

# MILDREDS BRUNCH ALLERGEN MENU

## FOR YOUR SAFETY AND WELLBEING PLEASE FIRST CAREFULLY READ THE FOLLOWING

- If you have an allergy it is very important we are made aware of it and the severity.
- If the allergy is life threatening you must be carrying an epi pen and liaise with the manager.
- You should only order from the allergen menus but still be aware you dine at your own risk.
- Your food must have an allergy flag present when your dish is brought to the table.
- Many dishes have been made with vegan and gluten free ingredients but despite stringent measures used we cannot rule out cross contamination as we do not operate an allergen free kitchen.

\* Elements of this dish have been cooked on a charcoal grill which may contain gluten

\*\* Elements of this dish have been cooked in a fryer that may contain gluten, soya, sesame, nuts

\*\*\* Elements of this dish have been processed in an environment that contains milk, gluten, sesame, nuts

all dishes are vegan unless marked as follows      nv=non-vegan      vo=vegan option

Pistachio and pecan nut granola, poached plums and black cherries, tahini yoghurt, pomegranate, apple, mint \*NUTS, SESAME, GLUTEN 7

Banana bread waffles, caramelised bananas, blueberries, jude's salted caramel ice cream, maple syrup \*GLUTEN, SOYA 8

vo\*\* Big brunch, scrambled eggs, sausage, slow roasted tomato, oak smoked house beans, roasted tarragon mushroom, toasted sourdough \*EGG, MILK, CELERY, GLUTEN, SOYA 10

vo Middle eastern mezze, poached eggs, grilled aubergine, hot tomatoes, yoghurt and zaatar spiced oil, sautéed spinach and pita bread \*EGG, SESAME, MILK, GLUTEN, SOYA 10

B.L.T. "bacon", lettuce, tomato with avocado, red onion and aioli on sourdough toast \*GLUTEN, SOYA, MUSTARD 8.5

Smashed avocado, "bacon", tomato salsa on sourdough toast \*GLUTEN, SOYA 7.5  
add eggs \*EGG 10.5

nv Oak smoked house beans with melted cheddar cheese on sourdough toast \*GLUTEN, MILK, CELERY 5.5  
add eggs \*EGG 8.5

vo Eggs florentine, poached eggs, spinach, hollandaise on english muffin \*GLUTEN, EGG, SOYA, MUSTARD 7.5

\*\*\* Buffalo chick'n breakfast burger, chick'n, ranch dressing, onion, gherkin, iceberg lettuce, charcoal brioche bun \*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES \*CONTAINS ALCOHOL 9  
add a fried egg \*EGG 1.5

## SIDES

gf\*\* Fries, chipotle ketchup or tomatillo coriander mayo \*SOYA, MUSTARD, CELERY 3

gf\*\* Sweet potato fries, chipotle ketchup or tomatillo coriander mayo \*SOYA, MUSTARD, CELERY 4

we do not operate an allergen free kitchen or bar and all dishes are subject to cross contamination  
all our eggs are burford browns from clarence court  
12.5% optional service charge will be added to your bill