

Travelodge Bar Café - Dinner Menu - Allergy Chart - V36 March 2025

	Contains															Suitable For...	Further Info....		
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide		Vegetarians	Vegans	Type of Nuts or type of Cereals and Gluten included & May Contain	
Menu Item																			
LIGHT BITES																Yes	Yes		
Prep Premium Griddle Spray (Used to spray before cooking)																	Yes		Barley and Wheat. May contain sesame seeds and sesame seeds products
Salted Butter Pretzel		✓					✓		✓							Yes	No		Wheat and gluten
Loaded Nachos		✓					✓						✓			Yes	No		Wheat and gluten
Loaded Nachos with Pulled Pork		✓					✓						✓			No	No		Wheat and gluten
Olives and Flatbread		✓								✓						Yes	Yes		Wheat and gluten. May contain tree nuts and almonds
Garlic Flatbread		✓					✓									Yes	No		Wheat and gluten
Garlic Flatbread w mozzarella		✓					✓									Yes	No		Wheat and gluten
Baked Waffle Fries																Yes	Yes		
Falafel									✓					✓		Yes	Yes		
Halloumi Fries		✓					✓									Yes	No	Wheat and gluten	
Southern Fried Chicken with BBQ sauce	✓	✓					✓									No	No	Wheat and gluten	
Chicken Skewers		✓					✓			✓	✓		✓			No	No	Wheat and gluten. May contain almonds, Brazil nuts, cashews, hazelnuts, Macadamia or Queensland nuts, peanut and peanut Products, pecan nuts, pistachio nuts, tree nuts and walnuts	
Scampi Bites			✓	✓	✓			✓	✓							No	No		
PIZZAS																			
Margherita		✓					✓							✓		Yes	No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products.	

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Pepperoni			✓					✓						✓		No	No	
Veggie Flatbread Pizza		✓	✓					✓								Yes	No	
Spicy Chipotle Pulled Pork			✓					✓						✓		No	No	
BBQ Chicken			✓					✓						✓		No	No	
Meat Feast			✓					✓						✓		No	No	
Hot Honey Pepperoni			✓					✓						✓		No	No	
Veggie			✓					✓								Yes	No	
MAINS																		
Cuban Flatbread		✓	✓											✓		Yes	Yes	<i>Wheat and Gluten. May contain tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds</i>

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Beef Burger		✓		✓									✓		No	No	Wheat and gluten
Southern Fried Chicken Goujon	✓	✓					✓								No	No	Wheat and gluten
Vegan Burger	✓	✓										✓	✓		Yes	Yes	Wheat, sesame seeds, celery & soy
SIDES																	
Thick Cut Chips (McCain) (Bidfood)															Yes	Yes	
Garlic Flatbread		✓					✓								Yes	No	Wheat and gluten
Garlic Flatbread w mozzarella		✓					✓								Yes	No	Wheat and gluten
Giant Beer Battered Onion Rings		✓													Yes	Yes	Barley, Wheat and gluten. May contain Rye & Oats
Corn on the Cob															Yes	Yes	
House Salad	✓														Yes	Yes	
SAUCES																	
Peri Peri Sauce		✓													Yes	Yes	Wheat and gluten
Everyday Favourite BBQ Sauce															Yes	Yes	
Lemon and Herb Piri Piri Sauce															Yes	Yes	
Franks Red Hot Cayenne Pepper Sauce													✓		Yes	Yes	
Lion Vegan Garlic Mayo									✓						Yes	Yes	
Scotch Bonnet Hot Honey Sauce															Yes	Yes	
DESSERTS																	
Knickerbocker Glory		✓					✓							✓	Yes	No	Wheat and gluten. May contain soya
Sticky Toffee Pudding		✓		✓			✓								Yes	No	Wheat and gluten. May contain soya
Pancake Stack		✓											✓		Yes	Yes	Wheat. May contain traces of milk and eggs products due to production in the same factory

