

THE BLACK KITCHEN

ALLERGEN GUIDE

A CLEAR GUIDE TO THE ALLERGENS
IDENTIFIED ACROSS OUR MENU.

Our allergen guide is designed to help guests make informed choices when dining with us. Please speak to a member of our team before ordering if you have a food allergy or specific dietary requirement.

PLEASE NOTE

Ingredients and preparation methods may change. While we take care to manage allergens, we cannot guarantee that any dish is completely free from traces of allergens.

BRUNCH

Allergen information for the brunch menu. A ✓ indicates an allergen identified in the supplied matrix.

BRUNCH															
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Fruit & Cream	✓		✓				✓								
Not Your Average	✓		✓				✓	✓							
Banana Puddin'	✓		✓				✓								
Plato de Resistencia	✓		✓				✓	✓							
Apple Crumble	✓		✓				✓								
Birthday Cake	✓		✓				✓								
Caesar's Palace	✓														
In the Club	✓														
Fully Fried	✓														
American Dream	✓						✓								
BLK Griddle	✓						✓								
Big Boy French	✓						✓								
Breakfast of Kings	✓						✓								
Island Gal	✓						✓								
Oh Bacon	✓														
Beef Sausage (5)						✓									
Hash Browns (5)															
Seasoned Beans															
Fried Halloumi															
Turkey Rashers						✓									
Toast	✓														

MAINS & STARTERS

The menu is grouped by course while retaining the original allergen markings.

MAINS															
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Oxtail	✓					✓									
Curry Goat	✓					✓									
Lamb Chops	✓														
Grilled 1/2 Chicken	✓														
Grilled Jerk Chicken Breast	✓														
Jerk Salmon	✓			✓											
Grilled Whole Tilapia	✓			✓											
Whole Sea Bass	✓			✓											
Chickpea Curry (V)	✓														

STARTERS															
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Oxtail Spring Rolls	✓					✓	✓								
Chicken Wings	✓														
Dynamite Shrimp			✓												
Saucy Shell On Prawns			✓												
Cucumber Sesame Salad											✓				

SIDES & SPECIALS

Every allergen indicator is carried across from the supplied reference matrix.

SIDES															
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Jollof Rice	✓					✓									
Rice & Peas	✓														
Steamed Basmati Rice															
Fries															
Fried Plantain														✓	
House Salad															
SPECIALS															
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Oxtail Pizza	✓						✓								
Trifecta Pizza	✓						✓								
Jerk Chicken Pizza	✓						✓								
Oxtail Or Curry Goat Stuffed Patty	✓						✓								
Oxtail Loaded Fries	✓						✓								
Plantain Oxtail Tacos (3)	✓						✓								
Beef Suya								✓							
Jerk Chicken Wrap	✓		✓												
Jerk Chicken Loaded Fries															

DESSERTS

Sweet dishes and their identified allergens.

DESSERTS														
DISH / ITEM	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Fried Oreos Or Biscoff	✓						✓							
Shortbread Apple Crumble	✓						✓							
Sprinkle Cake Dipping Pot	✓		✓				✓							
Banana Pudding Ice Cream	✓		✓				✓							
Vanilla Ice Cream							✓							
Vanilla Custard							✓							

UNDERSTANDING YOUR ALLERGEN GUIDE

Use the key below to understand the allergen categories used throughout the menu.

01	Gluten	02	Crustaceans
03	Eggs	04	Fish
05	Peanuts	06	Soy
07	Milk	08	Nuts
09	Celery	10	Mustard
11	Sesame	12	Sulphites
13	Lupin	14	Molluscs

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