

Think allergy

ALLERGEN INFORMATION

Arlo's
KITCHEN

At Arlo's we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

- Y Contains – a planned ingredient which is definitely present.
- ? May contain – a supplier has reported to us a real risk of cross contamination on their production line.
- May contain via shared equipment – potential cross contamination through shared cooking equipment in our kitchen.

	Allergen Information													
	Contains Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide
Breakfast items														
Sausage	Y					?								Y
Bacon														
Vegetarian sausage	Y	●												
Egg Fried			Y											
Mushrooms														
Tomato														
Hash browns	●	●												
Baked beans														
Brioche style bap	Y				?									
Muffin	Y				?	Y								
Multi grain bloomer	Y				?	Y								
White bloomer	Y				?	?								
Butter		Y												
Jam,														
Marmalade														
Tomato ketchup							Y							
Brown sauce	Y													
Hot Drinks														
Tea with milk		Y												
Americano black														
Americano with milk		Y												
Cappucino		Y												
Latte		Y												
Speciality tea no milk														
Hot chocolate/mocha		Y												
Vanilla syrup														
Caramel syrup														
Hazlenut syrup					Y									
Marshmallows	Y	?				?								
Sauces														
Tartare sauce			Y											
Tomato ketchup							Y							
Brown sauce	Y													
BBQ sauce	Y													
Piri Piri sauce														
Mayonnaise	?	Y	Y			?	Y	?	?					
Salad dressing							Y							?

	Allergen Information													
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Main meals														
Arlo's burger with steak burger	Y	Y	Y		?	?	Y	?	?					
Arlo's burger with chicken	Y	Y	Y		?	?	Y	?	?					
Arlo's burger with vegetarian burger	Y	Y	Y		?	?	Y	?	?					Y
The Classic 'Bacon & Cheese' with steak burger	Y	Y	Y		?	?	Y	?	?					
The Classic 'bacon and cheese' with chicken burger	Y	Y	Y		?	?	Y	?	?					
The classic burger with vegetarian burger	Y	Y	Y		?	?	Y	?	?					Y
All day breakfast	Y	●	Y		?									Y
American Dog & Fries	Y	Y	Y			●	Y	Y						●
Chargrilled chicken rice box	●			?		●	Y							●
Buttermilk chicken Rice box	Y	Y		?			Y							
Chicken wrap and fries, buttermilk	Y	Y	Y		?	Y	?	?						●
Chicken wrap and fries, chargrilled	Y	Y	Y		?	Y	?	?						●
Falafel wrap and fries	Y	Y	Y		?	?	?	?						
Cod and chips (NO TARTARE)	●	●				●			Y					●
Trio of chicken	Y	Y	Y		?	Y	?	?					?	●
Kids meals														
Kids breakfast sausage	Y	●	Y		?		Y							Y
Kids breakfast bacon	●	●	Y			●	Y							●
Kids Veggie breakfast with ketchup	Y	●	Y			●	Y							●
Chicken salad	?	Y	Y		?	Y	?	?						●
All day breakfast	Y	●	Y		?									Y
Fish and chips (KETCHUP NO TARTARE)	●	●				●	Y	Y						●
Fried Chicken dippers	Y	Y				●	Y							●
Sides														
Fries	●	●												
Sweet Potato fries	●	●												
Chicken strips	Y	Y												
Onion rings	Y	●				●								
Coleslaw	?	Y	Y		?	Y	?	?						
Mac and cheese bites	Y	Y				●								
Sweetcorn (no butter)														
Jacket potatoes														
Jacket potato with cheese		Y												
Jacket potato with beans		Y												
Jacket potato with tuna mayo	?	Y	Y		?	Y	?	Y						
Jacket potato with coleslaw	?	Y	Y		?	Y	?	?						
Jacket potato with chilli	Y	Y		?										
Jacket potato with tuna mayo and cheese	?	Y	Y		?	Y	?	Y						
Salads														
Chicken salad (no dressing)	?	Y	Y		?	Y	?	?						
Falafel salad (no dressing)	Y	Y	Y		?	?	?	?						
Tuna and egg salad (no dressing)			Y						Y					
Mayonnaise	?	Y	Y		?	Y	?	?						
Salad dressing							Y							?



Please scan the code for more allergen information. If you have any questions or special dietary requirements, our management team are happy to help.