

ALLERGEN MENU

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This guide lists what allergenic ingredients are contained in each of our dishes. The guide also shows whether or not each dish is suitable for vegetarian or vegan customers. We work closely with our suppliers and chefs to ensure that our information is correct. Therefore we ask that you inform a member of our team before ordering if you have any specific dietary requirements.

Our recipe information is frequently updated so please check each time you visit to ensure you have the most up to date information on our dishes. Whilst we take every care with your meal we cannot guarantee a 100% allergen free environment nor can we guarantee against the processes used by our suppliers or products as our dishes are prepared in areas where other allergens are present.

FOUNDRY PROJECT ALLERGEN MENU

BRUNCH

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Colombian Eggs	Yes - Wheat & rye	Yes	Yes												Yes	
Gluten Free - Colombian Eggs		Yes	Yes												Yes	
Breakfast Taco - Avocado & Smokey beans	Yes - Wheat												Yes		Yes	Yes
Breakfast Taco - Sausage and Eggs	Yes - Wheat	Yes	Yes							Yes			Yes			
Brunch Fries		Yes	Yes							Yes						
Hangover Pizza	Yes - Wheat	Yes	Yes													
American Style Pancakes - Banana, Maple Syrup & Chocolate Sauce	Yes - Wheat	Yes	Yes				Yes	Yes - Pecans							Yes	
American Style Pancakes - Yogurt, Berries & Mixed Toasted Seeds	Yes - Wheat	Yes	Yes												Yes	
Full Breakfast	Yes - Wheat, rye, barley & oats	Yes	Yes										Yes			
Bacon & Eggs	Yes - Wheat, rye, barley & oats	Yes	Yes							Yes			Yes			

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BRUNCH (CONTINUED)

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Porridge Oats - Berries & Seeds	Yes - Oats	Yes													Yes	
Porridge Oats - Berries & Seeds Vegan	Yes - Oats						Yes								Yes	Yes
Porridge Oats - Maple Pecans & Banana	Yes - Oats	Yes						Yes - Pecans							Yes	
Porridge Oats - Maple Pecans & Banana Vegan	Yes - Oats						Yes	Yes - Pecans							Yes	Yes
Smashed Avo	Yes - Wheat & rye	Yes	Yes										Yes		Yes	
Toasted PBJ	Yes - Wheat & barley	Yes							Yes						Yes	
Turkish Eggs	Yes - Wheat & rye	Yes	Yes										Yes		Yes	
Granola	Yes - Oats	Yes						Yes - Almonds							Yes	

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SMALL PLATES

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Avocado & Sweetcorn Tacos	Yes - Wheat														Yes	Yes
Bao Bun	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Cheeseburger Fries	Yes - Barley	Yes	Yes	Yes			Yes				Yes		Yes			
Cheeseburger Tacos	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Chilli & Lime Chicken Tacos	Yes - Wheat	Yes														
Chicken Toast	Yes - Wheat & barley						Yes					Yes	Yes			
Halloumi Fries		Yes													Yes	
Sesame Miso Wings	Yes - Wheat		Yes				Yes					Yes				

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BURGERS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Chicken	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Beer & Onion	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Ruby Red	Yes - Wheat						Yes			Yes	Yes		Yes		Yes	Yes
Bad & Bhaji	Yes - Wheat	Yes	Yes				Yes								Yes	
The Original	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Lamb & Goats' Cheese	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Sweet & Smokey	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			

NAKED BURGERS

Naked Chicken	Yes - Wheat & barley	Yes	Yes	Yes			Yes				Yes		Yes			
Naked Beer & Onion	Yes - Barley	Yes	Yes	Yes			Yes				Yes		Yes			
Naked Ruby Red	Yes - Wheat						Yes			Yes	Yes		Yes		Yes	Yes
Naked Bad & Bhaji	Yes - Wheat	Yes					Yes						Yes		Yes	
Naked The Original	Yes - Barley	Yes	Yes	Yes			Yes				Yes		Yes			
Naked Lamb & Goats' Cheese	Yes - Barley	Yes	Yes	Yes			Yes				Yes		Yes			
Naked Sweet & Smokey	Yes - Barley	Yes	Yes	Yes			Yes				Yes		Yes			

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PIZZAS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Mozzarella & Tomato	Yes - Wheat	Yes													Yes	
Peri-Peri King Prawn	Yes - Wheat	Yes											Yes			
Spiced Lamb & Aubergine	Yes - Wheat	Yes			Yes											
Spicy Chicken & Chorizo	Yes - Wheat	Yes								Yes						
Pepperoni & 'Nduja	Yes - Wheat	Yes	Yes													
Spinach & Mushroom	Yes - Wheat														Yes	Yes
Spinach & Mushroom with Jackfruit	Yes - Wheat										Yes		Yes		Yes	Yes
Wild Mushroom	Yes - Wheat	Yes	Yes												Yes	

