















DISHES AND THEIR ALLERGEN CONTENT

(Note - Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
Dishes	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts *	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Slow-cooked chicken or beef stew														
Oven-baked chicken thighs with herb rub													✓	
Honey-glazed chicken wings													✓	
Stir-fried beef												✓	✓	
Lime & Coconut Fish Curry														
Aromatic Chickpea Curry														
Hearty lentil stew														
Fragrant plain rice														
Vegetable rice							✓						✓	
Herbed potatoes							✓							
Baked garden pasta							✓							
Moroccan couscous										✓ Almonds				
Buttery crushed potatoes							✓							
Stir-fried seasonal veg							✓							
Creamy cauliflower cheese							✓							
Steamed fresh vegetables with herbod butter							✓							
Crisp garden salad														
Classic coleslaw				✓										
Rocket Parmesan salad							✓							
Assorted seasonal fruit platter														
Virgin mojito														
Tropical sunrise														
Berry fizz														
Infused water														
Garlic Parmesan Chicken							✓							
Bang-Bang Salmon Bites				✓										
Stuffed Mushroom Caps							✓							
Spicy Honey Glazed Meatballs		✓ Wheat		✓										
Petal Deviled Eggs				✓					✓					
Coconut Chicken Meatballs		✓ Wheat		✓										
Garlic Butter Salmon							✓							
Slow Cooked Beef Curry														
Garlic & Herb Chicken Thighs													✓	
Cooked Beef Short Ribs									✓					
Sweet Chili Chicken Wings							✓						✓	
Butternut Squash Curry							✓							
Coconut Chickpea Curry														
Sticky Soy and Honey Glazed Tofu													✓	
Crushed Garlic and Herb Potatoes							✓							
Crispy Potato Wedges with Paprika							✓						✓	
Vegetable Fried Rice with Soy Glaze							✓							
Lemon and Herb Couscous														
Creamy Mac & Cheese							✓							
Roasted Veg & Chickpea														
Roasted Cauliflower with Parmesan							✓							
Garlic Button Mushrooms														
Sautéed Green Beans with Toasted Almonds										✓ Almonds				
Mediterranean Salad							✓		✓	✓ Almonds pine Nuts				
Roasted Potato Salad				✓			✓		✓					
Rocket & Pomegranate Salad							✓							
Mini Fruit Tarts							✓							
Passion Fruit Mojito														
Raspberry Lemonade Spritz														
Ugali Rolls		✓ Wheat												
Beef or Vegetable Samosas with Tamarind Dip	✓	✓ Wheat												
Garlic Mushroom Bites														
Glazed Chicken Wings							✓						✓	
Bhajaia with Honey Ukwaju Dip							✓							
Hearty Chicken or Beef Stew														
Oxtail Stew														
Kienyeji Chicken Stew														
Samaki wa Kapaka					✓									
Butter Chicken							✓							
Coconut Lentil Curry														
Creamy Chickpeas														
Ugali														
Chapati		✓ Wheat												
Chicken Pilau														
Mukimo							✓							
Carrot & Raisin Rice							✓							✓
Sautéed Potato Wedges														
Fragrant White Rice							✓							
Chicken Biryani							✓							
Creamed Spinach							✓							
Kienyeji Mboga							✓							
Vegetable Stir-Fry														
Fried Sukuma Wiki														
Fried Savoy Cabbage														
Kachumbari														
Pineapple, Carrot, and Raisin Salad														✓
Mandazis		✓ Wheat		✓			✓							
Korean BBQ Meatballs with Spicy Mayo Dip		✓ Wheat		✓			✓		✓				✓	
Maple Siracha Cauliflower Bites														
Savory Cranberry Pistachio & Walnut Cheesecake Cups							✓			✓ Walnuts				✓

