

Nutrition and Allergen Information Brabazon Bar Menu 2025

Dish	Total Cal	Cal per100g	Allergen
Freshly Baked Pastries (v) Mini buttered croissants & pain au chocolat	332	259	GLUTEN, EGGS, MILK MAY CONTAIN TREE NUTS, SOYA, MUSTARD
Breakfast Roll-Sausage	874	321	GLUTEN, MILK, SULPHITES MAY CONTAIN SOYA, EGGS, CELERY, MUSTARD, SESAME
Breakfast Roll -Bacon	568	227	GLUTEN, MILK MAY CONTAIN SESAME
Breakfast Roll-Egg	370	185	GLUTEN, EGGS, MILK MAY CONTAIN SESEAME
Selection of Toast (v) Salted butter & fruit preserves	298	389	GLUTEN, MILK MAY CONTAIN EGGS, MUSTARD
Greek Style Yoghurt, Granola Bowl (v) Mixed berries & granola	322	90	GLUTEN, MILK MAY CONTAIN TREE NUTS
Warm Buttermilk Pancakes (v) Pear, maple & pecan	492	183	GLUTEN, TRREE NUTD. EGGS, MILK MAY COTAIN PEA NUTS
Eggs Benedict Two poached egg, roast ham, hollandaise sauce on toasted English muffin	456	210	GLUTEN, SOYA, EGGS, MILK, SULPHITE MAY CONTAIN SESAME
Eggs Royale Two poached eggs, smoked salmon, hollandaise sauce on toasted English muffin	424	187	GLUTEN, FISH, SOYA, EGGS, MILK, SULPHITES MAY CONTAIN SESAME
Breakfast Super Shake (v) Yogurt, banana, mixed berries & honey	499	99	MILK
Acai Smoothie (v) Banana & coconut crumb	351	171	SULPHITE MAY CONTAIN

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			GLUTEN, TREE NUTS, SOYA, MILK, SESEME
Crushed Avocado, Poached Eggs (v) Chilli & pomegranate	445	143	GLUTEN, SOYA, EGGS MAY CONTAIN CELERY, MUSTARD
Scrambled Green Eggs (v) Sriracha, cottage cream, sourdough			GLUTEN, SOYA, EGGS, MILK, MAY CONTAIN CELERY, MUSTARD
Marinated Olives	147	184	N/A
Salted Pretzels(v)	513	380	GLUTEN MAY COTAIN MILK
Vegetable Crisps (v)	206	514	
Soup of the Day (v) Crusty bread	N/A	N/A	ASK ON DAY
Cake of the Day (v)	N/A	N/A	ASK ON DAY
Classic Caesar Salad Soft boiled egg, bacon, shaved parmesan & fresh anchovies	1052	390	GLUTEN, FISH, EGGS, MILK, MUSTARD MAY CONTAIN SOYA, SESEME
Leafy Greek Salad (v) Green pepper, olive, tomato, red onion & oregano	807	91	MILK, SULPHITE, MUSTARD
Charred Broccoli, Cracked Wheat Salad (v) Egg, avocado & lime miso dressing	637	179	GLUTEN, PEANUT, SOYA, EGGS, SESAME, MAY CONTAIN SULPHITE, MUSTARD, CELERY, TREE NUTS, FISH
Add salmon £6.5	209	139	fish
Add grilled chicken £6	165	110	N/A
Add halloumi (v) £5	406	325	MILK
English Cheddar Cheese, Red Onion Marmalade, Romaine lettuce, white bloomer (v)	743	220	GLUTEN, MILK, SULPHITE, MUSTRD
Warm Goats Cheese Panzanella salad	681	213	GLUTEN, MILK, SULPHITE MAY CONTAIN TREE NUTS, SOYA, EGGS,

