PICK.YOUR.OWN.

Allergen Information - our food is freshly prepared in a small and busy kitchen, therefore we can not guarentee 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

DF = Dairy Free, GF = Gluten Free, V = Vegetarian, Ve = Vegan

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 Crackling 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															
	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
PICK.YOUR.OWN. Punnet - Flavours	Basque 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									Y					
	Must Pick Honey Mustard	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y
	Zhoug Tahini	DF / GF / V / Ve	Sesame, Sulphites												Y		Y
	Olive Oil & Lemon	DF / GF / V / Ve															
PICK.YOUR.OWN. Punnet - Toppers	Smoked Paprika Olives	DF / GF / V / Ve															
	Avo & Cucumber Guac	DF / GF / V / Ve	Sesame												Y		
	Grilled Sesame Broccoli	DF / GF / V / Ve	Sesame												Y		
	Seasons Tomato Salad	DF / GF / V / Ve															
	Lancashire Cheese	GF / V	Milk							Y							
	Spicy Feta	GF / V	Milk							Y							
	London Kimchi	DF / GF / V / Ve	Soy													Y	
	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															
Signature Punnets	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.L.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 Pintxos	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
	Laksa Tofu	DF / GF / V / Ve	Mustard, Nuts (Cashews, Walnuts), Soya									Y	Y			Y	
Seasonal Bowls	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. Juice - Bases	Carrot	DF / GF / V / Ve															
	Celery	DF / GF / V / Ve	Celery	Y													
	Cucumber	DF / GF / V / Ve															
	British Apple	DF / GF / V / Ve															
	Orange	DF / GF / V / Ve															
	Pineapple	DF / GF / V / Ve															
PICK.YOUR.OWN. Juice - Mixers	Ginger	DF / GF / V / Ve															
	Kale	DF / GF / V / Ve															
	Lemon	DF / GF / V / Ve															
	Raspberry	DF / GF / V / Ve															
	Strawberry	DF / GF / V / Ve															
	Blackberry	DF / GF / V / Ve															
Signature Juices	Cucumber Hydrate	DF / GF / V / Ve	Celery	Y													
	Pineapple Reset	DF / GF / V / Ve															
	Skin Glow	DF / GF / V / Ve															
	Bramble	DF / GF / V / Ve															
	Fresh Apple	DF / GF / V / Ve															
	Fresh Orange	DF / GF / V / Ve															
Signature Shakes	Sweet Date & Nut Energy	GF / V (Ve without	Milk, Nuts (Walnuts)							Y			Y				
	Berry Collagen	GF	Milk, Nuts (Almonds)							Y			Y				
	Supergreen Matcha	GF / V (Ve without	Milk							Y							
	Golden Immunity	GF / V (Ve without	Milk							Y							
P.Y.O. Shots	Ginger Shot	DF / GF / V / Ve															

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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 Burford Brown Egg	DF / GF / V	Egg				Y										
	Smoked Chalk Stream Trout	DF / GF	Fish					Y									
	Orchard Glazed Ham Hock	DF / GF															
PICK.YOUR.OWN. Breakfast Sides & Sauces	Hash Browns	DF / GF / V / Ve															
	Horseradish 'daise	GF / V	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Ketchup	DF / GF / V / Ve	Celery	Y													

Signature Breakfasts	Beans on Toast	V	Gluten (wheat), Milk		Y					Y								
	Farmhouse Breakfast		Egg, Gluten (wheat), Milk		Y		Y			Y								
	Eggs Royale		Egg, Gluten (wheat), Milk, Fish, Mustard, Sulphites		Y		Y	Y		Y		Y						Y
Grab & Go	Apple & Sweet Butter Tahini Porridge	V	Gluten (oats), Milk, Sesame		Y					Y						Y		
	Honey Porridge	V	Gluten (oats), Milk		Y					Y								
	Overnight Oats with Apple & Sweet Butter Tahini	V	Gluten (oats), Milk, Sesame		Y					Y						Y		
	Chocolate & Sour Cherry Chia Pudding	GF / V	Milk							Y								
	Wholemeal Rye & Double Chocolate Cookie	V	Egg, Gluten (rye), Milk, Soya		Y		Y			Y							Y	
Tea & Coffee	Espresso	DF / GF / V / Ve																
	Long Black	DF / GF / V / Ve																
	Americano	DF / GF / V / Ve																
	Iced Americano	DF / GF / V / Ve																
Whole milk assumed, alternatives available	Cortado	GF / V	Milk							Y								
	Cappucino	GF / V	Milk							Y								
	Flat White	GF / V	Milk							Y								
	Latte	GF / V	Milk							Y								
	Iced Latte	GF / V	Milk							Y								
	Matcha Latte	GF / V	Milk							Y								
	Iced Matcha Latte	GF / V	Milk							Y								
	Tumeric Latte	GF / V	Milk							Y								
	English Breakfast Tea	DF / GF / V / Ve																
	Green Tea	DF / GF / V / Ve																
	Fresh Mint Tea	DF / GF / V / Ve																
	Fresh Ginger, Honey & Lemon	DF / GF / V / Ve																
	Tumeric Tea	DF / GF / V / Ve																