DISHES AND THEIR ALLERGEN CONTENT - Middle Eight Sycamore Breakfast Menu 17.05.21

DISHES						Jupin Flour	Milk		MUSTARD					₩ NE
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Baskets														
Dolce basket - Assortment of pastries, doughnuts & biscuits		Wheat		Х			Х							
Toasted sourdough - Unpasteurised butter, green navel marmalade		Wheat					Х							Х
Eggs														
Focaccia & eggs, Focaccia bread, spinach, poached eggs, warm butter sauce		Wheat		Х			X							
Focaccia & eggs with salami		Wheat		Х										X
Focaccia & eggs with smoked salmon		Wheat		X	Х									
Avocado on sourdough, soft poached hen eggs		Wheat		Х										Х
Whipped eggs, brioche with smoked salmon		Wheat		Х	Х		Х							
Whipped eggs, brioche with nduja		Wheat		Х			Х							Х
Whipped eggs, brioche with avocado		Wheat		Х			Х							
Frittata, Piquillo pepper, taleggio cheese, spinach				Х			Х							
Sycamore breakfast, 2 eggs, old spot pancetta & salsiccia, tomatoes, sourdough toast		Wheat		Х										Х
Sycamore plant-based breakfast - Avocado, spinach, tomatoes, Tuscan beans, sourdough toast (vg)		Wheat												Х
Healthier Selection														
Seasonal fruit platter														
Granola, coconut or Greek yoghurt, fresh berries		Wheat					Х			Almond		Х		
Quinoa and chia seed porridge, berries, sunflower seeds														
Chia seed pot, yoghurt, granola, nuts		Wheat					Х			Almond Hazelnut		х		
Bircher muesli, fresh apple, toasted almonds, berries		Wheat					Х			Almond				
Salumi e formaggi - Selection of cured meats and cheeses							Х							Х

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Sweet Treats from our Dolce Counter														
Amaretti, Northern Italian macaroon				Х			Х			Almond				
Vanilla arancini, jam stuffed vanilla rice ball, lemon zabaglione		Wheat		Х			Х			Almond	Х			
Bomboloni, Italian doughnuts with various fillings		Wheat		Х			Х							
Biscotti, ubiquitous to Italy		Wheat		Х			Х							
Croissant-butter		Wheat		Х			Х							
Croissant-almond		Wheat		Х			Х			Almond				
Lemon & orange polenta cake, cream cheese icing				Х			Х			Almond				

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