

FRIARY PARK N20

Read first

Please note that while we take every care to make sure the product information displayed here is correct, product recipes are regularly changed. This may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here.

We regularly change/add new dishes to our menus, We will do our best to update the information

Please ask at the counter about any missing information

Jumbo 7.5" Hot Dog Rolls



Ingredient:

Wheat Flour, Water, Sugar, Rapeseed Oil, Yeast, Salt, **Soya Flour**, Emulsifiers (E471, E472e), Flour Treatment Agent E300, (Ascorbic Acid) Preservative E282. (Calcium Propionate).

Allergy advice:

For allergens, see ingredients in **bold**.

May contain Sesame Seeds, Milk, Eggs and Mustard.

Cooking method: Toasted

Letsdough 4.5" Gourmet Brioche Buns



Ingredient:

WHEAT Flour, Water, Sugar, Rapeseed Oil, Mix [**WHEAT Flour, WHEAT Gluten, EGG Powder, Skimmed MILK Powder, WheyPowder (MILK)**, Emulsifiers: E481 (Sodium Stearoyl-2-lactylate) and E471 (Mono-and Diglycerides of Fatty Acids), Aroma, Colour:E160a (Carotenes)], **Butter Powder (MILK), WHEAT Gluten**, Yeast, Glaze [Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrine, Starch], **EGG Powder**, Salt

Allergy advice:

For allergens, see ingredients in **bold**.

Contain Gluten

Cooking method: Toasted

Asli Pita bread



Ingredient:

WHEAT Flour, Water, Sugar, Yeast, Sunflower Oil, Salt, Flower treatment agent.

Allergy advice:

For allergens, see also ingredients in **bold**.

Contain Gluten

May contain **NUT, SESAME OR SOY** due to manufacturing methods

Cooking method: Toasted

Greek Pita bread



Classic Greek Pita bread

Friary Park

WHEAT Flour, Water, yeast, salt, Sugar, Sunflower Oil, preservative: calcium propionate, sorbic acid

Allergy advice:

For allergens, see also ingredients in **bold**.

Contain Gluten

Shakshuka Sauce (home made)



Ingredient:

Tinned tomatos(see tinned tomatos ingredients), Sweet peppers, Oil (**soy**),Olive oil, Spices (paprika), Onion, Garlic, Salt, Pepper, Suger

Allergy advice:

For allergens, see also ingredients in **bold**.

Cooking method: Cooked in a sauce pan

**** **Shakshuka sauce served with eggs** ****

Falafel balls (home made)



Ingredient:

Chick peas, **Wheat flour**, Fresh green herbs, Spices, Onion, Garlic, Baking powder

Allergy advice:

For allergens, see also ingredients in **bold**.

Contain Gluten

May contain **NUT, SESAME OR SOY** due to manufacturing methods

Cooking method: Fried (Oil may contain **NUT, SOY, SESAME**)

**** Falafel may be served with Tahini sauce (**Sesame seeds**) ****

Israeli Salad / chopped salad



Used in all our salads & pita fillings

Ingredient:

Tommatos, cucumber, fresh parsley, Oil (Soy), Olive oil, lemon juice (**Metabisulphite**), (sometime we use summac)

Allergy advice:

For allergens, see also ingredients in **bold**.

Contain Gluten

May contain **NUT, SESAME OR SOY** due to manufacturing methods

Tomato Sauce (home made)



Used in kids pasta dishes

Ingredient:

Tinned tomatos(see tinned tomatos ingredients), oil (**soy**), Onion, Garlic, Salt, Pepper, Suger

Allergy advice:

For allergens, see also ingredients in **bold**.

Cooking method: Cooked in a sauce pan

***** **Pasta ingredients see Pasta**

Cooking oil & deep fry oil



Ingredient:

Soybean oil* (produced from genetically modified soya*)
Dimethyl polysiloxane (E900) – antifoaming agent

Allergy advice:

* Fully refined soyabean oil – The refining process removes all allergens
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**Deep fry oil may have been contaminated with
Gluten, Sesame, Nut from other product**

Penne Pasta



Ingredient:

Drum **Wheat** Semolina.

