



Each dish at Ezra & Gil is freshly prepared in our kitchen that handles all allergens. Due to this and the select items that are sourced from external suppliers we cannot guarantee the absence of any allergens. If you have a food allergy, it is your responsibility to inform a member of staff, we will do our best to help you so that you can still enjoy our menu. Customers with serious and life-threatening allergies take this risk if choosing to dine with us.

	celery	cereals (containing gluten)	eggs	milk	nuts	peanuts	crustaceans	molluscs	fish	mustard	sulphites	sesame	soya	Lupin
Toasted Sourdough	✓ *	✓ wheat/oat/ barley/rye		✓ *	✓ * hazelnuts	✓ * peanuts (pb)							✓ *	
Eggs on Sourdough		✓ wheat	✓	✓						✓ *				
Sausage Sandwich		✓ wheat	✓	✓									✓	
Bacon Tom Sandwich		✓ wheat	✓	✓									✓	
Veggie Sandwich		✓ wheat	✓	✓									✓	
Beans on Toast		✓ wheat	✓	✓										
Smashed Avocado		✓ wheat	✓	✓						✓				
Tacos		✓	✓	✓						✓			✓	
Classic E&G		✓ wheat	✓	✓						✓			✓	
Veggie E&G		✓ wheat	✓	✓						✓			✓	
Breakfast Bowl			✓	✓										
French Toast		✓ wheat	✓	✓									✓	
E&G Omelette			✓	✓										
Nduja Scrambled		✓ wheat	✓	✓										
Fruit & Nut Porridge		✓ oats			✓ mixed nuts	✓ peanuts							✓	
Granola		✓ oats		✓	✓ walnuts					✓			✓	
Benedict - Grilled Ham		✓ wheat	✓	✓						✓				
Benedict - Reuben		✓ wheat	✓	✓						✓				
Benedict - Salmon		✓ wheat	✓	✓					✓	✓				
Pancakes - Simple		✓ wheat	✓	✓										

CONTINUED - PLEASE TURN OVER

✓ contains

✓ optional ingredient  
\*

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Pancakes - Fruit & Yog		✓ wheat	✓	✓										
Pancakes - Kinder & Strawberry		✓ wheat	✓	✓	✓ hazelnuts								✓	
Pancakes - Crunchy		✓ wheat	✓	✓									✓	
Pancakes - American		✓ wheat	✓	✓										
Yoghurt Bowl				✓	✓ pistachios									
BBQ Chicken Melt	✓	✓ wheat		✓						✓				
Halloumi & Peppers		✓ wheat		✓							✓	✓		
Chicken & Chorizo Brioche		✓ wheat	✓	✓							✓		✓	
Poke - Chicken		✓ wheat									✓	✓	✓	
Poke - Avocado		✓ wheat									✓	✓	✓	
Caesar Salad		✓ wheat	✓	✓					✓					
Sweet Potato Salad											✓			
Toasted Sourdough		✓ wheat												
Seeded Bloomer		✓ wheat, oats, rye											✓	
Gluten Free Bread			✓											

ADDITIONAL ALLERGENS INFORMATION IS AVAILABLE ✓ contains ✓ optional ingredient  
PLEASE ASK A MEMBER OF OUR TEAM \*



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PLEASE NOTE: This list is correct at time of printing and is based on our usual suppliers. Occasionally due to supply issues which are out of our control, we may need to substitute with a similar product and the allergens may vary.