

EZRA'S ALLERGENS

	celery	cereals (containing gluten)	eggs	milk	nuts	peanuts	crustaceans	molluscs	fish	mustard	sulphites	sesame	soya	lupin
														
ACAI BOWL						✓								
TOAST & SALTED BUTTER	✓ *	✓		✓ *	✓ *	✓ *							✓ T	
EGGS ON SOURDOUGH		✓	✓	✓							✓ *		✓ T	
SAUSAGE BAGEL		✓	✓	✓								✓ T	✓	
BACON BAGEL		✓	✓	✓								✓ T	✓	
VEGGIE BAGEL		✓	✓	✓								✓ T	✓	
CHORIZO BAGEL		✓	✓	✓							✓	✓	✓	
LOX BAGEL		✓		✓					✓		✓	✓ T	✓ T	
PORRIDGE		✓											✓	
YOGHURT BOWL					✓								✓	
GRANOLA MIX		✓		✓									✓	
BEANS ON TOAST		✓	✓	✓									✓ T	
'NDUJA EGGS		✓	✓	✓									✓ T	
OMELETTE			✓	✓									✓ T	
BREAKFAST BOWL			✓	✓									✓ T	
SMASHED AVOCADO		✓	✓	✓							✓		✓ T	
BREAKFAST TACOS		✓	✓	✓									✓	
BRIOCHE FRENCH TOAST		✓	✓	✓									✓	
CLASSIC BREAKFAST		✓	✓	✓							✓		✓ T	
VEGGIE BREAKFAST		✓	✓	✓							✓		✓ T	

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



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.

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

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HAM BENEDICT		✓	✓	✓							✓		✓	
SALMON BENEDICT		✓	✓	✓					✓		✓		✓	
FLORENTINE BENEDICT		✓	✓	✓							✓		✓	
AMERICAN PANCAKES		✓	✓	✓									✓ T	
SIMPLE PANCAKES		✓	✓	✓									✓ T	
FRUIT & YOG PANCAKES		✓	✓	✓									✓ T	
KINDER PANCAKES		✓	✓	✓	✓								✓	
LEMON CURD PANCAKES		✓	✓	✓									✓	
CHICKEN MELT	✓	✓		✓						✓			✓ T	
HALLOUMI & PEPPERS		✓		✓							✓	✓	✓ T	
CHICKEN POKE BOWL		✓									✓	✓	✓	
AVOCADO POKE BOWL		✓									✓	✓	✓	
RANCH MELT		✓	✓	✓							✓		✓ T	
PROTEIN FUEL BOWL											✓	✓	✓	
CAESAR SALAD		✓	✓	✓					✓				✓ T	
KOREAN KETCHUP	✓	✓								✓ *		✓ *	✓	
CHIVE & GARLIC MAYO			✓	✓									✓ T	
SOURDOUGH TOAST		✓												
SEEDED SOURDOUGH		✓												
GLUTEN FREE BREAD			✓											
FOCCACIA / SEEDED SD		✓												

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