

PICK.YOUR.OWN.

Allergen Information - our food is freshly prepared in a small and busy kitchen, therefore we can not guarantee that our food or drink is completely allergen-free. If you would like to get more information, please speak to our team to learn more about our ingredients and food before you order. If you have any further questions please email info@pyopickyourown and a member of the team will get back to you shortly

Allergen Information

Category		Product	Tags	Allergens	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
PICK.YOUR.OWN. Punnet - Bases	Baby Spinach & Herbs	DF / GF / V / Ve																
	Soft British Leaves	DF / GF / V / Ve																
	Miso Grains	DF / V / Ve		Gluten (Barley / Wheat), Soya		Y											Y	
	Seasonal Shredded Veg	DF / GF / V / Ve		Sulphites														Y
	Protein Peas & Kale	DF / GF / V / Ve																
PICK.YOUR.OWN. Punnet - Textures	Chicken Cracking Pangrattato	DF		Gluten (Wheat)		Y												
	Candied Seeds & Nuts	DF / GF / V / Ve		Nuts (Cashews, Walnuts)										Y				
	Apple & Celery Slaw	GF / V		Celery, Egg, Milk, Mustard, Sulphites	Y			Y			Y		Y					Y
	Calabrian Chilli Crunch	DF / GF / V / Ve																
	Crisp Red Pepper	DF / GF / V / Ve																
PICK.YOUR.OWN. Punnet - Flavours	Diced Smokey Cucumbers	DF / GF / V / Ve																
	Green Herb Salsa	DF / GF / V / Ve																
	Pickled Chillies & Shallots	DF / GF / V / Ve		Sulphites														Y
	Punchy Shredded Carrots	DF / GF / V / Ve		Mustard, Sulphites									Y					Y
	Punchy Mayo	GF / V		Egg, Mustard, Sulphites				Y					Y					Y
	Confit Garlic Aioli	DF / GF / V		Egg, Mustard, Sulphites				Y					Y					Y
	Coronation Caesar	DF		Gluten (Wheat), Egg, Fish (Anchovies), Mustard, Sulphites		Y		Y	Y				Y					Y
	Dill Buttermilk	GF / V		Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Green Goddess	DF / GF / V / Ve																
	Lemon & Basil	DF / GF / V / Ve		Mustard														
PICK.YOUR.OWN. Punnet - Toppers	Must Pick Honey Mustard	DF / GF / V		Egg, Mustard, Sulphites				Y					Y					Y
	Zhoug Tahini	DF / GF / V / Ve		Sesame, Sulphites									Y			Y		Y
	Olive Oil & Lemon	DF / GF / V / Ve																Y
	Smoked Paprika Olives	DF / GF / V / Ve																
	Avo & Cucumber Guac	DF / GF / V / Ve		Sesame													Y	
Signature Punnetts	Grilled Sesame Broccoli	DF / GF / V / Ve		Sesame													Y	
	Seasons Tomato Salad	DF / GF / V / Ve																
	Lancashire Cheese	GF / V		Milk							Y							
	Spey Feta	GF / V		Milk							Y							
	London Kimchi	DF / GF / V / Ve		Soy														
	Lemon & Basil Dressed Roast Chicken	DF / GF		Mustard										Y				
	Barbary Chopped Chicken	DF / GF																
	Glazed Blythburgh Ham Hock	DF / GF																
	Chilli Honey Loch Duart Salmon	DF / GF		Fish (Salmon), Sesame					Y								Y	
	Charred Cauliflower & Laksa Tofu	DF / GF / V / Ve		Mustard, Soya									Y					Y
	Garlic & Rosemary Roast Potatoes	DF / GF / V / Ve																
	Avo & Chips	DF / V / Ve		Gluten (Barley, Wheat), Mustard, Soya, Sesame		Y							Y			Y	Y	
	P.Y.O. Coronation Caesar			Gluten (Wheat), Egg, Fish, Milk, Mustard, Sulphites		Y		Y	Y		Y		Y					Y
	B.I.T.	DF		Gluten (Barley, Wheat), Egg, Mustard, Soya, Sulphites		Y		Y					Y				Y	Y
	Chicken Shawarma	DF / GF		Egg, Mustard, Sesame, Sulphites				Y					Y			Y		Y
Salmon Pinxtos	DF / GF		Egg, Fish (Salmon), Mustard, Nuts (Cashews, Walnuts), Sesame, Sulphites				Y	Y				Y	Y		Y		Y	
Calabrian Chilli Chicken	DF / GF		Egg, Mustard, Sulphites				Y					Y					Y	
Seasonal Bowls	Laksa Tofu	DF / GF / V / Ve		Mustard, Nuts (Cashews, Walnuts), Soya									Y				Y	
	Chicken Bone Broth & Miso Grains	DF		Gluten (Barley, Wheat), Mustard, Soya		Y							Y				Y	
	Meatballs & Winter Roast Tomato Sauce			Gluten (Barley, Wheat), Milk, Soya		Y					Y						Y	

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PICK.YOUR.OWN. Breakfast - Bases	Toasted Sourdough with Salted Butter	V	Gluten (wheat), Milk		Y					Y								
	Saffron Baked Beans	DF / GF / V / Ve																
PICK.YOUR.OWN. Breakfast - Toppers	Roasted Chorizo	DF / GF	Milk							Y								
	Soft Barford Brown Egg	DF / GF / V	Egg					Y										
	Smoked Chalk Stream Trout	DF / GF	Fish															
	Orchard Glazed Ham Hock	DF / GF																
PICK.YOUR.OWN. Breakfast Sides & Sauces	Hush Browns	DF / GF / V / Ve																
	Horseshold's 'daise	GF / V	Egg, Milk, Mustard, Sulphites					Y									Y	
	Ketchup	DF / GF / V / Ve	Celery	Y							Y							

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