Allergy advice:

For allergens, see ingredients in **bold**.

Contain Gluten

Cooking method: Plain pasta in boiling water
Tomato sauce in a saucepan

Mayonnaise



Ingredient:

Rapeseed oil (70%), Water, Spirit Winegar, Pasteurised **Egg** Yolk (5 %),
Sugar, Salt, **Mustard** Seed, Thickener - Xanthan Gum, Guar Gum,
Antioxidant - Calcium Disodium, EDTA.

Allergy advice:

For allergens, see ingredients in **bold**.

Tinned Tomatoes



Ingredient:

Tomatoes (60%) , Tomato Juice, Acidity Regulator, Citric Acid.

Onion Rings



Ingredient:

Onion (57%), **Wheat Flour**, Water, Vegetable Oil, Salt, **Wheat Starch**, Yeast, Rice Flour, Gelling Agent (E401), Sugar, Stabilisers (E415, E466), Modified Potato Starch..

Allergy advice:

For allergens, see ingredients in **bold**.

Contain Gluten

Cooking method: Deep fried

Chilli peppers



Ingredient:

Pepper, Water, Salt, Acidity Regulators: Acetic Acid (E260), Citric Acid (E330), Firming Agent: Calcium Chloride (E509), Preservative: Potassium Sorbate (E202), Sodium **MetabiSulphites** (E223)

Allergy advice:

For allergens, see ingredients in **bold**.

Chips / French fries



Ingredient:

Potatoes, Palm Oil.

Allergy advice:

Deep fry oil may have been contaminated with Gluten, Sesame, Nut from other product

Cooking method: Deep fried

Jumbo Hotdog (Kosher)



Ingredient:

Beef (70%), Water, Salt, Sugar, Stabilisers (Sodium Di and Tri Phosphate), Acidulant (Malic Acid), Garlic Powder, Antioxidant (L-Ascorbic Acid), Flavouring Preparations (Paprika and Spice Extracts), Preservative (Sodium Nitrite)

Allergy advice:

Hotdog served with roll (see hotdog roll for ingredients and allergen)

Yarden chicken nuggets (Kosher meat)



Ingredient:

Chicken Breast (25%), Chicken Fat (18%), Water, **Soya** Protein, Spices (contains **Celery**), Potato Starch, Salt, Stabiliser (E452), Flavor Enhancer (E621), Maltodextrin, Batter and Breading: Breadcrumbs (22%) (contains Natural Colour - Paprika Extract), **White Wheat Flour (contains Gluten)**, **Soy** Oil, Salt, Thickener (E412)

Allergy advice:

For allergens, see also ingredients in **bold**.

Contains Celery
Contains Cereals Containing Gluten
May Contain Mustard
Contains Soya
May Contain Sesame
Free From Artificial Colours
Free From Preservatives

Cooking method: Deep fried

Yarden Chicken Viennas (Kosher Meat)



Ingredient:

Mechanically Separated Chicken Meat (65%), Chicken Fat, Water, Potato Starch, **Vegetable Protein (Soy)** - (not during Passover), Sugar, Modified Starch, Spices: (E-621), Salt, Stabilizers: (E-450, E-452), Colour: Beet Powder, Acidity Regulator: E-575 - (not during Passover), Antioxidant: E-316- (during Passover: E-300), Preservative: (E-250)

Allergy advice:

For allergens, see also ingredients in **bold**.

Cooking method: Deep fried

Texan Burger (6oz)



Ingredient: (For the burger patty only)

Beef 98%, Seasoning (contains: Salt, Cracked Black Pepper, Flavour Enhancer (Monosodium Glutamate), Preservative (Sodium **Metabisulphite**), Antioxidants (Sodium Ascorbate, Trisodium Citrate).

Allergy advice:

For allergens, see ingredients in **bold**.

