

Mill Hill Park & Delivery

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

Letsdough 4.5" Gourmet Brioche Buns



Ingredient:

WHEAT Flour, Water, Sugar, Rapeseed Oil, Mix [**WHEAT Flour**, **WHEAT Gluten**, **EGG Powder**, **Skimmed MILK Powder**, **Whey Powder (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, Maltodextrin, Starch], **EGG Powder**, Salt

Allergy advice:

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

Contain Gluten

Cooking method: Toasted

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

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



Handmade Greek Pita bread

Mill Hill Park & Home delivery

WHEAT Flour, Water, yeast, salt, Sugar, Sunflower Oil, emulsifiers(mono & diglycerides of fatty acids) Preservative: (E282, E200)

Allergy advice:

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

Contain Gluten

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

Tzatziki



Yoghurt / Edesma product is changed on a regular basis due to availability

Ingredient:

85% non fat cow **milk**, 10% vegetable fats, 2% **MILK** Proteins,
Stabilizer: 1.5% modifiedstarch & 0.5% gelatin, 0.08% salt,
yoghurt culture

Preservative: Potassium sorbate

We add: Cucumber, garlic, oregano, vinager

Allergy advice:

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

Cheese brand may change (ask to see packing)

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**.

Hallumi Cheese



Hallumi Cheese product is changed on a regular basis due to availability

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)

Manouri cheese



Whey (Sheep & Goat's **Milk**), Sheep & Goat's **Milk**,
Cream (Sheep & Goat's **Milk**), Sea Salt

For allergens see 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 packaging)

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
boldly refined soyabean oil – The refining process removes all allergens.

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

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.

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 ****

Onion Rings



Ingredient:

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



Chips product is changed on a regular basis due to availability

Ingredient:

Potato (88%), Coating (7%) (Potato Starch, Rice Flour, Modified Potato Starch, Salt, Dextrin, Raising Agent - Sodium Bicarbonate, Diphosphates, Thickener - Xanthan Gum, Paprika Extract, Tumeric Extract), Sunflower Oil.

Allergy advice:

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

Cooking method: Deep fried

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

Tabule Salad (home made)



Starter & served in our platter dishes

Ingredient:

Bulgur **wheat**, ommatos, fresh parsley, fresh mint & coriander Oil (**Soy**), Olive oil, lemon juice (**Metabisulphite**), Sumac

Allergy advice:

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

Contain Gluten

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

Jumbo Hot-dog (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:

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

Chicken Breast (home made)(Kosher meat)



Ingredient:

locally sourced meat from Kosher bucher
Chicken breast, Oil (**soy**),Olive oil, Spices, salt, pepper.

Allergy advice:

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

Cooking method: Char-grilled

**** 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 Shashlik (home made)(Kosher meat)



Ingredient:

locally sourced meat from Kosher bucher
Chicken thigh, Oil (**soy**),Olive oil, Spices, salt, pepper.

Allergy advice:

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

Cooking method: Char-grilled

**** 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 Shawarma (home made)(Kosher meat)



Ingredient:

locally sourced meat from Kosher bucher
Chicken leg meat, Onion, Oil (**soy**),Olive oil, Spices, salt, pepper.

Allergy advice:

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

Cooking method: Char-grilled

**** 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)

Beef Burger patty (home made)(Kosher meat)



Ingredient:

locally sourced meat from Kosher bucher
Mince Beef meat, Spices, salt, pepper.

Allergy advice:

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

Cooking method: Char-grilled

**** 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)