Smoked Salmon Blinis with Dill Cream							✓								
Lentil Balls with Spicy Tomato Dip		✓ Wheat		✓											
Herb Crusted Rack of Lamb		✓ Wheat		✓			✓		✓						
Slow Cooked Beef Short Ribs															✓
Oven-Baked Herby Chicken Thighs							✓								
Soy Garlic Chicken							✓						✓		
Creamy Tuscan Chicken							✓								✓
Lemon Butter Fish Fillets					✓		✓								
Marry Me Halloumi							✓								
Creamy Sun-Dried Tomato Lentils															✓
Garlic & Herb Duchess Potatoes				✓			✓								
Wild Mushroom Couscous															
Saffron Rice with Toasted Almonds							✓			✓ Almonds					
Sun-Drenched Salmon Pasta					✓										✓
Creamy Spinach & Ricotta Pasta							✓								
Batata Harra (Spicy Potatoes)															
Opulent Green Stir-Fry															
Honey Balsamic Roasted Carrots & Feta Cheese							✓								✓
Grilled Asparagus with Parmesan & Lemon Zest							✓								
Charred Broccoli with Chili & Garlic															
Crispy Green Beans															
Caprese Salad							✓								✓
Roasted Sweet Potato & Feta Salad							✓								
Asian Slaw with Sesame Ginger Dressing				✓					✓			✓			
Rocket & Burrata Salad							✓								
Quinoa & Red Cabbage Slaw				✓					✓			✓			
Fi's Kitchen Raspberry Cheesecake		✓ Wheat					✓								
Rose Mousse Cups							✓								
Cookies & Cream Cheesecake Cups		✓ Wheat					✓								
Biscoff Cheesecake		✓ Wheat					✓								
Miniature Fruit Tarts		✓ Wheat													
Lemon Drizzle Miniature Cake		✓ Wheat		✓			✓								
Chocolate Flake Mini Cake		✓ Wheat		✓			✓								
Sparkling Raspberry Lemonade															
Elderflower & Mint Spritz															
Cucumber Basil Cooler							✓								
Cucumber & Cream Cheese		✓ Wheat					✓								
Smoked Cheese & Tomato		✓ Wheat					✓								
Egg Mayo & Chive		✓ Wheat		✓											
Salmon & Cream Cheese		✓ Wheat			✓		✓								
Ham & Cheese		✓ Wheat					✓								
Chicken Sandwich		✓ Wheat		✓											
Mini Vegetable Quiches with Roasted Peppers & Herbs		✓ Wheat		✓			✓								
Avo Cups		✓ Wheat													
Bruschetta with Cherry Tomato & Basil Salsa		✓ Wheat													✓
Puff Pastry Bites		✓ Wheat					✓								
Veggie Puff Pastry Bites		✓ Wheat					✓								
Whipped Avocado & Ricotta Toast		✓ Wheat					✓								
Fruit Scones with Clotted Cream & Strawberry Preserve		✓ Wheat		✓			✓								
Seasonal Mini Tarts (Lemon Curd, Berries & Cream)		✓ Wheat					✓								
Vanilla Meringue Nests with Whipped Cream & Fruits				✓			✓								
Mini Victoria Sponge Cakes		✓ Wheat		✓			✓								
Pot of English Tea															
Green Tea															
Peppermint Tea															
Earl Grey															
Hibiscus Lemonade															
Cream Cheese & Salmon Puffs		✓ Rye			✓		✓								
Avocado Toast with Pomegranate Salsa		✓ Wheat													
Bruschetta Avocado Toast		✓ Wheat													✓
Chocolate Fondue Cups with Fruit							✓								
Lemon Mini Cakes		✓ Wheat		✓			✓								
Chocolate Flake Mini Cakes		✓ Wheat		✓			✓								
Pot of Floral Green Tea															
Hibiscus & Berries Tea															
Chai Tea							✓								
Traditional Kenyan Tea							✓								
Blue Curaçao Mocktail															
Signature Afternoon Sparkler															
Mini Spinach & Feta Quiches		✓ Wheat		✓			✓								
Caramelised Sausage Bites							✓								
Roasted Tomato & Herb Shakshuka				✓											
Creamy Mac & Cheese Balls		✓ Wheat					✓								
Fried Chicken & Waffles		✓ Wheat		✓			✓								
Baked Beans															
Mini Peppers & Ham Quiches		✓ Wheat		✓			✓								
Breakfast Potatoes															
Brioche French Toast with Berries		✓ Wheat		✓			✓								

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