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Chocolate Fudge Cake		✓								✓					Yes		Wheat. May contain traces of almonds, eggs and egg products, milk and milk products, pecan nuts, pistachio nuts and tree nuts due to production in the same factory.
Groups - Pecan & Maple Cake		✓		✓			✓			✓			✓		Yes	No	Wheat, Oats, Tree Nuts and Pecan Nuts. May contain traces of almonds, hazelnuts, walnuts and pistachio nuts.
Groups - Bakewell Tart		✓		✓			✓			✓					Yes	No	Wheat, Tree Nuts, Almonds. May contain traces of peanuts, hazelnuts, walnuts and pecan nuts.
Vanilla Ice Cream							✓								Yes	No	May contain traces of soya, peanuts and tree nuts
Swedish Glace Smooth Vanilla													✓		Yes	Yes	
Chocolate Ice Cream													✓		Yes	Yes	May contain traces of eggs, milk , tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds due to production in the same factory.
Reeces Peanut Butter Ice Cream							✓			✓	✓		✓		Yes	No	May contain traces of egg, tree nuts, almonds, hazelnuts,Hazelnuts, Walnuts, Cashews, Pecan nuts, Brazil nuts, Pistachio nuts, Macadamia or Queensland nuts
Alphonso Mango Sorbet															Yes	Yes	May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, milk and milk products, peanut and peanut Products, pecan nuts, pistachio nuts, soybean and soybean products, tree nuts and walnuts due to production in the same factory.
Salted Caramel Ice Cream				✓			✓								Yes	No	May contain traces of soya, peanuts and tree nuts

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Menu Item																Type of Nuts or type of Cereals and Gluten included & May Contain
Served with Strawberry Sauce															Yes	Yes
Served with Chocolate Sauce															Yes	Yes
Served with Custard							✓								Yes	No
Served with Cream							✓								Yes	No
CHILDREN'S MENU																
Prep Premium Griddle Spray															Yes	Yes
Fish Fingers		✓			✓										No	No
Sausage & Mash		✓					✓								Yes	No
Quorn Sausage		✓													Yes	Yes
Beef Burger		✓		✓			✓						✓		No	No
Mini Margherita Pizza		✓					✓								Yes	No
Chicken Skewers with Rice															No	No
Served with Peas															Yes	Yes
Served with Chips															Yes	Yes
Served with Beans															Yes	Yes
Served with Mashed Potato							✓								Yes	No
Served Onion Gravy	✓														Yes	Yes
Garlic Flatbread		✓					✓								Yes	No
Corn on the Cob															Yes	Yes
'CHILDRENS MENU - DESSERTS																
Fruit Salad and Vanilla Ice Cream							✓								Yes	No
Vanilla Ice cream							✓								Yes	No
Swedish Glace Smooth Vanilla													✓		Yes	Yes
																May contain traces of soya, peanuts and tree nuts

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																Vegetarians	
Chocolate Ice Cream														✓		Yes	Type of Nuts or type of Cereals and Gluten included & May Contain <i>May contain traces of eggs, milk , tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds due to production in the same factory.</i>
								✓			✓			✓		Yes	<i>May contain traces of egg, tree nuts, almonds, hazelnuts, Hazelnuts, Walnuts, Cashews, Pecan nuts, Brazil nuts, Pistachio nuts, Macadamia or Queensland nuts</i>
Alphonso Mango Sorbet											✓			✓		No	<i>May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, milk and milk products, peanut and peanut Products, pecan nuts, pistachio nuts, soybean and soybean products, tree nuts and walnuts due to production in the same factory.</i>
																Yes	<i>May contain traces of soya, peanuts and tree nuts</i>
Reeces Ice Cream																Yes	
																Yes	
Salted Caramel Ice Cream					✓			✓								No	
																Yes	
Served with Strawberry Sauce																Yes	
Served with Chocolate Sauce																Yes	
Knickerbocker Glory			✓					✓							✓	No	<i>Wheat and gluten. May contain soya</i>
Yeo Valley Organic Strawberry Yoghurt								✓								No	
Alpro Plant based Yoghurt (Peach, Pear, Strawberry, Banana)											✓			✓		Yes	<i>May contain tree nuts</i>
CONDIMENTS																	
Salt																Yes	
Pepper																Yes	
Hellmann's Real Mayonnaise Sachet					✓											Yes	
Heinz English Mustard Sachet			✓							✓						No	<i>Wheat and Barley</i>

