

# MILDREDS WEEKEND 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, 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

## BURGERS

***	Bourbon buffalo chick'n burger, chick'n, ranch dressing, onion, gherkin, iceberg lettuce, charcoal brioche *GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES *CONTAINS ALCOHOL		add a fried egg *EGG		9
**	Mexican black bean sweet potato burger, chilli, sweetcorn relish, tomatillo coriander mayo, lettuce, onion, achiote bun *GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES				8
	add mature cheddar *MILK or vegan cheese *SOYA	1	add avocado		2
nv	Halloumi burger, chargrilled aubergine, rocket, red onion, harissa, tahini, flatbread *GLUTEN, MILK, MUSTARD, SESAME, SULPHITES				8

## SIDES

	Gyoza dumplings, sweet chilli and soya dip *GLUTEN, SESAME, SOYA *CONTAINS ALCOHOL				6
nv/gf	Halloumi, chargrilled leek and peppers, smoked chilli jam *MILK				7
*	Roman style artichokes, chargrilled on crostini, smoked garlic aioli *GLUTEN, MUSTARD, SOYA, SULPHITES				7
nv	Mac and cheese, fresh macaroni, pumpkin and smoked cheddar, sage crumb *EGG, MILK, GLUTEN, MUSTARD				6
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

## MAINS from 12noon

	Chick'n roast, butternut and lentil stuffing, roast potatoes, carrot and swede mash, tenderstem broccoli, white wine gravy *SOYA, GLUTEN *CONTAINS ALCOHOL				15
gf	Soul bowl, carrot, beetroot, quinoa, cherry tomato, dates, parsley, mint, kale, shiitake mushroom avocado, cashew cheese, mixed sprouts, seeds, sesame dressing *50p goes to compassion in world farming *NUTS, SESAME, SOYA				12
gf	Sri lankan curry, sweet potato, green bean, roasted lime cashews, pea basmati rice, coconut tomato sambal *MUSTARD, NUTS				13

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