



















## Allergen Information 2025

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 Vegetarian Sulphites Gluten Halal Fish Name of Dish  $\mathbf{L}\mathbf{U}$ Breakfast ; ΜU Taf Breakfast The Big Brunch Plant Based Breakfast VG Veggie Breakfast V Avocado & Poached Eggs Sausage Bap Vegan Sausage Bap Beans on Toast Breakfast Melt Breakfast Veggie Melt Breakfast Plant Based Melt VG Bacon Bap Gluten Free Bacon Roll Bacon & Egg Bap Egg On Toast Toast 2 slices Steak & Hash Eggs Benedict Eggs Royale Chips Beans & Cheese Flatbreads & Salads C G E F M MU N PN S SO CR MO LU SU H Halloumi & Sweet chilli Sriracha Chicken & Sriracha sauce Steak & Korean BBQ Cod Goujons & Tartare Sauce Plant Based Buffalo Tenders VG C G E F M MU N PN S SO CR MO LU SU Burgers VG ; Classic Beef Burger Buttermilk Chicken Burger Cauliflower & Korean BBQ (VG) Pork & Cluck Union Chicken Burger Chicken Rarebit Burger Beef Rarebit Burger Challenge Burger Challenge Burger Plant Based VG Vegan Union Burger Union Beef Burger VG G E F M MU N PN SO CR MO LU SU H Margherita Plant Based Margarita VG Veggie Pizza The Veggie Pizza VG Smoking HOT Double Pepperoni Meat Feast Pepperoni VG G M MU 80 C =3 N PΝ S CR MO LU ; Plant-Based Ragu Spaghetti Bolognese (VG) Meat Lasagne Taf House Chicken Curry entil Shepards Pie (V) Steak Sandwhich Tafner's Chicken Grilled Sriracha Cajun Katsu Aubergine Curry Mac & Cheese Plant Based Tagine (VG) Paneer Curry Katsu Chicken Curry C G M ; 3 F MU N PN SO VG S Wraps Garlic Chicken Sweet Chilli Chicken BBQ Chicken Plant Based BBQ Oumph Halloumi Avocado GFI Halloumi Avocado Grilled Sriracha Chicken (GFI)

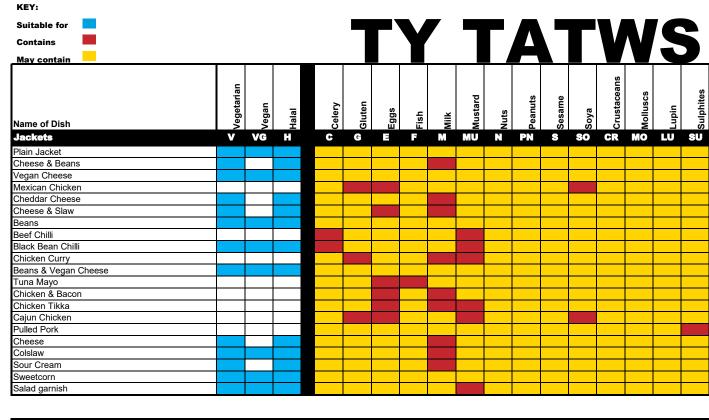
Grilled Sriracha Chicken

Cod Wrap

Red Cabbage

KEY:																	
Suitable for																	
Contains									H								
May contain																	
Name of Dish Specials	Vegetarian	S Vegan	Halal	T Celery	9 Gluten	Eggs	Fish	Milk	S Mustard	77 Nuts	Peanuts	9 Sesame	soya	Crustaceans	Molluscs	<b>GT</b> Lupin	Sulphites
New York		7.9	-		•			1/	Me		171		30	OK	MO		90
Vegan Bacon Club																	
Scampi																	
Steak Ale Pie																	
Pulled Pork Melt																	
Roasted Veg Melt																	
Fallafel Melt																	
Lamb Burger																	
Burger With Onion Jam and Bacon																	
Ham Melt																	
Veggie Nachos Grande																	
Avo & Bacon Club																	
Chicken Club																	
Steak Melt																	
Vegan Bacon Melt																	
Gammon & Egg																	
Mexican Club																	
Dirty Turkey																	
Xmas Vegan Dirty Fries																	
Xmas Pizza																	
Giant Yorkshire Pudding																	

**Weekly specials**Please see a member of staff for any allergens



Paninis	V	VG	H	C	G	Ξ	F	W	MU	N	PN	S	80	CR	MO	LU	SU
Cheese																	
Ham & Cheese																	
BBQ Pulled Pork & Cheese																	
Peri chicken & cheese																	
Tuna & Cheese																	
BBQ Oumph 7 Plant Bassed																	

## **Weekly specials**

Please see a member of staff for any allergens

Specials	V	VG	Н	C	G	Ξ	F	M	MU	N	PN	S	SO	CR	MO	LU	SU
Sweet Chilli Chicken																	
Cheese Savory																	
Piri Chicken																	
Falafel & Salsa																	
Pork & Apple Stuffing																	

