
















DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
PERI CHICKEN														
Quarter Chicken	MC	✓		MC	MC		MC		MC	MC			MC	MC
Half Chicken	MC	✓		MC	MC		MC		MC	MC			MC	MC
Whole Chicken	MC	✓		MC	MC		MC		MC	MC			MC	MC
Chicken Wings	MC	✓		MC	MC		MC		MC	MC			MC	MC
Chicken Strips	MC	✓		MC	MC		MC		MC	MC			MC	MC
Butterfly Chicken	MC	✓		MC	MC		MC		MC	MC			MC	MC
SALADS														
Grilled Chicken Salad		✓		MC	MC		MC		MC	MC			MC	MC
Halloumi Salad (V)							✓							
MEAT SPECIAL														
Lamb Chops	MC	✓		MC	MC		MC		MC	MC			MC	MC
BURGERS														
Chicken Breast	MC	✓		✓	MC		MC		✓	MC			MC	MC
Gourmet Beef		✓		✓					✓					✓
Gourmet Lamb		✓		✓					✓					✓
The Ladz Burger	MC	✓		✓	MC		MC		✓	MC			MC	MC
Veggie Burger (V)		✓		✓					✓					
Halloumi Burger (V)		✓		✓			✓		✓					
PITTA AND WRAPS														
Chicken Pitta	MC	✓		✓	MC		MC		✓	MC			MC	MC
Chicken Wrap	MC	✓		✓	MC		MC		✓	MC			MC	MC
Veggie Wrap (V)	MC	✓		✓	MC		✓		✓	MC			MC	MC
Halloumi Wrap (V)	MC	✓		✓	MC		✓		✓	MC			MC	MC
THE LITTLE LADZ														
Chicken Burger	MC	✓		✓	MC		MC		✓	MC			MC	MC
Gourmet Burger		✓		✓					✓					✓
3 Chicken Strips	MC	✓		MC	MC		MC		MC	MC			MC	MC
3 Chicken Wings	MC	✓		MC	MC		MC		MC	MC			MC	MC
PERI FLAVOURS														
Lemon & Herb	MC	✓		MC	MC		MC		MC	MC			MC	MC
Mango Tango	MC	✓		MC	MC		MC		MC	MC			MC	MC
Medium	MC	✓		MC	MC		MC		MC	MC			MC	MC
Hot	MC	✓		MC	MC		MC		MC	MC			MC	MC
Extra Hot	MC	✓		MC	MC		MC		MC	MC			MC	MC
Plain-ish	MC	✓		MC	MC		MC		MC	MC			MC	MC
STARTERS														
Hummus with 2 Pittas		✓								MC				
Mozzarella Sticks & Dip		✓					✓			MC		MC	MC	✓
Halloumi Fries & Dip		MC					✓			MC		MC	MC	✓
Chilli Cheese Nuggets & Dip		✓					✓			MC		MC	MC	✓
SIDES														
Steak Chips		MC												
Peri Chips	MC			MC	MC		MC			MC			MC	MC
Wedges		✓												
Curly Fries		✓												
Sweet Potato Fries		✓												
Mozzarella Sticks		✓					✓							
Smashed Potatoes		MC					✓			MC		MC	MC	MC
Mixed Olives		MC					MC			MC				
Mixed Salad									✓					
Corn on the Cob							✓							
Roasted Vegetables		MC					MC			MC		MC	MC	MC
Coleslaw		MC		✓					✓					
Rice	✓	MC					MC			MC		MC	MC	MC
EXTRAS														
Cheese Slice							✓							
Pitta Bread		✓												
Halloumi Cheese Slice							✓							
Tub of Peri Salt	MC	MC		MC	MC		MC		MC	MC			MC	MC
Peri Mayo Dip	MC	MC		✓	MC		MC		✓	MC			MC	MC
Lemon & Herb Dip	MC	✓		MC	MC		MC		MC	MC			MC	MC
Mango Tango Dip	MC	✓		MC	MC		MC		MC	MC			MC	MC
Medium Dip	MC	✓		MC	MC		MC		MC	MC			MC	MC
Hot Dip	MC	✓		MC	MC		MC		MC	MC			MC	MC
Extra Hot Dip	MC	✓		MC	MC		MC		MC	MC			MC	MC
Chilli Jam Dip		MC					MC			MC		MC	MC	✓

*Containing gluten (wheat, rye, barley & oats) **Almonds, hazelnuts, walnuts, cashews, pecan, Brazil nuts, pistachio, macadamia.

✓ Means the dish contains the allergenic ingredient. MC - means the dish may contain the allergenic ingredient (if noted on ingredient label).

*All ticks in the cereals containing gluten section contain wheat.

*All ticks in the cereals containing gluten section contain wheat.

Although special care is taken to minimize and prevent cross contamination, our kitchen has shared preparation, storage, and cooking areas, which includes shared deep fryers and grill. Therefore, we can not guarantee that our menu items can be completely allergen free.