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			MUSTARD, SESEAME
Tuna Mayonnaise, Cucumber, Brown malted bloomer	401	169	GLUTEN, FISH, EGG, MILK, MUSTARD, SULPHITE
Roasted Ham, Dill Pickled Cucumber, Coleslaw, White bloomer	685	196	GLUTEN, SULPHITE, MUSTARD, EGG, MILK
Beetroot Hummus, Grilled Courgette, Red Pepper, Feta, Tortilla wrap (v)	753	200	GLUTEN, MILK, MUSTARD, SESEME, SULPHITE
Tuscan Grilled Chicken Wrap Cucumber, parmesan, rocket & sun blushed tomatoes	833	156	GLUTEN, SULPHITE, MUSTARD, EGG MILK
Ploughman's Baguette (v)	1184	223	GLUTEN, SULPHITE, MUSTARD, MILK MAY CONTAIN SESEAME
Mozzarella, Parma Ham, Basil Pesto, Olive oil pinsa bread	844	224	GLUTEN, SOYA, MILK, MUSTARD, SULPHITE MAY CONTAIN TREE NUTS, EGG, SESAME
Smoked Salmon, Cream Cheese, Baby Capers, In focaccia	814	196	GLUTEN, FISH, MILK, MUSTARD, SULPHITE MAY CONTAIN TREE NUTS, SOYA, EGG, SESAME
Brabazon Bar Classic Club Sandwich, Sandwich chicken, bacon, tomato, egg, lettuce & mayonnaise	1075	140	GLUTEN, EGGS, MUSTARD, SULPHITE
Croque Monsieur	1098	175	GLUTEN, SULPHITE, MUSTARD, MILK
Falafel, Roasted Pepper, Rocket, Tahini Panini (v)	1007	185	GLUTEN, MILK, MUSTARD, SULPHITE MAY CONTAIN

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			SOYA
Blackened Cajun Chicken Panini, Mayonnaise, & baby gem	1008	156	GLUTEN, EGGS, MILK, MUSTARD, SULPHITE MAY CONTAIN SOYA
Grilled Bavette Steak Sandwich, Sauteed onions, dijon mustard & pickles	945	169	GLUTEN, EGGS, MUSTARD, SULPHITE MAY CONTAIN SOYA, SESEAME
Charcuterie Meat Platter £35 Selection of terrines, iberico sliced meats, assorted pickles, rocket salad, artisan breads	1315	253	GLUTEN, MILK, SULPHITES MAY CONTAIN CRUSTACEANS, MOLLUSCS, FISH, TREE NUTS, CELERY, MUSTARD
Ploughman's 3 cheeses, pork pie, terrines, pickles & grapes, balsamic onions & house chutney, toasted sourdough bread	1741	266	GLUTEN, EGGS, MILK, MUSTARD, SULPHITES MAY CONTAIN CRUSTACEANS, MOLLUSCS, FISH, CELERY
Margherita (v)		633	GLUTEN, SOYA, MILK, MAY CONTAIN MUSTARD, SESAME
Pepperoni American Hot		617	GLUTEN, SOYA, MILK, MAY CONTAIN MUSTARD, SESAME
Sticky BBQ Beef Brisket Sliders	720	211	GLUTEN, EGGS, MILK, CELERY, MUSTARD, SULPHITE MAY CONTAIN SOYA, SESAME
Popcorn Salmon Bites	253	151	FISH, EGGS, MAY CONTAIN

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			SOYA, MUSTARD, SULPHITE
Avocado Hummus (v) £8	548	254	GLUTEN, SESAME MAY CONTAIN SOYA, MILK
Mini Chorizos £8.5	575	301	MILK, SULPHITE
Peri Peri Shredded Chicken £9	811	314	GLUTEN, SOYA, EGGS, MILK, MUSTARD
Spicy Chicken Fajitas £19 Peppers & red onion, grated cheddar, guacamole, salsa, sour cream & floured tortilla	816	152	GLUTEN, MILK
Belfry Cheeseburger £20 On brioche bun, cheddar cheese, gem lettuce & tomato, burger relish & french fries	1229	191	GLUTEN, SOYA, EGG, MILK, MUSTARD, SULPHITE MAY CONTAIN FISH, SESEAME
Burrata, Spinach, Basil Ravioli (v) £18 Wilted baby spinach, pesto & confit cherry tomatoes, extra virgin olive oil, toasted pine nuts	491	189	GLUTEN, SOTYA, MILK, EGG, MUSTARD