















# La Plancha Allergen Information Sheet

														
DISHES	Celery	Gluten	Crustal	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanut	Sesame	Soya	Sulphur
<b>Bread</b>														
Garlic Butter		YES					YES							
Chilli Tapenade		YES							YES					
Mushrooms & Aioli	YES	YES		YES			YES		YES					
Ham and Cheese		YES					YES							
Plain Ciabatta		YES												
<b>Salads</b>														
Chicken & Guacamole	YES													
Tomato & Red Onion														
Greek Salad							YES							
<b>Tapas served cold</b>														
Mixed Olives														
Manchego Cheese							YES							
Serrano Ham														
Marinated Anchovies					YES									
Marinated Peppers														
Marinated Peppers / Feta							YES							
Cherry Peppers / Feta							YES							
<b>Tapas served Hot</b>														
Spanish Omelette				YES			YES							
Omelette with Chorizo				YES			YES							
Classic Paella	YES		YES											
Vegetable Paella	YES													
Mushrooms in Garlic	YES													
Patatas Bravas														
Chorizo in Wine														YES
Meatballs (Beef)	YES	YES		YES										
Chicken in Garlic Butter	YES						YES							YES
Chicken in Chilli / Wine	YES													YES
Pork in Paprika & Garlic	YES						YES							
Pork Malaga	YES													YES
Spanish Casserole		YES												
Scallops in Garlic Butter							YES	YES						
King Prawns in Garlic Butter			YES				YES							
Battered Calamari with Aioli	YES	YES					YES	YES						
Lamb Brochetas		YES		YES										
Quesadillas with Guacamole	YES	YES					YES							
Baked Aubergine	YES						YES							
Grilled Halloumi							YES							
Peppers/Cous Cous/Feta	YES						YES							