

Dish Name	Cereals containing Gluten:	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Tapas & Pinchos														
Crusty Bread	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Homemade Guacamole & Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Cuban Broccolini	no	no	no	no	yes	no	yes	no	no	no	no	yes	no	no
Cuban Broccolini (vegan)	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Tacos - BBQ Beef Ropa	yes	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Tacos - Ginger Beer Can Chicken	no	no	no	no	no	no	yes	no	no	yes	yes	no	yes	no
Tacos - Charred Halloumi	no	no	no	no	no	no	yes	no	no	no	no	yes	yes	no
Chilli Plantanos Bites	no	no	no	no	no	yes	no	may	may	no	no	may	no	no
Polpo & Chorizo	no	no	no	yes	no	no	yes	no	no	no	no	no	yes	no
Roasted Sweet Potato Salad	no	no	no	no	no	yes	no	no	no	no	no	no	yes	no
Patatas Bravas	no	no	no	no	yes	yes	no	no	may	no	yes	no	may	no
Jackfruit Chilli Nachos	no	no	no	no	no	yes	yes	may	may	no	yes	may	no	no
Roasted Chorizo	no	no	no	no	no	no	yes	no	no	no	no	no	yes	no
Jerk Fried Chicken	yes	no	no	no	yes	yes	no	no	may	no	yes	no	yes	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Calamari	yes	no	no	yes	yes	yes	no	no	may	no	yes	no	no	no
Mojito Prawns	yes	yes	yes	no	yes	yes	no	no	may	no	yes	no	no	no
Gambas Pil Pil	no	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
Jamon Croquettes	yes	may	may	may	yes	yes	yes	no	may	no	yes	no	no	no
Charred Halloumi	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
Chicken Rumba Skewers	yes	no	no	no	no	yes	may	no	no	may	may	may	may	no
Shredded Beef Chilli Nachos	no	no	no	no	no	yes	yes	no	no	yes	yes	no	yes	no
Chicken Quesadilla	yes	no	no	may	no	yes	yes	no	no	may	may	yes	no	no
Veggie Quesadilla	yes	no	no	no	no	no	yes	no	no	no	no	yes	no	no
Pork Belly Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Lambondigas	no	no	no	no	no	no	no	may	may	no	no	may	no	no

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Mains														
Burger Royale	yes	no	no	no	yes	yes	yes	no	may	yes	yes	no	yes	no
Cuban Cheese Burger	yes	no	no	no	yes	yes	yes	no	may	no	yes	no	yes	no
Baked Sea Bass	no	yes	no	no	no	yes	yes	no	no	no	no	no	no	no
Paella de Cuba	yes	yes	yes	no	no	yes	no	no	no	yes	no	no	yes	no
Paella Vegano	no	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Jerk Fried Chicken & Chips	yes	no	no	no	yes	yes	no	no	may	no	yes	no	no	no
Burrito - Marinated Chicken	yes	no	no	may	no	yes	yes	no	no	yes	may	may	no	no
Burrito - Mushroom, Bean & Spinach	yes	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Burrito - Pulled Jackfruit	yes	no	no	no	no	yes	no	may	may	yes	no	may	no	no
Vegetable Enchilada (vegan)	yes	no	no	no	no	yes	no	no	no	yes	no	yes	yes	no
Burrito - Slow Cooked Shredded Beef	yes	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Cuban Salad	no	no	no	no	no	no	no	no	no	no	no	no	yes	no
Cuban Salad with Beef Fillet Skewers	no	no	no	no	no	no	no	no	no	no	no	no	yes	no
Cuban Salad with Marinated Chicken	no	no	no	no	no	no	no	no	no	yes	yes	no	yes	no
Cuban Salad with King Prawns	no	yes	yes	no	no	no	no	no	no	no	no	no	yes	no
Beef Fillet Skewers	yes	no	no	no	no	yes	no	no	no	yes	no	no	no	no
Burrito Bowl - Pulled Jackfruit	no	no	no	no	no	yes	no	may	may	no	no	may	no	no
Burrito Bowl - Marinated Chicken	yes	no	no	may	no	yes	yes	no	no	yes	may	may	yes	no
Burrito Bowl - Mushroom, Bean & Spinach	no	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Burrito Bowl - Slow Cooked Shredded Beef	no	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Chimichurri Chicken Cubano	yes	no	no	no	no	yes	yes	no	no	no	yes	no	yes	no
Cuban Sandwich	yes	no	no	no	no	yes	yes	no	no	no	yes	no	no	no
Sides														
Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Sweet Potato Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Cheesy Cuban Fries	no	no	no	no	no	yes	yes	no	no	no	yes	no	no	no
Cajun Cream Fries	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
Mojito Battered Onion Rings	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no



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Desserts														
Chocolate Brownie	yes	no	no	no	yes	yes	yes	no	no	no	no	no	yes	no
El Supremo Churros	yes	no	no	no	may	yes	yes	yes	may	no	no	no	yes	no
Looped Churros	yes	no	no	no	may	yes	yes	may	may	no	no	no	yes	no
Millionares Slice	yes	no	no	no	may	yes	may	may	no	no	no	no	no	no
Raspberry Sorbet	no	no	no	no	no	no	no	no	no	no	no	no	no	no



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Kids														
Chicken Quesadilla	yes	no	no	may	no	yes	yes	no	no	may	may	yes	no	no
Cucumber & Carrot Stricks	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chocolate Brownie	yes	no	no	no	yes	yes	yes	no	no	no	no	no	no	no
Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Grilled Chicken	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Ice Cream	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Sweetcorn	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Sweet Potato Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Veggie Quesadilla	yes	no	no	no	no	yes	yes	no	no	no	no	yes	no	no
Meatballs	no	no	no	no	no	no	no	may	may	no	no	may	no	no



