



















## Allergen Information 2022-2023

We are not an allergen-free facility. We make every attempt to identify ingredients that may cause allergic reactions for those individuals with food allergies. In this document we label items with possible allergens containing ingredients from our suppliers; however, we cannot guarantee that cross-contamination has not occurred. Cardiff University Students' Union cannot be held responsible for any issues resulting from food allergies.

















KEY:
Suitable for
Contains
May contain

## THE TAF

May contain															1		
	_ ⊆													gus			
	Vegetarian	_ ا			_				2		ıts	9		Crustaceans	្ល		ites
	get	Vegan	Halai	Celery	Gluten	Eggs	Fish	ı≝	Mustard	Nuts	Peanuts	Sesame	Soya	ust	Molluscs	Lupin	Sulphites
Name of Dish Breakfast	V	VG	:	ပ င	<u>υ</u> G	<u>명</u>	i <u>i</u>	Σ M		N Z	PN	s S		じ CR	MO	3 10	დ US
Taf Breakfast	V	٧G	H		G	E	F	M	MU	N	PN	5	SO	CR	MO	LU	50
The Big Brunch																	
Vegan Breakfast																	
Burgers	٧	VG	Н	С	G	E	F	М	MU	N	PN	S	so	CR	МО	LU	SU
Classic Beef Burger																	
Buttermilk Chicken Burger Butternut Squash Quinoa Burger																	-
The Veganburg																	
Union Chicken Burger																	
Union Beef Burger																	
Pizza	٧	VG	Н	С	G	E	F	М	MU	N	PN	S	so	CR	МО	LU	SU
Garlic Pizza Bread																	
Margherita Pizza																	
Vegan Pizza																	
BBQ Chicken Pizza Meat Feast Pizza																	
Pepperoni Pizza																	
Mains	٧	VG	Н	С	G	Ε	F	М	MU	N	PN	s	so	CR	МО	LU	SU
Fish Cakes																	
Mushroom Rissoto																	
The wraps	٧	VG	Н	С	G	E	F	М	MU	N	PN	s	so	CR	МО	LU	SU
SF Chicken Wrap	-	1							<u> </u>								
Tuna Cucumber Wrap Pakora Salad Wrap																	
Dirty Fries	V	VG	Н	С	G	E	F	М	MU	N	PN	s	so	CR	МО	LU	SU
BBQ Chicken																	
Pizza																	
Pulled Oomph																	
Mac & Cheese																	
Bacon	V	VC			G	-	-		MII	N	DN		00	CD	МО		CLL
Salads Caesar	V	VG	Н	С	G	E	F	М	MU	N	PN	S	so	CR	МО	LU	SU
Falafel																	
Greek																	
Chicken & Avocado																	
Tuna																	
Snacks & Sides	٧	VG	Н	С	G	E	F	М	MU	N	PN	S	so	CR	МО	LU	SU
Nachos Cauliflower Wings																	
Onion Bhajis																	
Chicken Goujons																	
SF Chicken Strips																	
Cream Cheese Jalapenos																	
Halloumi Sticks																	
Onion Rings																	
Chips Carlia Prograf																	
Garlic Bread Sweet Potato Fries																	
Chips Beans & Cheese																	
Desserts	٧	VG	Н	С	G	E	F	М	MU	N	PN	s	so	CR	МО	LU	SU
Chocolate Fudge Cake																	
Belgian Waffle																	
Vegan Salted Caramel Cake																	
Coconut Sorbet	V	VG		_	G	E	F	M	MU	N	DN		SO	CR	МО		CII
Weekly Specials Lamb Burger	V	٧G	Н	С	G	-	F	M	MU	N	PN	S	50	CR	МО	LU	SU
Chicken Club Sandwhich																	
Chocolate Fondant																	
SF Chicken Burger																	
Ham Egg & Chips																	
Jam Sponge Pudding																	
Sriracha Chicken Burger		<u> </u>							<u> </u>					<u> </u>			
Beef & Steak Pie									<u> </u>								
Baked Vanilla Cheesecake Halloumi Burger									$\vdash$								
Fishfinger Sandwhich																	
White Chocolate & Rasberry Cool	kie																
0% Cow Burger									L								
Gammon Steak																	
Toblerone Tart															I		

Name of Dish	Vegetarian	Vegan	Halal	Celery	Gluten	Eggs	Fish	Milk	Mustard	Nuts	Peanuts	Sesame	Soya	Crustaceans	Molluscs	Lupin	Sulphites
Late Night Food	٧	VG	Н	С	G	Ε	F	М	MU	N	PN	S	SO	CR	MO	LU	SU
Cheese Burger																	
Chicken Burger																	
Vegetable Burger																	
Chips																	
Cheesy Chips																	
Sunday carvery	٧	VG	Н	С	G	E	F	М	MU	N	PN	S	SO	CR	МО	LU	SU
Nut Roast																	
Vegan Sausage																	
Beef																	
Chicken																	
Pork																	
Gravy																	
Peas																	
Carrots																	
Stuffing																	
Cauliflower Cheese																	
Yorkshire Pudding																	
Roast Potatoes																	
Red Cabbage																	

















