



Allergen Information

Menu: Bar 44

Date Updated: 14 / 11 / 23

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 Tomate	Active	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	May	May	May	Mixed Nuts	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	May	Mixed Nuts	N/A
Cider Poached Chorizo	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
Sobrasda on toast	Active	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	May	May	May	Mixed Nuts	N/A
Fuero, rosemary cracker tomato	Active	Wheat Flour (Cracke	N/A	N/A	N/A	Active	N/A	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



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	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
Manchego 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
Boquerones	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
Charcuterie	Active	Wheat Flour/ Barley	N/A	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A
Ensalada Crudos	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
Mushroom Spinach chickpeas	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
Remolacha/Beetroot	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
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
Bravas	N/A	N/A	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A



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	(Please State) wheat, spelt e.g. bran, Gluten Cereals Containing	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) walnuts brazil nuts, hazelnuts, e.g. Nuts	Crustaceans	Fish	Molluscs		
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
Tuna	N/A		N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	May	Active	May
Arroz Meloso	N/A		N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	Active	Active	Active
Croquetas	Active	Wheat Flour	May	N/A	Active	Active	Active	Active	May	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pringa (Duck Burger)	Active	Wheat Flour (Bun)	May	N/A	N/A	Active	Active	Active	N/A	May	May	May	May	N/A	N/A	N/A
Chicken	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
Pork Belly	N/A		N/A	N/A	N/A	Active	Active	Active	Active	N/A	May	May	May	N/A	N/A	N/A
PX Ox Cheek	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



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Gambas	N/A	N/A	N/A	N/A	N/A	N/A	N/A	<input type="checkbox"/>	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	Active	Active	Active	N/A	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
Vegan Fennel	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



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	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	
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
Apple Crema Catalana	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
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	N/A	N/A	N/A	May	Active	Mixed Nuts	N/A	N/A
Chocolate Ice cream	Active	Wheat Flour	May	N/A	N/A	Active	Active	May	N/A	May	N/A	May	Mixed Nuts	N/A	N/A
Sangria 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	May	Mixed Nuts	N/A



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	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				
Chocolate truffle and blackberrie	N/A	Active	N/A	N/A	Active	N/A	Active	N/A	N/A	N/A	N/A	May	Active	Mixed Nuts	N/A	N/A	N/A	
Lemon Sorbet	May	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	N/A	N/A	N/A	May	Mixed Nuts	N/A	N/A	N/A	
Mango Sorbet	May	Wheat Flour	May	N/A	N/A	May	May	N/A	N/A	N/A	N/A	N/A	May	Mixed Nuts	N/A	N/A	N/A	
Hazelnut Ice Cream	May	Wheat Flour	May	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	Active	Hazelnuts/Mixed	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	
	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	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: No Intentional Gluten Menu RG

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	Cereals Containing wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts (Please State) e.g. hazelnuts, brazil nuts, walnuts	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
Fuero	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	N/A	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	May	May	Mixed Nuts	N/A	N/A
Charcuteria	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	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	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Bar 44 Vegan Menu

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	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
Vegan Beetroot	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	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Vegan Fennel	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 Potato pave	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
	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	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
	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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