

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@pyopickyourn and a member of the team will get back to you shortly

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

Category	Product	Tags	Allergens	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	DF / GF / V / Ve															
	Soft British Leaves	DF / GF / V / Ve															
	Ezme Fava Beans	DF / GF / V / Ve															
	Miso Pearl Barley & Grains	DF / V / Ve	Gluten (Barley / Wheat), Soya		Y												Y
	Seasonal Shredded Veg	DF / GF / V / Ve															
PICK.YOUR.OWN. Salads - Textures	House Sauerkraut	DF / GF / V / Ve															
	Chicken Crackling	DF / GF															
	Crisp Red Pepper	DF / GF / V / Ve															
	Diced Smokey Cucumbers	DF / GF / V / Ve															
	Apple & Celery Slaw	GF / V	Celery, Egg, Milk, Mustard, Sulphites	Y			Y			Y		Y					Y
	Green Herb Salsa	DF / GF / V / Ve															
	Nut Crumble	DF / GF / V / Ve	Nuts (Hazelnuts, Walnuts)											Y			
	Pickled Chillies & Shallots	DF / GF / V / Ve	Sulphites														Y
	Punchy Shredded Carrots	DF / GF / V / Ve	Mustard, Sulphites									Y					Y
	Sourdough Orotone	DF / V / Ve	Gluten (Wheat)		Y												
PICK.YOUR.OWN. Salads - Flavours	Calabrian Chili Crunch	DF / GF / V / Ve															
	Green Goddess	DF / GF / V / Ve															
	Preserved Lemon & Orange	DF / GF / V / Ve															
	Coronation Caesar	DF	Gluten (Barley), Egg, Fish (Anchovies), Mustard, Sulphites		Y		Y	Y				Y					Y
	Dill Buttermilk	GF / V	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Green Harissa Tahini	DF / GF / V / Ve	Mustard, Sesame, Sulphites										Y			Y	Y
	Lemon & Basil	DF / GF / V / Ve	Mustard, Sulphites									Y				Y	Y
	Must Pick Honey Mustard	DF / GF / V	Egg, Mustard, Sulphites				Y					Y				Y	Y
	Basque Mayo	DF / GF / V	Egg, Mustard, Sulphites				Y					Y				Y	Y
	Harissa Broccoli & Squash	DF / GF / V / Ve	Mustard									Y					
PICK.YOUR.OWN. Salads - Toppers	Smoked Paprika Olives	DF / GF / V / Ve															
	White Bean & Parsnip Hummus	DF / GF / V / Ve	Sesame													Y	
	Crumbled Lancashire Cheese	GF	Milk							Y							
	Avo & Cucumber Quac	DF / GF / V / Ve	Sesame													Y	
	Orchard-glazed Ham Hock	DF / GF															
	Pulled Rotisserie Chicken	DF / GF															
	Torn Roast Potatoes	DF / GF / V / Ve															
	Tikka Tofu	DF / GF / V / Ve	Mustard, Soya										Y				Y
	Seasons Tomato Salad	DF / GF / V / Ve															
	Chilli Crusted Scottish Salmon	DF / GF	Fish (Salmon), Sesame					Y								Y	
Signature Salads - Regular	Slow-spiced Lamb Shoulder	DF / GF															
	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sesame, Sulphites		Y							Y			Y	Y	Y
	Everyone Picks (Coronation) Caesar		Gluten (Barley, Wheat), Egg, Fish (Anchovies), Milk, Mustard, Sulphites		Y		Y	Y		Y		Y					Y
	H.L.T.	DF	Gluten (Barley / Wheat), Egg, Mustard, Soya, Sulphites		Y		Y					Y				Y	Y
	Lamb Shawarma	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
Signature Salads - Large	Salmon Pintxos	DF / GF	Fish (Salmon), Egg, Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites				Y	Y				Y	Y		Y		Y
	Calabrian Chilli Chicken	DF / GF															
	Tofu Tikka Masala	GF	Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Soy									Y	Y		Y	Y	
	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sesame, Sulphites		Y							Y			Y	Y	Y
	Everyone Picks (Coronation) Caesar		Gluten (Barley, Wheat), Egg, Fish (Anchovies), Milk, Mustard, Sulphites		Y		Y	Y		Y		Y					Y
	H.L.T.	DF	Gluten (Barley / Wheat), Egg, Mustard, Soya, Sulphites		Y		Y					Y				Y	Y
	Lamb Shawarma	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Salmon Pintxos	DF / GF	Fish (Salmon), Egg, Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites					Y				Y	Y		Y		Y
	Calabrian Chilli Chicken	DF / GF															
	Tofu Tikka Masala	GF	Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Soy									Y	Y		Y	Y	
Winter Bowls	Chicken Bone Broth & Grains	DF	Gluten (Barley, Wheat), Soy, Mustard		Y							Y					Y
	Tuscan Tomato & Chickpeas	DF / GF / V / Ve	Mustard									Y					

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