

**PLEASE INFORM YOUR SERVER OF ALL ALLERGIES  
BEFORE ORDERING. THANK YOU.**



## **ALLERGEN GUIDE**

Allergies and special dietary requirements are taken very seriously at Perch. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your server before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens.

Where an ingredient is included as part of the recipe, this will be specified, however it is possible that dishes may contain traces of other allergens.

Recipes and cooking methods may vary from site to site, therefore we strongly recommended checking before ordering.

For more information please speak to a member of our team.



Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Drunken Mussels	Yes		Yes		Yes				Yes				Yes	
Steak Chimichurri									Yes					
Morrocan Spiced Falafel (VG)								Yes	Yes			Yes		
Sticky Asian Salmon		Yes			Yes				Yes					
Coconut Piri Piri chicken					Yes				Yes				Yes	
Summer Burrata (V)	Yes				Yes				Yes					
Goats Cheese (V)	Yes							Yes	Yes				Yes	
Avocado & Supergreen (VG)					Yes				Yes					
Poke Plate (VG)					Yes				Yes			Yes	Yes	
Plant Based Aioli (VG)									Yes		Yes			
Beet Ketchup (VG)									Yes				Yes	
Kickin Korean Mayo (V)	Yes				Yes		Yes	Yes	Yes					
Truffle Mayo						Yes			Yes					
Posh Chips	Yes					Yes			Yes		Yes		Yes	







Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Perch Hamburger	Yes				Yes				Yes		Yes	Yes	Yes	
Seabass Choo-Chee		Yes	Yes		Yes				Yes	Yes		Yes	Yes	
Drunken Mussels	Yes				Yes				Yes					
Chicken & Chorizo Kebab	Yes				Yes			Yes	Yes			Yes	Yes	
Red Thai Vegetable Curry					Yes				Yes					
Black Lobster & Crab Ravioloni	Yes	Yes			Yes				Yes					
Fish & Chips		Yes	Yes		Yes				Yes		Yes		Yes	
Tofish & Chips					Yes				Yes					
Salmon Poke Bowl		Yes			Yes				Yes					
Day Boat Fish	PLEASE CHECK WITH YOUR SERVER													
Fish Feast	Yes	Yes			Yes				Yes					
Crying Beef		Yes			Yes				Yes			Yes	Yes	
Tomahawk Sharer Steak	Yes				Yes				Yes		Yes			
Posh Chips					Yes				Yes				Yes	
Sirloin Steak					Yes				Yes					
Beer Braised Shin of Beef	Yes				Yes				Yes					
Spiced Falafel Poke Bowl					Yes				Yes					
Plant-Based Burger					Yes				Yes		Yes		Yes	







Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
The Fry Up					Yes	Yes			Yes				Yes	
The Veggie					Yes	Yes		Yes	Yes					
Loaded Plant Smash					Yes			Yes	Yes					
The Posh One	Yes	Yes			Yes	Yes			Yes					
Halloumi & Shrooms	Yes				Yes	Yes			Yes					
ADD : Chorizo									Yes					
ADD : Smoked Salmon		Yes							Yes					
ADD : Streaky Bacon									Yes					
Hash Brown Bites					Yes	Yes			Yes					
Berry Waffles	Yes				Yes	Yes			Yes					
Chicken Waffles	Yes				Yes	Yes		Yes	Yes			Yes		
Monty Bap					Yes	Yes			Yes					
Bacon Bap					Yes	Yes			Yes					
Veggie Bap					Yes	Yes			Yes					
Sausage Bap					Yes	Yes			Yes				Yes	

Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Sticky Asian Salmon		Yes			Yes				Yes			Yes		
Twisted Caesar	Yes				Yes	Yes			Yes		Yes	Yes		
Middle Feast					Yes				Yes			Yes		
Korean Fried Chicken Burger					Yes	Yes			Yes			Yes		
Beach Burger	Yes				Yes				Yes			Yes		
Vegan Junk Burger					Yes				Yes			Yes		
Mojo Chicken Sandwich					Yes				Yes			Yes		
Steak Samie					Yes	Yes			Yes		Yes	Yes		
Fish Finger Sandwich		Yes			Yes				Yes			Yes		
Steak Frites	Yes				Yes	Yes			Yes	Yes		Yes		
Fishcakes & Florentine	Yes	Yes			Yes				Yes			Yes		
Fish & Chips		Yes			Yes				Yes			Yes		
Tofish & Chips					Yes				Yes			Yes		
Drunken Mussels	Yes		Yes	Yes	Yes				Yes			Yes		
Angry Fries		Yes			Yes	Yes			Yes			Yes		
Beach Brunch					Yes				Yes			Yes		

Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Pizza	Yes				Yes				Yes		Yes			
Mini Fish & Chips		Yes			Yes	Yes			Yes				Yes	
Mini Burgers	Yes				Yes			Yes	Yes			Yes		
Chicken Sticks	Yes				Yes	Yes			Yes	Yes				
Messy Spaghetti	Yes				Yes				Yes					
Back To Front Vanilla Cheesecake	Yes				Yes			Yes	Yes					
Retro Knickerbocker	Yes				Yes			Yes	Yes					
Epic Brownie	Yes				Yes				Yes					





Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.  
*Due to some shared fryers some dishes carry a contamination risk.*

#### DOES IT CONTAIN?

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
ADD : Chorizo	Yes								Yes					
ADD: Smoked Salmon		Yes							Yes					
ADD : Streaky Bacon									Yes					
Basket Hash Browns	Yes				Yes				Yes					
Tofish and Chips					Yes	Yes			Yes				Yes	
Korean Chicken Burger					Yes	Yes			Yes	Yes				
Beach Burger					Yes	Yes			Yes			Yes	Yes	
Vegan Junk Burger					Yes	Yes			Yes		Yes	Yes		
Fish Finger Butty	Yes	Yes		Yes	Yes	Yes		Yes	Yes		Yes	Yes		
Steak Sarnie					Yes	Yes			Yes					
Fish & Chips		Yes			Yes	Yes			Yes					
Sticky Asian Salmon		Yes			Yes	Yes			Yes			Yes		
Twisted Caesar	Yes	Yes			Yes	Yes			Yes		Yes	Yes		
Middle Feast					Yes	Yes			Yes			Yes		
Onions rings					Yes	Yes			Yes					
Halloumi Fries	Yes				Yes	Yes			Yes					













