

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Pinchos & Tapas														
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Smoky Tomato Salsa with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Spanish Olives	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Arroz con Padron	no	no	no	no	may	no	no	yes	yes	no	no	no	no	no
Aubergine Gratin	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	no	no	yes
Charred Halloumi	yes	no	no	no	no	yes	yes	no	no	no	no	no	no	no
Charred Halloumi Taco	yes	no	yes	no	may	yes	yes	no	no	yes	no	yes	no	no
Cheeseburger Taco	no	no	yes	no	may	no	yes	no	no	yes	no	yes	may	no
Chicken Quesadilla	yes	no	no	no	no	yes	yes	no	may	may	may	no	no	may
Chorizo Croquettes	yes	no	yes	no	may	yes	yes	no	no	yes	no	no	no	no
Crispy Squid Tacos	yes	no	yes	no	may	no	yes	no	no	yes	no	yes	no	yes
Gambas Pil Pil	no	yes	no	yes	no	no	yes	no	no	no	no	no	no	no
Honey Roasted Veg	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Jerk Fried Chicken	yes	no	yes	no	may	no	no	no	no	yes	no	yes	no	no
Mojito Prawns	yes	yes	yes	yes	may	no	no	no	no	yes	no	no	no	yes
Nachos del Sol	no	no	no	no	no	yes	yes	no	yes	yes	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no
Pork Belly Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Roasted Chorizo	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Roasted Pork Taco	no	no	yes	no	may	no	yes	no	no	yes	no	yes	no	no
Roasted Sweet Potato	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Smoky Chicken Skewers	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no



Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs
Brunch & Lunch														
Avocado Brunch	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Burrito Bowl - Chicken	yes	no	no	no	no	yes	yes	no	yes	may	may	no	no	may
Burrito Bowl - Mushroom and Bean	no	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Burrito Bowl - Pork	no	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Chicken Fajita Sandwich	yes	no	yes	no	may	yes	yes	no	yes	yes	may	no	no	no
Cubano Benedict	yes	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
Fillet Steak Sandwich	yes	no	yes	no	may	yes	yes	no	no	yes	may	yes	no	no
Fried Jerk Chicken Wrap	yes	no	no	no	no	yes	yes	no	yes	may	no	no	no	no
Halloumi Wrap	yes	no	no	no	no	yes	yes	no	yes	may	no	no	no	no
Huevos Rancheros	yes	no	yes	no	no	no	no	no	yes	no	no	no	no	no
Pulled Pork Sandwich	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Mains														
Beef Fillet Skewers	yes	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Caribbean Chicken Curry	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
Chicken Enchilada	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Cuban Cheese Burger	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	may	no
Cuban Cheese Fried Jerk Chicken	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	no	no
Cuban Hot Burger	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	may	no
Cuban Hot Fried Chicken	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	no	no
Ensalada de Seville	no	yes	no	yes	no	no	no	no	no	no	no	yes	no	no
Marinated Chicken Burrito	yes	no	no	no	no	yes	yes	no	yes	may	may	no	no	may
Mushroom, Bean & Spinach Burrito	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Paella de Cuba	yes	yes	no	yes	no	yes	yes	no	yes	no	no	yes	no	no
Quesadilla Burger	yes	no	yes	no	may	yes	yes	no	may	yes	no	no	may	no
Shredded Pork Burrito	yes	no	no	no	no	yes	yes	no	yes	no	no	yes	no	no
Black Bean & Butternut Squash Chilli	yes	no	no	no	no	no	no	no	yes	no	no	no	no	no
Sunshine Salad with Chicken	yes	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Sunshine Salad with Halloumi	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Grilled Swordfish	no	may	no	yes	no	no	no	no	no	no	no	yes	no	may
Sides & Fries														
Cajun Cream Fries	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Cheesy Cuban Fries	no	no	no	no	no	yes	yes	no	no	yes	no	no	no	no
Creole Sweetcorn	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Crispy Fried Courgette	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
House Salad	no	no	no	no	no	no	yes	no	no	may	no	yes	no	no
Mojito Battered Onion Rings	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Padron Peppers	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Spiced Black Beans	no	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Sweet Potato Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no



Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs
Dessert														
Chocolate Brownie	yes	no	yes	no	no	yes	yes	may	no	no	no	yes	no	no
Chocolate, Coconut & Raspberry Slice	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no
Churros	yes	no	no	no	no	yes	yes	no	no	no	no	yes	no	no
Coconut Ice Cream	may	no	no	no	no	no	yes	may	no	no	no	yes	no	no
Mango and Passionfruit Cheesecake	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Pineapple Cake	yes	no	yes	no	may	no	yes	may	no	no	no	yes	no	no
Pornstar Pavlova	no	no	yes	yes	no	no	yes	no	no	no	no	yes	no	no



Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Avocado Brunch	yes	no	yes	no	no	no	no	no	no	no	no	yes	no	no
Brekkie Burrito	yes	no	yes	no	no	yes	yes	no	no	no	no	yes	no	no
Cubano Benedict	yes	no	yes	no	no	no	yes	no	no	yes	no	yes	no	no
Full Grilled Breakfast	yes	no	yes	no	no	no	yes	no	no	no	no	yes	no	no
Huevos Rancheros	yes	no	yes	no	no	no	no	no	yes	no	no	yes	no	no
Prep Tortilla	no	no	yes	no	no	may	yes	no	no	no	no	yes	no	no
Spanish Omelette	yes	no	yes	no	no	may	yes	no	no	no	no	yes	no	no
Bacon and Egg Sandwich	yes	no	yes	no	no	no	yes	no	no	no	may	no	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs
Grilled Chicken	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Chorizo Croquettes	yes	no	yes	no	may	yes	yes	no	no	yes	no	no	no	no
Homemade Chicken Fingers	yes	no	yes	no	no	yes	yes	no	yes	no	no	no	no	no
Mini Vegetable Quesadilla	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Kid Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Rice and Peas	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Sweet Potato Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Cucumber/Carrot Sticks	no	no	no	no	no	no	no	no	no	no	no	no	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Tapas Feasting														
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Sweet Pork Shoulder	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Caribbean Chicken Curry	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
Caribbean Vegetable Curry	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
Roasted Sweet Corn Salsa	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Paella de Cuba	yes	yes	no	yes	no	yes	yes	no	yes	no	no	yes	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Honey Roasted Veg	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no
3 Course Dining														
Maple Root Soup	no	no	no	no	may	yes	no	may	no	no	may	no	no	no
Spicy Paella Bon Bon	yes	no	yes	no	may	yes	yes	no	no	yes	no	yes	no	no
Stuffed Portobello Mushroom	yes	no	yes	no	no	no	yes	no	no	may	no	yes	no	no
Tropical Chicken Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Beef Short Rib	no	no	no	no	no	yes	yes	no	no	no	no	yes	no	no
Mexican Bean Encilada	yes	no	no	no	no	yes	no	no	yes	no	no	yes	no	no
Parsnip & Swede Rosti	yes	no	yes	no	may	yes	yes	may	no	yes	may	yes	no	no
Roasted Chicken Supreme	no	no	no	no	no	no	yes	no	yes	yes	no	yes	no	no
Swordfish Steak	no	may	no	yes	no	no	yes	no	no	no	no	no	no	may
Cheese cake	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Chocolate, Coconut & Raspberry	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no
Ginger Figgy Honey Sponge	yes	no	yes	no	may	no	yes	may	no	no	no	no	no	no
Raspberry and Prosecco Sorbet	no	no	no	no	may	no	no	may	no	no	no	yes	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Mostrador Buffet														
Roasted Chicken Supreme	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
Red Sauce	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no
Beef Short Rib	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Honey Roasted Veg	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	no	no	yes
Smoky Chicken Skewers	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no
Chocolate Cherry Brownie	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
Chocolate Orange Mince Pie Bite	yes	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
Chocolate Oranage Mince Pie Bites	yes	no	yes	no	may	yes	yes	may	no	no	no	no	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Mostrador - available until Feb 2019														
Beef Brisket Chilli	yes	no	no	no	no	yes	no	no	yes	no	no	yes	no	no
Caribbean Chicken Curry	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Creole Sweetcorn	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	no	no	yes
Honey Roasted Veg	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no
Smoky Chicken Skewers	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no
Vegetarian Mostrador														
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Padron Peppers	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Charred Sweetcorn	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Spiced Black Beans	no	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Arroz con Padron	no	no	no	no	may	no	no	yes	yes	no	no	no	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Honey Roasted Veg	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Lunch Buffet														
Black Bean & Butternut Squash Chilli	no	no	no	no	no	no	no	no	yes	no	no	no	no	no
Vegan Paella	no	no	no	no	no	no	no	no	yes	no	no	no	no	no
Chocolate, Coconut & Raspberry Slice	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no
