







The Flame (Ireland Restaurant) - Allergen Information

ALLERGENS LIST

- | | | | | |
|--------------------|-------------------|----------------------|-------------|---------------------|
| 1. Eggs | 4. Gluten (wheat) | 7. Nuts (walnuts) | 10. Milk | 13. Sesame seed |
| 2. Crustaceans | 5. Fish | 8. Nuts (pistachios) | 11. Celery | 14. Lupin |
| 3. Gluten (barley) | 6. Nuts (peanuts) | 9. Soya | 12. Mustard | 15. Molluscs |
| | | | | 16. Sulphur dioxide |

Item	Contain Allergens	May Contain Allergens
Lamb Shish	 MILK	
Chicken Shish	 MILK	
Wings Plate	 MILK	
Sharing Platter	 GLUTEN (wheat)  CELERY  MUSTARD	
Doner Kabab	 GLUTEN (wheat)  SOYA  CELERY  MUSTARD  MILK	
Chicken Doner	 GLUTEN (wheat)  SOYA  MUSTARD	
Mixed Doner	 GLUTEN (wheat)  SOYA  MUSTARD  CELERY	
Falafel	 CELERY	
Falafel Salad	 CELERY	
Hummus	 SESAME	
EXTRA HOT PERI PERI SAUCE	 GLUTEN (wheat)	 CELERY  MILK  EGGS  FISH  MUSTARD  NUTS  SOYA  SULPHUR DIOXIDE
HOT PERI PERI SAUCE	 GLUTEN (wheat)	 CELERY  MILK  EGGS  FISH  MUSTARD  NUTS  SOYA  SULPHUR DIOXIDE
PERI PERI MARINADE	 GLUTEN (wheat)	 CELERY  MILK  EGGS  FISH  MUSTARD  NUTS  SOYA  SULPHUR DIOXIDE

FOR ALLERGEN INFORMATION PLEASE CHECK INDIVIDUAL DISHES BEFORE ORDERING