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Avocado Brunch	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Burrito Bowl - Jackfruit	no	no	no	no	no	yes	no	may	may	no	no	may	no	no
Burrito Bowl - Marinated Chicken	yes	no	no	may	no	yes	yes	no	no	yes	may	may	yes	no
Burrito Bowl - Mushroom, Bean & Spinach	no	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Burrito Bowl - Slow Cooked Shredded Beef	no	no	no	no	no	yes	yes	no	no	yes	no	no	yes	no
Chicken Fajita Sandwich	yes	no	no	no	yes	yes	yes	no	may	yes	yes	no	no	no
Chimichurri Chicken Cubano	yes	no	no	no	no	yes	yes	no	no	no	yes	no	yes	no
Chorizo Hash	no	no	no	no	yes	yes	yes	no	no	may	yes	no	yes	no
Cubano Benedict	yes	no	no	no	yes	no	yes	no	no	no	yes	no	no	no
Cuban Sandwich	yes	no	no	no	no	yes	yes	no	no	no	yes	no	no	no
Full Grilled Breakfast	yes	no	no	no	yes	no	yes	no	no	no	no	no	yes	no
Pulled Pork Sandwich	yes	no	no	no	yes	yes	no	no	may	no	yes	yes	no	no
Sweetcorn Fritters	yes	no	no	no	yes	no	yes	no	no	no	no	no	yes	no



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Tapas Feasting														
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Beef Ropa Vieja	no	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Vegetable Paella	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
Pork Belly Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Gambas Pil Pil	no	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
Albondigas	yes	no	no	no	no	no	yes	no	no	no	no	no	yes	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Charred Halloumi	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
Patatas Bravas	no	no	no	no	yes	yes	no	no	may	may	yes	no	yes	no
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Mostrador														
Beef Short Rib	no	no	no	no	no	yes	no	no	no	yes	yes	no	no	no
Roasted Chicken Supreme	no	no	no	no	no	no	no	no	no	no	yes	no	no	no
Zesty Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Crusty Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Chicken Rumba Skewers	yes	no	no	no	no	yes	may	no	no	may	may	may	may	no
Sweet Corn Salsa	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Roasted Chorizo	no	no	no	no	no	no	yes	no	no	no	no	no	yes	no
Vegetable Enchilada	yes	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Cajun Cream Mushrooms	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Roasted Sweet Potato Salad	no	no	no	no	no	no	no	no	no	no	no	no	yes	no
Calamari	yes	no	no	yes	yes	yes	no	no	may	no	yes	no	no	no
Add Ons:														
Chocolate & Raspberry Slice	yes	no	no	no	no	no	no	may	may	no	no	no	yes	no
Steak Skewer	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no

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3 Course Dining														
Starter: Spicy Paella Bon Bon	yes	no	no	no	yes	yes	yes	no	may	no	yes	no	yes	no
Starter: Stuffed Portobello Mushroom	yes	no	no	no	yes	may	yes	no	no	may	may	may	yes	no
Starter: Tropical Chicken Skewers	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Starter: Smoky Sweet Potato Soup	yes	no	no	no	no	yes	no	may	no	no	no	no	no	no
Main: Beef Short Rib	no	no	no	no	no	yes	yes	no	no	may	no	no	yes	no
Main: Mexican Bean Encilada	yes	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Main: Parsnip & Swede Rosti	yes	no	no	no	yes	yes	yes	may	may	may	yes	may	yes	no
Main: Roasted Chicken Supreme	no	no	no	no	no	no	yes	no	no	yes	yes	no	yes	no
Main: Grilled Swordfish Steak	no	yes	may	may	no	no	yes	no	no	no	no	no	no	no
Dessert: Baked Vanilla Cheesecake	yes	no	no	no	yes	no	yes	no	no	no	no	no	no	no
Dessert: Chocolate & Raspberry Slice	yes	no	no	no	no	no	no	may	may	no	no	no	yes	no
Dessert: Raspberry and Prosecco Sorbet	no	no	no	no	no	no	no	may	may	no	no	no	yes	no
Dessert: Chocolate Brownie	yes	no	no	no	yes	yes	yes	may	no	no	no	no	yes	no

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Batata Cubano	yes	no	no	no	no	no	yes	no	no	no	no	may	yes	no
Classic Cubano	yes	no	no	no	no	no	yes	no	no	no	yes	may	no	no
El Pollo Cubano	yes	no	no	no	yes	yes	yes	no	may	yes	yes	may	no	no
Sloppy Cubano	yes	no	no	no	no	no	yes	no	no	yes	no	may	yes	no
Homemade Guacamole with Tortilla Chips	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Fries	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Spiced Black Beans	no	no	no	no	no	yes	no	no	no	yes	no	no	yes	no
Bean Dreamin' of Cuba Bowl	no	no	no	no	no	yes	yes	no	no	no	yes	no	no	yes
Chimichurri Chicken Cubano	yes	no	no	no	no	yes	yes	no	no	no	no	yes	no	yes
Cuban Grilled Cheese	yes	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
Good Ole Creole Bowl	yes	may	no	no	no	yes	yes	no	no	no	yes	may	may	yes
Jackfruit Chilli Cubano	yes	no	no	no	no	no	yes	no	no	no	yes	yes	no	yes