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½ PIZZAS ½ SALADS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Lighter Mozzarella & Tomato	Yes - Wheat	Yes					Yes						Yes		Yes	
Lighter Peri-Peri King Prawn	Yes - Wheat	Yes			Yes		Yes						Yes			
Lighter Spiced Lamb & Aubergine	Yes - Wheat	Yes					Yes						Yes			
Lighter Spicy Chicken & Chorizo	Yes - Wheat	Yes					Yes			Yes			Yes			
Lighter Pepperoni & 'Nduja	Yes - Wheat	Yes	Yes				Yes						Yes			
Lighter Spinach & Mushroom	Yes - Wheat						Yes						Yes		Yes	Yes
Lighter Spinach & Mushroom with Jackfruit	Yes - Wheat						Yes				Yes		Yes		Yes	Yes
Lighter Wild Mushroom	Yes - Wheat	Yes	Yes				Yes						Yes		Yes	

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SALADS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Sliced Avocado	Yes - Wheat						Yes						Yes		Yes	Yes
Blackened Cajun Chicken	Yes - Wheat						Yes						Yes			
Halloumi	Yes - Wheat	Yes					Yes						Yes		Yes	
Naked	Yes - Wheat						Yes						Yes		Yes	Yes
Peri-Peri King Prawn	Yes - Wheat	Yes			Yes		Yes						Yes			

FRIES & SIDES

BBQ Jack Fries											Yes		Yes		Yes	Yes
BBQ Jack Sweet Potato Fries											Yes		Yes		Yes	Yes
Chipotle & Lime Slaw			Yes								Yes				Yes	
House Salads	Yes - Wheat						Yes						Yes		Yes	Yes
House Fries															Yes	Yes
Sweet Potato Fries															Yes	Yes

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DESSERTS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Warm Doughnuts	Yes - Wheat	Yes	Yes				Yes	Yes - Hazelnuts					Yes		Yes	
White Chocolate & Raspberry Pizza	Yes - Wheat	Yes	Yes				Yes								Yes	
White Chocolate & Raspberry Pizza with Ice Cream	Yes - Wheat	Yes	Yes				Yes								Yes	
Tropical Mess		Yes	Yes				Yes								Yes	

EXTRAS

Avocado															Yes	Yes
Bacon																
Fried Egg			Yes												Yes	
Jalapenos															Yes	Yes
Marinated Mozzarella		Yes													Yes	
Mushroom															Yes	Yes
'Nduja																
Old Spot Sausage	Yes - Wheat												Yes			
Peppadew Peppers															Yes	Yes
Peri-Peri Prawns					Yes								Yes			

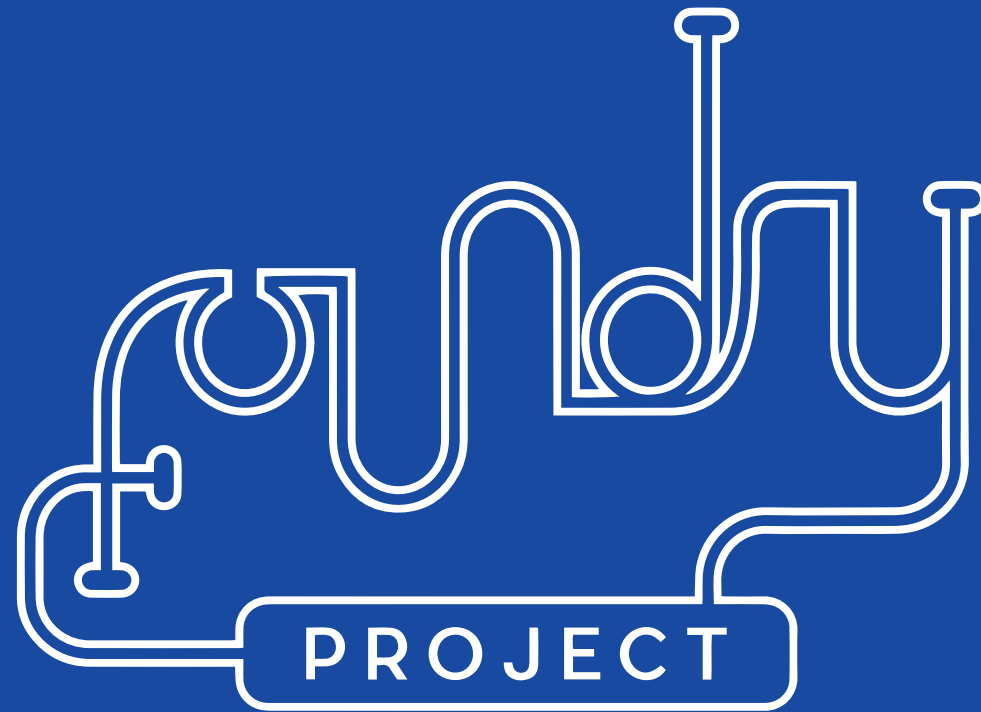
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EXTRAS (CONTINUED)

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Poached Egg			Yes										Yes		Yes	
Proscuitto ham																
Red Onion															Yes	Yes
Sourdough Toast	Yes - Wheat & rye														Yes	Yes
Spicy Chicken																
Wild Mushroom		Yes													Yes	
Cajun Chicken																
Flat Mushroom															Yes	Yes
Haggis	Yes - Oats															
Halloumi		Yes													Yes	

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