| | NUTS | SESAME SEEDS | MILK | PEANUTS | EGG | CEREALS (WHEAT, GLUTEN, OATS, etc) | SOYA | FISH | CRUSTACEANS & DERIVATIVES | MOLLUSCS & DERIVATIVES | CELERY | MUSTARD | SULPHITES | LUPIN | YEAST & DERIVATIVES | OTHER INFO |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TODAY'S SPECIAL | SEE DAILY SPECIALS BOARD | | | | | | | | | | | | | | | |
| **BRUNCH MENU** | | | | | | | | | | | | | | | | |
| PROOF BREAKFAST | | | | | | YES (GF bread available) | | | | | | | YES | | YES | VEGAN |
| TOAST - JAM | | | YES | | | YES (GF bread available) | | | | | | | | | YES | V |
| TOAST -YOGURT & MARMITE | | | YES | | | YES (GF bread available) | | | | | | | | | YES | V |
| TOAST - RAREBIT | | | | | | YES (GF bread available) | | | | | | YES | | | YES | V |
| TOAST - AVOCADO | | | | | | YES (GF bread available) | | | | | | | | | YES | VEGAN |
| GRANOLA | | | | | | YES (GF bread available) | | | | | | | | | | VEGAN |
| HUEVOS RANCHEROS CHORIZO | | | | | YES | | | | | | | | YES | | | |
| HUEVOS RANCHEROS AVOCADO | | | | | YES | | | | | | | | YES | | | V |
| SCRAMBLED EGGS on TOAST | | | YES | | YES | YES (GF bread available) | | | | | | | | | | V |
| | | | | | | | | | | | | | | | | |

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| POACHED EGGS HASH BROWN | | | | | YES | | | | | | | YES | | | | V |
| FRIED EGGS & CHIPS | | | | | YES | | | | | | | | | | | V |
| EXTRA BACON | | | | | | | | | | | | | YES | | | |
| EXTRA EGGS | | | | | YES | | | | | | | | | | | V |
| EXTRA BLACK PUDDING | | | | | | YES | | | | | | | | | | |
| EXTRA AVOCADO | | | | | | | | | | | | | | | | VEGAN |
| EXTRA HAM | | | | | | | | | | | | | | | | |
| EXTRA SWEET & SOUR TOMATOES | | | | | | | | | | | | | YES | | | VEGAN |
| EXTRA MUSHROOM | | | | | | | | | | | | | | | | VEGAN |
| EXTRA CHORIZO | | | | | | | | | | | | | YES | | | |
| EXTRA HASH BROWN | | | | | | | | | | | | | | | | |
| **KITCHEN MENU** | | | | | | | | | | | | | | | | |
| TODAY'S SPECIAL | SEE DAILY SPECIALS BOARD | | | | | | | | | | | | | | | |
| MIXED OLIVES | | | | | | | | | | | | | YES | | | VEGAN |
| MARINATED ARTICHOKES | | | | | | | | | | | | | | | YES | VEGAN |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| PROOF PICKLES | | | | | | | | | | | | YES | YES | | | VEGAN |
| PADRON PEPPERS | | | | | | | | | | | | | | | | VEGAN |
| BLACK PEA HUMMUS | | YES | | | | | | | | | | | YES | | | VEGAN |
| CHEESE BOARD | | | YES | | | YES (GF bread available) | | | | | | YES | YES | | YES | V |
| MEZZE PLATTER | | YES | | | | YES (GF bread available) | | | | | | YES | YES | | YES | VEGAN |
| GREEN VEGETABLE SOUP | | | | | | | | | | | YES | | | | | VEGAN |
| DEVILLED PORK CHEEKS | | | | | | | | | | | | YES | YES | | | |
| CHEESE TERRINE | | | YES | | YES | YES (GF bread available) | | | | | | | | | | V |
| BROAD BEAN FALAFEL | | YES | | | YES | | | | | | | | YES | | | V |
| SMOKED MACKEREL PATE | | | YES | | | YES (GF bread available) | | YES | | | | | | | | V |
| BRAISED BLADE OF BEEF | | | | | | | | | | | | | YES | | | |
| HARISSA AUBERGINE AVOCADO & SPINACH SALAD | | | | | | | | | | | | | | | | VEGAN |
| | | | | | | | | | | | | | | | | |

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| HARISSA AUBERGINE AVOCADO & SPINACH SALAD WITH CHORIZO | | | | | | | | | | | | | YES | | | |
| CHILLI-CON-FUNGI | | | | | | YES (GF Corn Chips available) | | | | | | | | | | |
| TARKA DHAL PIE | | | | | | YES | | | | | | | | | | VEGAN |
| CHEESE & ARTICHOKE NACHOS | | | YES | | | | | | | | | | YES | | | V |
| SALT & PEPPER CHIPS | | | | | | | | | | | | | YES | | | VEGAN |
| DRESSED LEAVES | | | | | | | | | | | | | | | | VEGAN |
| FLATBREAD | | | | | | YES | | | | | | | | | | |