Roasted Sweet potato Salad	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Smoky Tomato Salsa with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Chicken Quesadilla	yes	no	no	no	no	yes	yes	no	may	may	may	no	no	may
Jerk Fried Chicken	yes	no	yes	no	may	no	no	no	no	yes	no	yes	no	no
Roasted Sweet Corn Salsa	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Mostrador														
Beef Fillet Skewer	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Ginger Beer Can Chicken	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
Vegetable Enchilada	yes	no	no	no	no	no	yes	no	yes	no	no	no	no	no
Roasted Sweet potato Salad	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	no	no	yes
Roasted Chorizo	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Smoky Chicken Skewers	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no
Roasted Sweet Corn Salsa	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Brownie Bites	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
Chocolate, Coconut & Raspberry Slice	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Tapas Feasting														
Vegan Paella	no	no	no	no	no	no	no	no	yes	no	no	no	no	no
Vegetable Skewers	yes	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Charred Halloumi	yes	no	no	no	no	yes	yes	no	no	no	no	no	no	no
Gambas Pil Pil	no	yes	no	yes	no	no	yes	no	no	no	no	no	no	no
Patatas Bravas	no	no	yes	no	may	yes	no	no	no	yes	no	yes	no	no
Pork Belly Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
3 Course Dining - Starters														
Beetballs	yes	no	no	no	may	yes	no	may	no	no	may	yes	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	yes	no	yes
Chorizo and White Bean Soup	yes	no	no	no	no	no	yes	no	yes	no	no	no	no	no
Goats Cheese Mushroom	yes	no	no	no	may	no	yes	yes	no	no	no	yes	no	no
Jerk Chicken Skewer	yes	no	yes	no	may	no	no	no	no	yes	no	yes	no	no
Sharing Tapas Platter:	yes	no	yes	no	may	yes	yes	no	may	yes	may	yes	no	yes
Charred Halloumi Taco	yes	no	yes	no	may	yes	yes	no	no	yes	no	yes	no	no
Calamari	yes	no	yes	no	may	yes	no	no	no	yes	no	no	no	yes
Chicken Quesadilla	yes	no	no	no	no	yes	yes	no	may	may	may	no	no	may
Jerk Fried Chicken	yes	no	yes	no	may	no	no	no	no	yes	no	yes	no	no
Pickled Onions	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Red Chard	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Banana leaves	no	no	no	no	no	no	no	no	no	no	no	no	no	no
3 Course Dining - Mains														
Chicken Enchilada	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Cuban Cheese Burger	yes	no	yes	no	may	yes	yes	no	no	yes	may	no	may	no
Paella de Cuba	yes	yes	no	yes	no	yes	yes	no	yes	no	no	yes	no	no
Black Bean & Butternut Squash Chilli	yes	no	no	no	no	no	no	no	yes	no	no	no	no	no
Sunshine Salad with Halloumi	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Grilled Swordfish	no	may	no	yes	no	no	no	no	no	no	no	yes	no	may
Caribbean Chicken Curry	no	no	no	no	no	no	no	no	yes	yes	no	yes	no	no
3 Course Dining - Desserts														
Chocolate Brownie	yes	no	yes	no	no	yes	yes	may	no	no	no	yes	no	no
Chocolate, Coconut & Raspberry Slice	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no
Mango and Passionfruit Cheesecake	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Pineapple Cake	yes	no	yes	no	may	no	yes	may	no	no	no	yes	no	no

Dish Name	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Smoky Tomato Salsa with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Spanish Olives	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Arroz con Padron	no	no	no	no	may	no	no	yes	yes	no	no	no	no	no
Beet and Avocado Taco	yes	no	no	no	may	yes	no	may	no	no	may	yes	no	no
Beet Burrito	yes	no	no	no	may	yes	no	may	yes	no	may	yes	no	no
Beetballs	yes	no	no	no	may	yes	no	may	no	no	may	yes	no	no
Black Bean & Butternut Squash Chilli	yes	no	no	no	no	no	no	no	yes	no	no	no	no	no
Garlic Mushrooms	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Patatas Bravas	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Ramesco Burrito Bowl	no	no	no	no	may	yes	no	yes	yes	no	no	yes	no	no
Roasted Vegetables	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Vegan Paella	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
Avocado Brunch	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Padron Peppers	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Spiced Black Beans	no	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Chocolate, Coconut & Raspberry Slice	yes	no	no	no	may	no	no	may	no	no	no	yes	no	no
Raspberry and Prosecco Sorbet	no	no	no	no	may	no	no	may	no	no	no	yes	no	no
Sauteed Tofu with Romesco	no	no	no	no	may	yes	no	yes	no	no	no	yes	no	no