Cooking method: Hot plate

Hummus



Hummus product is changed on a regular basis due to availability

Ingredient:

Chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (**Hulled Sesame Seeds**), Salt, Garlic Puree (Contains Citric Acid), Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate [E202], Lemon Juice Concentrate.

Allergy advice:

For allergens, see ingredients in **bold**.

Mild Block White Cheddar Cheese



Ingredient:

Cow's **Milk**, Salt, Non-Animal Rennet, Starter Culture, Curdling Agent (E509).

Allergy advice:

For allergens, see also ingredients in **bold**.

Cheese brand may change (ask to see packing)

Hallumi Cheese



Ingredient:

Fresh Pasteurised Cow, Goat & Sheep's **Milk**, Salt, Non-Animal Rennet, Mint.

Allergy advice:

For allergens, see also ingredients in **bold**.

Cheese brand may change (ask to see packing)

Mozzarella Cheese



Ingredient:

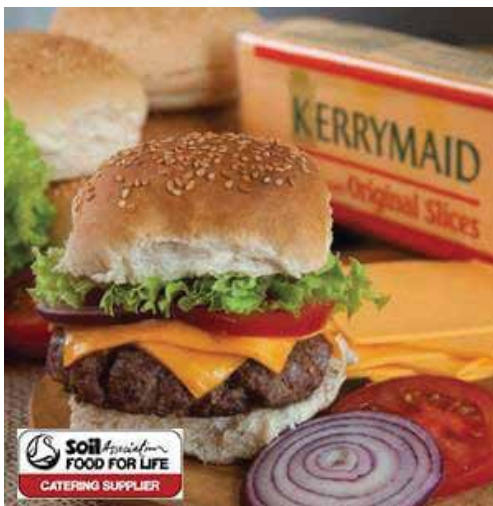
Pasteurised Cow's **Milk**, Salt, Cultures, Microbial Coagulant. Acidity Regulator: Citric Acid.

Allergy advice:

For allergens, see also ingredients in **bold**.

Cheese brand may change (ask to see packing)

Kerrymaid Burger Cheese Slices



Ingredient:

Cheese (70%) (Milk) (Contains Acidity Regulator: E330), Palm Oil, Water, Emulsifying Salt (E331), Natural **Cheese** Flavouring (**Milk**), Preservative (E200), Colours (E160a, E160c).

Allergy advice:

For allergens, see also ingredients in **bold**.

Cheese brand may change (ask to see packing)

Chicken Breast (Halal meat)



Ingredient:

Chicken breast, Oil (**soy**), Olive oil, Spices, salt, pepper.

Allergy advice:

For allergens, see also ingredients in **bold**.

Cooking method: Hot plate

**** Please note! Allergy advice and ingredient are for meat only.
Meat may be served in Pita with other accompaniments which may contain other Allergen items (Sesame, Soy, Egg, Wheat flour ... etc)

Chicken Gyros (Shawarma)



Ingredient:

Fresh chicken 93% (Breast, thigh), EU origin, salt, natural spices and herbs, **MILK PROTEIN, WHEAT FIBER, MUSTARD**, Sugars

Allergy advice:

For allergens, see also ingredients in **bold**.

Cooking method: Hot plate

**** Please note! Allergy advice and ingredient are for meat only.
Meat may be served in Pita with other accompaniments which may contain other Allergen items (Sesame, Soy, Egg, Wheat flour ... etc)

Southern Fried Chicken Goujons



Ingredient:

Chicken Breast Inner Fillet (60%), **WHEAT** Flour, Salt, Sugar, Yeast, Thickener (E1420), Straches (Corn, Potato), Yellow Corn Flour, Salt, Spices (Black Pepper, Chilli, **CELERY, MUSTARD**, White Pepper), Rice Flour, Rasing Agent (E450i, E500ii) Herbs (Fennel, Thyme), Garlic Powder, Onion Powder, Yeast Extract, **WHEAT Gluten**, Black Pepper Extract, Sugar, Dextrose, Colour (E160c), Natural Flavouring (Thyme).

Allergy advice:

For allergens, see also ingredients in **bold**.