

Calorie And Allergen-

The table below is a quick reference guide, to the foods that contain allergenic ingredients. This will assist you in deciding which foods you can eat and which you should avoid. There are some foods that you might need to check with the chef or manager if you are concerned about. It is always safest not to try if you are not sure.



Starter

Goal:



DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Black pepper chicken	131			X			X	X		X	X	X		X	X
Bread reformed scampi	122	X	X								X				X
Hatosi Prawn Toast	100		X					X	X			X			X
Salted & peppered prawn	160		X												X
Crab claw	118		X	X				X	X						X
Thai fish cake	120	X									X				X
Crispy duck	235								X			X			X
Crispy chicken	226								X			X			X

Starter

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Beef & Tomato Soup	171							X				X			X
Seafood Soup	70	X	X	X				X							X
Tom yam soup	65	X	X	X			X					X			X
Sweet corn soup	105							X							X
Hot & sour soup	198							X	X			X		X	X
Prawn cracker	*45 (3pc)	X	X												X
Thai prawn cracker	*42 (3pc)	X	X												X
Breaded mushroom	95						X	X				X			X

Starter

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Hash brown	*150 (1pc)														X
Onion ring	*82 (1ring)							X							X
Onion bhaji pakora	98														X
Crispy seaweed	30														X
Veg Spring rolls	*195(3pc)								X			X			X
Potato chips	150														X
Samosa	*176 (2pc)								X			X			X
Cod fish finger	175	X													X

Starter

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Chicken wings	243						X	X	X	X					X
Nuggets	135						X			X					X
Potato wedges	140														X
Chicken poppers	240						X	X	X	X	X				X
Curry Sauce	427														X
Lemon Sauce	266														X
Sweet & Sour Sauce	158														X
Satay Sauce	257					X			X			X			X

THAI DISHES

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Stir fried spicy beef	196			X					X			X			X
Stir fry mixed seafood	119		X	X					X			X			X
Spicy fried rice	157			X					X			X			X
Stir fry tofu with ginger	88			X					X	X		X			X
Green curry chicken	145						X								X
Stir fried spicy noodle	308			X					X			X			X
Red beef curry	169						X								X

INDIAN DISHES

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Aloo gobi	124														X
Chicken tikka masala	173				X		X								X
Chana masala	160														X
Lamb roganjosh	174														X
Chicken korma	193				X		X								X
Chicken tikka	148						X								X
Pea pulao rice	84														X
Garlic naan	263 (1pc)						X	X					X		X

INDIAN DISHES

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Butter naan	313 (1pc)						X	X					X		X
Vegetable samosa	262												X		X
Mint Sauce	11 (1tbsp)						X								X
Mango Chutney	239														X
Mixed Pickle	13										X				X
Papadum	426														X

DIM SUM

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Egg york milk cake	263						X	X							X
Meat bun	183 (1pc)						X	X	X			X		X	X
Shiu mai	68 (1ball)	X	X					X				X			X
Pumpkin pastry	319														X
Red bean bun	210				X										X

DIM SUM

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Crab Salad Roll	93 (3pc)		X					X							X
Vegetable Roll	41 (3pc)						X								X
Crab Cheese Roll	126 (3pc)		X				X								X
Chicken Katsu Roll	47 (3pc)								X						X
Ebi Pango Maki	104 (3pc)		X		X				X						X
Red Salmon Roll	87 (3pc)	X			X										X
Spicy Salmon Roll	118 (3pc)	X													X
Cucumber Roll	41 (3pc)														X
Salmon Fut o Maki	126 (3pc)	X													X
Edamame	91														

DIM SUM

Goal:



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DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Salmon sashimi	217	X													
Tuna sashimi	107	X													
King fish sashimi	85	X													
Steamed corn	60														
Steamed prawn	76		X												
Steamed Clams	77														
Spicy salmon salad	96	X													
Squid Ring	275	X		X			X	X							X
Fish katsu	161	X						X							X
Okura tempura	156							X							X

DIM SUM

Goal:



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DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Mix veg tempura	196							X							X
Crab stick tempura	175		X					X							X
Seafood Salad	142	X		X							X				
Ika Salad	121	X		X					X			X			
Seaweed Salad	90								X			X			X

ASIAN Main Dishes

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Chicken Balls in Chilli Sauce	184														X
Stir fried Celery	72				X					X					X
shanghai belly pork (hong shao rou)	326								X				X	X	X
Stir fried French Beans	70											X			X
Stir fried Mushrooms	58											X			X
Sweet & Sour Chicken	250														X
Spicy Korean Chicken	247					X						X			X
Stir fried Broccoli	57														X
Beef in Black Bean Sauce	97			X	X							X			X

ASIAN Main Dishes

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Salt and Peper king prawn	71											X			X
Szechuan Spicy Chicken	107			X								X			X
Stir fried Noodles	114											X			X
Special Fried Rice	143							X							X
Egg Fried Rice	133							X							X
Hong Kong Noodles	238							X	X			X			X
Fish in red chilli Sauce	121	X							X			X			X
Salt and Peper Pork Ribs	161													X	X
Beijing Roast Duck	232													X	X

EUROPEAN Main Dishes

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
beef spaghetti	142														
macaroni pasta	157						x								
Cauliflower with gammon	128														
Green Beans	14														
Baby Carrot with peas	38														
white cabbage with gammon	113											x			
Beef Bourguignon	340	x													
Beef spaghetti	142														



EUROPEAN Main Dishes

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Mushroom Pizza	238						X							X	X
Salami Pizza	256						X								X
Margarita Pizza	204						X								X
Mixed Vegetable Salad	29														
Oliver and Tomato Salad	21														
Honey Rosat Gammon	203														
Roast Chicken	212														
Piri piri chicken	155														X
BBQ Pork Ribs	232								X						X

Teppanyaki & Grill

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
King prawn	119		X						X						
Lamb chop	219								X						
Scallop	135			X					X						
Calamari	288		X						X						
Mussel	117			X					X						
Sirloin steak	194								X						

Dessert

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Black forest Gateau	266				X	X	X	X	X						X
Strawberry Gateau	241				X	X	X	X	X						X
Double Chocolate Gateau	306				X	X	X	X	X						X
Banoffee Gateau	298				X	X	X	X	X						X
Profiteroles	281						X	X	X						X
Custard Slice	294				X	X	X	X	X						X
Vanilla Roll	333						X	X							X
Caramel Brownie	428				X	X	X	X	X						X

Dessert

Goal:



DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Caramel Brownie	428				X	X	X	X	X						X
Chocolate Mousse	348						X								X
Strawberry Mousse	176						X								X
Banana Mousse	212						X								X
Orange Jelly	108														
Strawberry Jelly	110														
Lime Jelly	106														
Mango Jelly	112														

Dessert

Goal:



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DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Macaron	80 (1pc)				X		X	X							X
Egg Tart	159 (1pc)				X		X	X							X
Mango Cheese Cake	289				X		X	X							X
Chocolate Marshmallow Cake	364						X								
Green Tea Cake	309				X		X	X	X						X
Brownie	461				X		X	X							X
Cheese Cake	292				X		X	X							X
Carrot Cake	340						X	X							X

Dessert

Goal:



Adults need around 2000 kcal a day

DISHES	Kcal per 100g	Fish	Crustaceans	Mollusc	Nuts	Peanuts	Milk	Eggs	Soya	Celery	Mustard	Sesame seeds	Lupin	Sulphur Dioxide	Cereals containing gluten
Raspberry Cake	318				X		X	X							X
Tiramisu	273				X		X	X							X
Chocolate Mousse Cake	352				X		X	X							X
Yougurt Cake	87				X		X	X							X
Cheese Mousse Cake	293				X		X	X							X
Thousand Layer Cake	359							X							X

Dessert

Goal:



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Raspberry Cake	318				X		X	X							X
Tiramisu	273				X		X	X							X
Chocolate Mousse Cake	352				X		X	X							X
Yougurt Cake	87				X		X	X							X
Cheese Mousse Cake	293				X		X	X							X
Thousand Layer Cake	359							X							X