



# ALLERGEN SHEET – MY BARMENU 2025

DATE: 2025

REVIEWED BY: CHEF

|                           | LEYENDA |      | ●<br>T           | Allergen present as an ingredient |     |           |        |         |        |      |                 |          |       |           |
|---------------------------|---------|------|------------------|-----------------------------------|-----|-----------|--------|---------|--------|------|-----------------|----------|-------|-----------|
|                           |         |      | T                | Allergen present as trace         |     |           |        |         |        |      |                 |          |       |           |
| DISH NAME                 | GLUTEN  | EGGS | MILK AND LACTOSE | PEANUTS                           | SOY | TREE NUTS | CELERY | MUSTARD | SESAME | FISH | CRUSTACEA<br>NS | MULLUSCS | LUPIN | SULPHITES |
| TAPAS                     |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| ONION RINGS               | ●       |      | T                |                                   |     |           | T      |         |        |      |                 |          |       |           |
| FRENCH FRIES              | T       | ●    |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| CHICKEN NUGGETS           | ●       | T    | T                |                                   | T   |           |        | ●       |        |      |                 |          |       | T         |
| "BRAVAS" POTATOES         | T       | ●    |                  |                                   |     |           |        | ●       |        |      |                 |          |       |           |
| CHICKEN WINGS             | ●       | T    | T                |                                   | T   |           |        | T       | T      |      |                 |          |       | T         |
| MOZZARELLA STICKS         | ●       |      | ●                |                                   | T   |           |        | T       |        | T    | T               | T        |       |           |
| IBERICO HAM CROQUETTES    | ●       | ●    | ●                |                                   |     |           |        |         |        |      |                 |          |       |           |
| CRISPY BACON FRANCH FRIES | T       |      | ●                |                                   |     |           |        |         |        |      |                 |          |       |           |
| CHEESY NACHOS             |         | T    | ●                |                                   |     |           |        |         |        |      |                 |          |       |           |
| FISH & CHIPS              | ●       | ●    | ●                |                                   | T   |           |        | ●       |        | ●    | T               | T        |       | T         |
|                           |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| SANDWICH                  |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| CLUB SANDWICH             | ●       | ●    | ●                |                                   | ●   |           |        | ●       |        |      |                 |          |       |           |
|                           |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| BURGUERS                  |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| CLASSIC BURGER            | ●       | ●    | T                |                                   | T   |           | ●      | T       |        |      |                 |          |       | ●         |
| CHICKEN BURGER            | ●       | ●    | T                |                                   | T   |           | ●      | T       |        |      |                 |          |       | ●         |
| CLASSIC CHEESEBURGER      | ●       | ●    | ●                |                                   | T   |           | ●      | T       |        |      |                 |          |       | ●         |
| MEXICAN BURGER            | ●       | T    | ●                |                                   | T   |           |        | T       |        |      |                 |          |       | ●         |
| BACON CHEESEBURGER        | ●       | ●    | ●                |                                   | T   |           | ●      | T       |        |      |                 |          |       | ●         |
| BBQ BURGER                | ●       | T    | ●                |                                   | T   |           |        | T       |        |      |                 |          |       | ●         |
| TEMPLE BURGER             | ●       | ●    | ●                |                                   | T   |           | ●      | T       |        |      |                 |          |       | ●         |
| ORIGINAL SMASH BURGER     | ●       | ●    | ●                |                                   | T   |           | ●      | T       | T      |      |                 |          |       | ●         |
| CLASSIC SMASH BURGER      | ●       | ●    | ●                |                                   | T   |           | ●      | T       | T      |      |                 |          |       | ●         |
| CRISPY SMASH BURGER       | ●       | ●    | ●                |                                   | T   |           | ●      | T       | T      |      |                 |          |       | ●         |
|                           |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| EXTRAS                    |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| CHEDDAR                   |         |      | ●                |                                   |     |           |        |         |        |      |                 |          |       |           |
| BACON                     |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| CARAMELISED ONION         |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       | ●         |
| HUEVO                     |         | ●    |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| JALAPEÑOS                 |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| GUACAMOLE                 |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| BBQ SAUCE                 |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| HONEY AND MUSTARD SAUCE   |         |      |                  |                                   |     |           |        | ●       |        |      |                 |          |       |           |
| SWEET AND SPICY SAUCE     |         |      |                  |                                   |     |           |        |         |        |      |                 |          |       |           |
| TEMPLE MAYO SAUCE         |         |      |                  |                                   |     |           | ●      | ●       |        |      |                 |          |       |           |
| MUSTARD SAUCE             |         |      |                  |                                   |     |           |        | ●       |        |      |                 |          |       |           |