

HAYSTACK

ALLERGEN MATRIX

Nut allergy Disclaimer

Please note that we use a variety of nut products in our kitchens therefore we cannot guarantee that any dish will be completely nut free, we strongly advise that if you have a severe nut allergy you do not consume food or drinks from our café.

Our sourdough bread is produced in a kitchen that uses all allergens, therefore any dish that uses the sourdough toast may contain, Celery, Crustaceans, Fish, Lupin, molluscs, mustard, nuts, peanuts, sulphur & sesame

Please see below the allergen matrix for all of our menu items

Menu Item	Allergens Contained
Breakfast	
Farmers breakfast	Gluten, Eggs, Milk, Soya, Sulphites
XI Farmers Breakfast	Gluten, Eggs, Milk, Soya, Sulphites
XXXL Farmers Breakfast	Gluten, Eggs, Milk, Soya, Sulphites
Gardeners Breakfast	Gluten, Milk, Soya, Sulphites
XL Gardeners Breakfast	Gluten, Soya, Milk, Sulphites
Breakfast Roll	Gluten, egg, milk
Veggie Bun	Gluten, Sesame, egg, milk, Sulphites
Cheesy Scrambled Egg & Beans	Gluten, egg, milk, Mustard
Brekkie Bun	Gluten, Sesame, egg, milk
Brunch	
The Haystack	Gluten, Egg, Milk, Sulphites
Chorizo stack	Gluten, Egg, Milk, Sulphites
Brunch burger	Gluten, Egg, Milk,
Benny bun	Gluten, Egg, Milk, Barley, Sulphites
Avocado on toast	Gluten, Egg, Milk, Sulphites
Stack bacon 'n' Eggs	Gluten, Egg, Milk
Protein stack	Gluten, Egg, Milk, Sesame,
Stack Wrap	Gluten, Egg, Milk, Sulphites
Avocado on toast	Gluten.
Loaded Tots	

Truffle & parmesan	Egg, Milk, Sulphites, soya
Cheesy Beans	Egg, Milk, Sulphites, Soya
Crispy chorizo	Egg, Milk, Sulphites, Soya
Stack Slices	
Avocado Toast	Gluten, Egg, milk, Sulphites
Protein Toast	Gluten, egg, milk, sesame
Eggs on toast	Gluten, Egg, Milk, Sulphites
Chorizo toast	Gluten, Egg, Milk, Sulphites
Specials	
Miso mango stack	Gluten, Eggs, Milk, Mustard, Celery, Soya,, Sesame, Fish
Brekkie bao's	Gluten, Eggs, milk, Peanuts, nuts, Sulphites, Soya, sesame seeds,
Korean chicken tots	Gluten, Eggs, Milk, Nuts, Soya, Sulphites
Crispy apple gyozas	Gluten, Eggs, Milk, Nuts, Soya, Sulphites, Sesame, Fish
Pancakes	
Usa Classic	Gluten, Eggs, Milk, nuts, peanuts, soya
Brekkie stack	Gluten, Eggs, Milk, nuts, peanuts, soya
Biscoff & White Chocky	Gluten, Eggs, Milk, nuts, peanuts, soya
Bourbon Stack	Gluten, Eggs, Milk, Sesame, nuts, peanuts, soya
Pancake churros	Gluten, Eggs, Milk, nuts, peanuts, soya
Kinderella	Gluten, Eggs, Milk, nuts, peanuts, soya
Stack it your way	Gluten, Eggs, Milk, Sesame, nuts, peanuts, soya
Lil Farmers	
Lil Farmers	Gluten, Eggs, Milk,
Lil gardeners	Gluten, Eggs, Milk,
Beans on toast	Gluten, Eggs, Milk,
Eggs on toast	Gluten, Eggs, Milk,
Mini Kinder stack	Gluten, Eggs, Milk, nuts, peanuts, soya
Biscoff & white chocky	Gluten, Eggs, Milk, nuts, peanuts, soya
Nutella & Banana	Gluten, Eggs, Milk, nuts, peanuts, soya, Sesame
Upgrades	
2 Grilled bacon	-
Gower Sausage	Gluten, Egg
Grilled chorizo	-
Crispy halloumi	-
Slice of toast	Gluten
Black pudding	-
Eggs your way	Egg
Baked beans	-
Tater tots	-
Fancy Sauce	
Paprika Hollandaise	Egg, milk, Sulphites
Nacho cheese	Milk, Soya
Chilli Jam	-
Glow bowls	

Blackberry matcha	Milk, Soya, Dairy, Nuts, Peanuts, Sesame, Sulphites
Cookies	
Stack chocolate cookie	Milk, Soya, Gluten, Eggs, Peanuts, Nuts