

Travelodge Bar Café - New Dinner Menu - Allergy Chart - Version 4 - Oct 2018

Menu Item	Contains													Suitable For...				Further Info.... Type of Nuts or type of Cereals and Gluten included	
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarians	Vegans	Kosher		Halal
SALADS																			
Classic Caesar		✓		✓	✓		✓								No	No	No	No	Wheat
Chicken Caesar		✓		✓	✓		✓								No	No	No	No	Wheat
Superfood Salad							✓		✓	✓	✓	✓		Yes	No	No	No		May contain traces of nuts
Chicken Superfood Salad							✓		✓	✓	✓	✓		No	No	No	No		May contain traces of nuts
PIZZAS																			
Prep Premium Griddle Spray (Used to spray before cooking)															Yes	Yes	Yes	No	
Margherita		✓					✓					✓		Yes	No	No	No		Wheat
BBQ Chicken		✓					✓					✓		No	No	No	No		Wheat
The American		✓					✓					✓		No	No	No	No		Wheat
Veggie Supreme		✓					✓					✓		Yes	No	No	No		Wheat
BURGERS																			
The Works		✓		✓			✓				✓	✓		No	No	No	No		Wheat
Classic Jack		✓		✓			✓				✓	✓		No	No	No	No		Wheat
Blue Castello		✓		✓			✓				✓	✓		No	No	No	No		Wheat
El Mexicana	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	No	No	No	No		Wheat and may contain traces of nuts
Smokey BBQ		✓		✓			✓				✓	✓		No	No	No	No		Wheat
Falafel		✓		✓			✓				✓			Yes	No	No	No		Wheat
The GBC		✓		✓			✓				✓			No	No	No	No		Wheat
SIDES																			
Skin on Fries														Yes	Yes	Yes	No		
Onion Rings		✓												Yes	No	No	No		Wheat
House Salad														Yes	Yes	Yes	Yes		
Garlic Bread		✓					✓				✓			Yes	No	No	No		Wheat
Garlic Bread with Cheese		✓					✓				✓	✓		Yes	No	No	No		Wheat
Coleslaw	✓													Yes	Yes	No	No		
Chicken Wings														No	No	No	No		
FAVOURITES																			
Chicken Tikka Masala							✓							No	No	No	No		
Roasted Vegetable Jalfrezi														Yes	Yes	No	No		
*Onion Bhaji		✓												Yes	Yes	No	No		Wheat

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*Rice															Yes	Yes	No	No	
*Plain Naan Bread		✓					✓								Yes	No	No	No	Wheat
Steak and Ale Pudding	✓	✓		✓			✓		✓			✓	✓		No	No	No	No	Wheat and Barley
*Mashed Potato with butter							✓								Yes	No	No	Yes	
*served with Onion Gravy	✓														Yes	Yes	No	No	
Katsu Curry		✓					✓						✓		No	No	No	No	Wheat
*Rice															Yes	Yes	No	No	
Beef Bourguignon															No	No	No	No	
*Mashed Potato							✓								Yes	No	No	Yes	
Half Roast chicken															No	No	No	No	
Skin on Fries															Yes	Yes	Yes	Yes	
Rice															Yes	Yes	No	No	
Coleslaw	✓														Yes	Yes	No	No	
Sauces (Lemon and Herb and BBQ)															Yes	Yes	No	No	
DESSERTS																			
Triple Chocolate Sundae	✓	✓		✓			✓					✓	✓		Yes	No	No	No	Wheat
Tutti Fruitti Sundae		✓					✓						✓		Yes	No	No	No	Wheat
Chocolate Fudge Cake		✓		✓			✓			✓	✓		✓		Yes	No	No	No	Wheat, May contain traces of nuts
*served with Ice Cream							✓								Yes	No	No	No	
*served with Cream							✓								Yes	No	No	No	
*served with Custard							✓								Yes	No	No	No	
Sticky Toffee Pudding		✓		✓			✓								Yes	No	No	No	Wheat
*served with Custard							✓								Yes	No	No	No	
*served with Ice Cream							✓								Yes	No	No	No	
*served with Cream							✓								Yes	No	No	No	
Apple Crumble Pie		✓					✓			✓					Yes	No	No	No	Wheat, May contain traces of nuts
*served with Ice Cream							✓								Yes	No	No	No	
*served with Custard							✓								Yes	No	No	No	
*served with Cream							✓								Yes	No	No	No	
Ice Cream							✓								Yes	No	No	No	
EXTRAS																			
Bacon															No	No	No	No	
Onion Rings		✓													Yes	No	No	No	Wheat
Monterey Jack Cheese							✓								Yes	No	No	No	
Beef Burger		✓		✓									✓		No	No	No	No	Wheat

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Chicken Burger															No	No	No	No	
Veggie Burger		✓													Yes	Yes	No	No	Wheat
CHILDRENS MENU																			
Prep Premium Griddle Spray															Yes	Yes	Yes	No	
Garlic Bread		✓				✓									Yes	No	No	No	Wheat
Birds Eye Chicken Dippers	✓	✓		✓		✓									No	No	No	No	Wheat
*served with Peas															Yes	Yes	No	No	
*served with Chips															Yes	No	Yes	No	
*served with Beans															Yes	Yes	No	No	
Cumberland Sausage		✓													No	No	No	No	Wheat
Vegetarian Sausage		✓										✓	✓		Yes	Yes	No	No	Wheat
*served with Mashed Potato						✓									Yes	No	No	No	
*served with Peas															Yes	Yes	No	No	
*served Onion Gravy	✓														Yes	Yes	No	No	
*served with Beans															Yes	Yes	No	No	
Mini Margherita Pizza		✓				✓									Yes	No	No	No	Wheat
Spaghetti Bolognaise		✓							✓	✓					No	No	No	No	Wheat, May contain traces of nuts
Birds Eye Fish Fingers		✓		✓											No	No	No	No	Wheat
*served with Peas															Yes	Yes	No	No	
*served with Chips															Yes	No	Yes	No	
*served with Beans															Yes	Yes	No	No	
'CHILDRENS MENU - DESSERTS																			
Ice Cream						✓			✓						Yes	No	No	No	May contain traces of nuts
*served with Cadburys Buttons						✓									No	No	No	No	
*served with Strawberry Sauce						✓									Yes	Yes	No	No	
*served with Wafers		✓				✓						✓			Yes	No	No	No	Wheat
Fruit Salad															Yes	Yes	No	No	
*served with Ice Cream						✓			✓						Yes	No	No	No	May contain traces of nuts
Ice Cream						✓			✓						Yes	No	No	No	May contain traces of nuts
*served with Strawberry Sauce						✓									Yes	Yes	No	No	
*served with Chocolate Sauce															Yes	Yes	No	No	
Yeo Valley Strawberry Yoghurt						✓									Yes	No	No	No	
CONDIMENTS																			
Salt															Yes	Yes	No	No	

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Pepper															Yes	Yes	No	No	
Heinz Mayonnaise Sachet				√					√						Yes	No	No	No	
Heinz Brown Sauce Sachet		√													Yes	Yes	No	No	Barley and Rye
Heinz Tomato Ketchup Sachet	√														Yes	Yes	No	No	
Heinz Malt Vinegar		√													Yes	No	No	No	Barley
SNACKS																			
Sundried Tomato Panini		√				√									No	No	No	No	Wheat
Chicken Pesto Panini		√				√				√	√				No	No	No	No	Wheat
Inferno Panini		√		√		√									No	No	No	No	Wheat