓					✓						✓	
Ham & Cheese		✓					✓						✓	
Chicken, Bacon & Mayo		✓		✓			✓						✓	

	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
<b>AND MORE</b>														
Fish Finger Sandwich		✓					✓						✓	
Club Sandwich [Toasted]		✓					✓						✓	
Breakfast Muffin		✓		✓			✓						✓	✓
<b>PANINIS</b>														
Mozzarella, Tomato & Onion		✓					✓							
Tuna Melt		✓		✓	✓		✓		✓					
Ham & Mozzarella		✓					✓							
Bacon & Mozzarella		✓					✓							
Club Alaturka		✓					✓							
<b>BAGELS</b>														
Egg & Cheese		✓					✓							
Cumberland Sausage & Egg		✓					✓						✓	✓
Ham & Cheese		✓					✓							
Salmon & Avocado		✓			✓		✓							
Chicken & Avocado		✓		✓			✓				✓		✓	
Roast Beef Melt		✓					✓		✓					
<b>ON TOAST</b>														
Jam		✓					✓						✓	
Marmalade		✓					✓						✓	✓
Baked Beans		✓					✓						✓	
Cheese		✓					✓						✓	
Fried/Poached Egg		✓					✓						✓	
Scrambled Eggs		✓					✓						✓	
<b>SIDES</b>														
Creamy Mashed Potato							✓							
Cheesy Chips							✓							
Onion Rings		✓												
Rice							✓							
Coleslaw				✓										
<b>STARTERS</b>														
Hummus												✓		
Feta Cheese Rolls		✓												
Calamari		✓						✓						
Butterfly King Prawns		✓	✓											
Southern Fried Chicken		✓		✓			✓							
Mozzarella Sticks		✓					✓							
<b>SALADS</b>														
Falafel & Hummus												✓		
Mediterranean							✓							
Chicken Caesar				✓			✓						✓	
Seafood & Avocado			✓	✓	✓		✓		✓					
<b>PASTA</b>														
Penne Napoli		✓												
Penne Arrabiata		✓												
Spaghetti Bolognese		✓												
Penne Pollo Picante		✓					✓						✓	
Chicken & Mushroom Penne		✓					✓						✓	
Penne Carbonara		✓					✓							
<b>BRITISH CLASSICS</b>														
Chicken Nuggets	✓	✓		✓			✓							
Bangers & Mash							✓							
Ham, Egg & Chips				✓										
Shepherd's Pie							✓							
Liver & Bacon							✓							
Chicken & Mushroom Pie	✓	✓											✓	
Steak & Kidney Pie		✓												
Pork Chops							✓							
Gammon Steak				✓										

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<b>MAINS</b>														
Mac & Cheese		✓					✓		✓					
Lasagne		✓					✓							
Chicken Curry	✓													
Chicken Escalope		✓					✓							
Chicken Kiev		✓					✓							
Garlic Chicken							✓							
Chicken Grill							✓							
Mexican Chicken							✓							
Chicken Kebab							✓							
Mixed Grill							✓							
<b>WRAPS</b>														
Halloumi		✓					✓							
Falafel & Hummus		✓										✓		
Kofte Kebab		✓												
Chicken Kebab		✓					✓						✓	
Mexican Chicken		✓					✓						✓	
Peri-Peri Chicken		✓					✓						✓	
Southern Fried Chicken		✓		✓			✓							
<b>JACKET POTATO</b>														
Cheese				✓			✓							
Baked Beans				✓										
Cheese & Baked Beans				✓										
Tuna Mayo				✓	✓									
Chicken Curry	✓			✓										
Bolognese				✓										
Prawns in Seafood Sauce	✓		✓	✓					✓					
<b>FISH</b>														
Scampi		✓	✓											
Calamari		✓						✓						
Cod					✓									
Salmon					✓									
<b>CLASSIC BURGERS</b>														
Cheeseburger		✓					✓						✓	✓
Frankfurter Burger		✓					✓						✓	✓
King Size Burger		✓					✓						✓	✓
Quarter Pounder		✓					✓						✓	✓
Chicken Steak Burger		✓												
<b>GOURMET BURGERS</b>														
American		✓					✓						✓	✓
Memhas Chicken		✓					✓						✓	
Peri-Peri Chicken		✓					✓						✓	
Southern Fried Chicken		✓		✓			✓							
Medi Chicken		✓					✓						✓	

\* indicates allergens due to the selection of bread

† indicates allergens due to use of spread

As our food is prepared and freshly cooked to order there may be a risk that traces of all allergens can be found in any dish

Some allergens may appear due to the selection of sides served.

We are unable to offer gluten-free options, even dishes without gluten are at major risk of cross-contamination due to being cooked in fryers or on other equipment that comes into contact with wheat products.

All dishes may contain traces of the following allergens: Wheat; Gluten; Peanuts; Nuts; Sesame Seeds; Celery; Soy-beans; Milk; Eggs; Mustard; Lupin; Mollusc; Crustaceans; Fish; Sulphur Dioxide.

Our fryer oils come into contact with gluten, dairy and soybeans regularly and so we are unable to avoid those allergens. We change our fryer oil roughly every 3 days.

If the menu item does not appear on the list, then the food does not contain any known allergens except traces.