

HAYSTACK CAFÉ

ALLERGEN MATRIX

August 2026 Menu

⚠️ **NUT ALLERGY DISCLAIMER** We use nut products throughout our kitchens and cannot guarantee any dish is completely nut free. Severe nut allergy sufferers should not consume food or drinks from Haystack. Sourdough is made in a kitchen handling all allergens, so any dish with sourdough toast may also contain celery, crustaceans, fish, lupin, molluscs, mustard, nuts, peanuts, sulphur dioxide & sesame. Always check with a manager if in doubt.

SKILLETS

Dish	Contains
Farmers Breakfast	Gluten, Egg, Milk, Soya, Sulphites
XL Farmers Breakfast	Gluten, Egg, Milk, Soya, Sulphites
XXL Farmers Breakfast	Gluten, Egg, Milk, Soya, Sulphites
Stack-Shuka NEW	Gluten, Egg, Milk, Sulphites
Gardeners Breakfast	Gluten, Egg, Milk, Soya, Sulphites
Stack Mixed Grill NEW	Gluten, Egg, Milk, Soya, Sulphites

PLATES

Dish	Contains
Cheesy Scrambled	Gluten, Egg, Milk, Sulphites, Mustard
The Haystack	Gluten, Egg, Milk, Sulphites
Steak 'n' Eggs NEW	Gluten, Egg, Milk, Sulphites
Hot Honey Chorizo Stack	Gluten, Egg, Milk, Sulphites
Protein Stack NEW	Gluten, Egg, Milk, Sulphites
Avocado Stack	Gluten, Egg, Milk, Sulphites

HANDHELDS

Dish	Contains
Stack Wrap	Gluten, Egg, Milk, Sulphites
Brunch Burger	Gluten, Egg, Milk, Sulphites
Brekkie Bun	Gluten, Egg, Milk, Sulphites

SPECIALS — ITALIAN MONTH

Dish	Contains
Pulled Burrata & Chorizo Tots NEW	Gluten, Egg, Milk, Sulphites, Mustard, Sesame
Chicken Parm Sando NEW	Gluten, Egg, Milk, Sesame, Nuts, Peanuts
Tiramisu Stack NEW	Gluten, Egg, Milk, Sesame, Nuts, Peanuts

GLOW BOWLS

Dish	Contains
Glow Bowl (build your own)	Gluten, Egg, Milk, Sulphites, Sesame, Nuts, Peanuts

TO SHARE

Dish	Contains
Truffle & Parmesan	Gluten, Egg, Milk, Sulphites
Cheesy Beans	Gluten, Egg, Milk, Sulphites
Crispy Chorizo	Gluten, Egg, Milk, Sulphites

PANCAKES

Dish	Contains
USA Stack	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Brekkie Stack	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Biscoff & White Chocky	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Stack Bacon 'n' Eggs	Gluten, Egg, Milk, Sulphites
Kinderella	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Nutella Bourbon	Gluten, Egg, Milk, Sulphites, Sesame, Nuts, Peanuts

LIL' FARMERS (KIDS)

Dish	Contains
Lil' Farmers	Gluten, Egg, Milk, Soya, Sulphites
Lil' Gardeners	Gluten, Egg, Milk, Soya, Sulphites
Mini Kinder Stack	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Beans on Toast	Gluten, Egg, Milk
Eggs on Toast	Gluten, Egg, Milk
Nutella & Banana	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts
Biscoff & White Chocky (Lil')	Gluten, Egg, Milk, Sulphites, Nuts, Peanuts

PLEASE CONFIRM — NOT SEEN ON THE CURRENT PRINTED MENU

Dish	Contains
Breakfast Roll CONFIRM	Gluten, Egg, Milk, Sulphites
XL Gardeners Breakfast CONFIRM	Gluten, Egg, Milk, Soya, Sulphites
Stack Nachos CONFIRM	Gluten, Egg, Milk, Sulphites, Mustard, Sesame
Huevos Rancheros CONFIRM	Gluten, Egg, Milk, Sesame, Nuts, Peanuts
Spicy Marg Stack CONFIRM	Gluten, Egg, Milk, Sesame, Nuts, Peanuts

Built from the July 2026 allergen chart plus the August 2026 spec book and current till menu. NEW = new this edition. CONFIRM = on the previous chart but not seen on the current printed menu - check it's still served. Protein Stack has no official spec-book allergen entry yet; its allergens are estimated from ingredients and should be confirmed with the kitchen.