



# Allergen Information

Menu: Bar 44

Date Updated: 07 / 03 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Olives	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pan Con Tomato	Active	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Padron Peppers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sour Dough and Olive oil	Active	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Boquerones	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	May	Active	May
Sobrasda on toast	Active	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Ultimate Manchengo Plate	Active	Wheat Flour (Cracke	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A
Jamon Iberico De Bellota	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A



# Allergen Information

Menu: Bar 44

Date Updated: 19 / 04 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)															
	Wheat, spelt (Please State)	Cereals Containing Gluten e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Beetroot	Active	Wheat Flour(A)jo Biar	N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	Active	Almonds	N/A	N/A	N/A
Torta De Barros	Active	Wheat Flour	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	May	Mixed Nuts	May	May	May
Artichoke	N/A		N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tortilla	N/A		N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Patatas Bravas	N/A		N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Whipped Cods Roe	N/A		N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	May	Active	May
Pescado	Active	Wheat Flour	N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	May	Active	May
Wild Prawn Rice	N/A		N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	Active	Active	Active



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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Tuna	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> May	<input type="checkbox"/> Active	<input type="checkbox"/> May
Cecina Caesar	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A
Croquetas	<input type="checkbox"/> Active	<input type="checkbox"/> Wheat Flour	<input type="checkbox"/> May	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A
Chorizo	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A
Duck Burger	<input type="checkbox"/> Active	<input type="checkbox"/> Wheat Flour (Bun)	<input type="checkbox"/> May	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> May	<input type="checkbox"/> May	<input type="checkbox"/> May	<input type="checkbox"/> May	<input type="checkbox"/> Mixed Nuts	<input type="checkbox"/> N/A
Chicken	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A
PX OX Cheek	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> Active	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A
	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A



# Allergen Information

Menu: Bar 44

Date Updated: 07 / 03 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sunday Gravy	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Vegi Gravy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sunday Carrots	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cauliflower Cheese	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chorizo Yorkshire	Active	Wheat Flour	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A
Cabbage	N/A	Active	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



# Allergen Information

Menu: Bar 44

Date Updated: 07 / 03 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Valencian Orange Cake	N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	May	Active	Mixed Nuts	N/A	N/A	N/A
Chocolate Trufa	N/A	N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
White Chocolate Truffles	N/A	Active	N/A	N/A	Active	N/A	N/A	N/A	N/A	May	Active	Mixed Nuts	N/A	N/A	N/A
Dark Chocolate truffles	N/A	Active	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Salted Caramel ice cream	May	Wheat Flour	May	N/A	N/A	Active	May	Active	N/A	May	Active	Mixed Nuts	N/A	N/A	N/A
Chocolate ice cream PX Sherry	Active	Wheat Flour	May	N/A	N/A	Active	Active	Active	N/A	May	N/A	May	Mixed Nuts	N/A	N/A
Lemon and Fino Sherry Sorbet	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A
Vanilla/Olive Oil ice cream	May	Wheat Flour	May	N/A	N/A	Active	May	N/A	N/A	N/A	N/A	May	Mixed Nuts	N/A	N/A

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# Allergen Information

Menu: No Intentional Gluten Menu RG

Date Updated: 07 / 03 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Pan con tomate RG	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bread RG	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sobrasada RG	N/A	N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Manchego Plate RG	N/A	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Beetroot RG	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	May	Active	Almonds Mixed nuts	N/A	N/A
Cecina Ceaser RG	N/A	N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



# Allergen Information

Menu: Bar 44 Vegan Menu

Date Updated: 07 / 03 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)															
	Wheat, spelt (Please State)	Cereals Containing Gluten e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Vegan Artichoke	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vegan Patatas Bravas	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vegan Tomato salad	Active	Wheat Flour	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vegan Aubergine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vegan Piquillo peppers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Alubais Beans	Active	Wheat Flour (Toast)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	May	Active	Almonds, Mixed nuts	N/A	N/A	N/A
			N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
			N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	

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