

ALLERGEN GUIDE

KNOW WHAT'S IN IT.

Every dish on our shop and catering menus is checked against the 11 allergens we label. Tick what you're avoiding and the table hides anything that contains it.



Gluten

Wheat flatbread, pitta, croutons and the coating on crispy chicken.



Eggs

In the garlic sauce, the Caesar dressing and the chicken shish.



Dairy

Halloumi, feta, parmesan and yoghurt-based sauces.



Peanuts

Not an ingredient in any dish.



Tree nuts

Not an ingredient in any dish.



Fish

Tuna in the tuna salad.



Soya

Not an ingredient in any dish.



Mustard

In the coleslaw: shish tawook wrap and the chicken bowls served with coleslaw.



Sesame

Tahini in the hummus, the baba ganoush and the tahini sauce.



Celery

Not an ingredient in any dish.



Sulphites

Pickles and some dried ingredients.

Dish	 GLUTEN	 EGGS	 DAIRY	 PEANUTS	 TREE NUTS	 FISH	 SOYA	 MUSTARD	 SESAME	 CELERY	 SULPHITES	Diet
Vine Leaves												 Vegan
MENU - TOP UP												
Humus (Top Up)									✓			 Vegan
Baba Ganoush (Top Up)									✓			 Vegan
Falafel (Top Up)									✓			 Vegan
Chilli Sauce												 Vegan  Spicy
Garlic Sauce			✓									 Vegetarian
Bread	✓											 Vegan
MENU - DRINKS												
Regular Pepsi												 Vegan
Pepsi Max												 Vegan
Regular Coke												 Vegan
Diet Coke												 Vegan

Dish	 GLUTEN	 EGGS	 DAIRY	 PEANUTS	 TREE NUTS	 FISH	 SOYA	 MUSTARD	 SESAME	 CELERY	 SULPHITES	Diet
CATERING - PLATTERS												
Lamb Kebab Platter	✓	✓										
Mix Kebab Platter	✓	✓										
Chicken Kebab Platter	✓	✓										
Chicken Shish Platter	✓	✓										
Chicken Shawarma Platter	✓	✓										
Crispy Chicken Platter	✓	✓										
Falafel Wrap Platter	✓								✓			 Vegan
Spicy Falafel Wrap Platter	✓								✓			 Vegan  Spicy
Halloumi Wrap Platter	✓		✓						✓			 Vegetarian
Grilled Chicken Salad Platter	✓	✓	✓									
Chicken Caesar Salad Platter	✓	✓	✓									
Fatoush Salad Platter	✓											 Vegan

Dish	 GLUTEN	 EGGS	 DAIRY	 PEANUTS	 TREE NUTS	 FISH	 SOYA	 MUSTARD	 SESAME	 CELERY	 SULPHITES	Diet
CATERING - WRAPS												
Vintage Falafel Wrap	✓								✓			 Vegan
Spicy Falafel Wrap	✓								✓			 Vegan  Spicy
Halloumi Wrap	✓		✓						✓			 Vegetarian
Lamb Kebab Wrap	✓	✓										
Chicken Kebab Wrap	✓	✓										
CATERING - SIDES												
Rice												 Vegan
Fries												 Vegan
Humus Classic									✓			 Vegan
Baba Ganoush									✓			 Vegan
Falafel (6 Pieces)									✓			 Vegan

Important note

The safety check of ingredients produced by external contractors is conducted based on the information provided by the suppliers/manufacturers. While we take steps to minimize the risk of cross contamination, menu items that do not contain any allergens are prepared in the same kitchen and may still contain a trace amount of allergens. Customers are requested to make an informed decision and Baba Ganoush will not assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating our products. For any further information please contact eat@babaganoush.co.uk