

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@pickypickyourcown 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																
	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																
	Runchy Shredded Carrots	DF / GF / V / Ve																
PICK.YOUR.OWN. Punnet - Flavours	Basque Mayo	GF / V					Y					Y					Y	
	Confit Garlic Aioli	DF / GF / V					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					Y	
	Green Goddess	DF / GF / V / Ve								Y		Y						
	Lemon & Basil	DF / GF / V / Ve										Y						
	Must Pick Honey Mustard	DF / GF / V					Y					Y					Y	
	Zhoug Tahini	DF / GF / V / Ve																
	Olive Oil & Lemon	DF / GF / V / Ve													Y		Y	
	PICK.YOUR.OWN. Punnet - Toppers	Smoked Paprika Olives	DF / GF / V / Ve															
		Avo & Cucumber Guac	DF / GF / V / Ve														Y	
		Grilled Sesame Broccoli	DF / GF / V / Ve														Y	
		Seasons Tomato Salad	DF / GF / V / Ve															
		Lancashire Cheese	GF / V								Y							
Spicy Feta		GF / V								Y								
London Kimchi		DF / GF / V / Ve																
Lemon & Basil Dressed Roast Chicken		DF / GF										Y						
Barbary Chopped Chicken		DF / GF																
Glazed Blythburgh Ham Hock		DF / GF																
Signature Punnets	Chilli Honey Loch Duart Salmon	DF / GF						Y										
	Charred Cauliflower & Laksa Tofu	DF / GF / V / Ve										Y					Y	
	Garlic & Rosemary Roast Potatoes	DF / GF / V / Ve																
	Avo & Chips	DF / V / Ve										Y			Y	Y		
	P.Y.O. Coronation Caesar											Y					Y	
	B.L.T.	DF								Y		Y				Y	Y	
	Chicken Shawarma	DF / GF															Y	
	Salmon Pintoxs	DF / GF										Y	Y		Y		Y	
	Calabrian Chilli Chicken	DF / GF										Y					Y	
Seasonal Bowls	Laksa Tofu	DF / GF / V / Ve										Y	Y			Y		
	Chicken Bone Broth & Miso Grains	DF										Y				Y		
	Meatballs & Winter Roast Tomato Sauce									Y						Y		

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