

## Allergen List SOIA

### Lunch

Caesar Salad with Lemon Chicken: Gluten (croutons), milk (Parmesan), fish (anchovies), egg

Caprese Salad with Burrata: Gluten (croutons), milk (burrata)

Noodle Salad: Gluten, soy, sesame (+prawns = shellfish)

Focaccia Caesar Lemon Chicken: Gluten, milk (Parmesan), fish (anchovies)

Focaccia Smoked Salmon: Gluten, fish

Focaccia Mortadella: Gluten, milk, nuts (pistachio)

Focaccia Caprese: Gluten, milk, nuts (pistachio)

Croquette Sandwich: Gluten, milk, celery, mustard

Shrimp Croquette Sandwich: Gluten, shellfish, celery, mustard, milk

Beef Burger: Gluten, milk

Portobello Burger: Gluten, soy

Soup of the Day: Always vegan; ask the staff

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### Desserts

Apple Pie: Gluten, milk, egg

Carrot Cake: Gluten, milk, egg, nuts

Cheesecake: Gluten, milk, egg

Brownie: Gluten, milk, egg

Vegan Brownie: Gluten

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### Kids

Croquette: Gluten, milk, celery, mustard

Chicken Nuggets: Gluten, celery, soy

Pizza Bambino: Gluten, milk

Kid's Grilled Cheese Sandwich: Gluten, milk

Bread with choice of Peanut Butter, Nutella, or Cheese: Gluten (bread), nuts (peanut butter, Nutella), milk (cheese, Nutella)

## Allergen List SOIA

### Starters

Gambas al Ajillo: Shellfish, gluten (can be made gluten-free)

Lamb Köfte with Tzatziki: Milk

Charcuterie: Mustard (in the piccalilli), nuts

Mushrooms with Blue Cheese: Milk

Cheese Platter (various cheeses): Milk

Ortiz Sardines with Almond Slices and Toast: Fish, gluten

Focaccia with Dips: Gluten, milk, mustard

Pimientos de Padrón with Sea Salt: -

Mini Börek with Caramelized Onion: Gluten, milk

Eel Toast with Lime Mayo: Fish, gluten

SOIA's Snack Platter: Gluten (focaccia), milk (cheeses), fish (smoked salmon), nuts, mustard

SOIA's Vegan Snack Platter: Gluten (focaccia), milk (cheeses), fish (smoked salmon), nuts, mustard

# Allergen List SOIA

## Main Dishes

Soup of the Day: Always vegan; ask the staff

Caesar Salad: Gluten (croutons), milk (Parmesan), fish (anchovies), egg

Caprese Salad with Burrata: Gluten (croutons), milk (burrata)

Beef Burger: Gluten, milk

Portobello Burger: Gluten, soy

Noodle Salad: Gluten, soy, sesame (+ prawns = shellfish)

Chickpea Stew: Gluten, soy, celery, sesame

Steak with Fries: Milk (clarified butter)

## Allergen List SOIA

### Bites

Gambas al Ajillo: Shellfish, gluten (can be made gluten-free)

Lamb Köfte with Tzatziki: Milk

Charcuterie: Mustard (in the piccalilli), nuts

Mushrooms with Blue Cheese: Milk

Cheese Platter: Milk

Ortiz Sardines: Fish, gluten

Focaccia with Dips: Gluten, milk, mustard

Pimientos de Padrón: -

Mini Börek: Gluten, milk

Eel Toast: Fish, gluten

Marinated Olives: Mustard

Roasted Nut Mix: Nuts

SOIA's Snack Platter: Gluten (focaccia), milk (cheeses), fish (smoked salmon), nuts, mustard

SOIA's Vegan Snack Platter: Gluten (focaccia), milk (cheeses), fish (smoked salmon), nuts, mustard

Nachos from the Oven: Milk (cheddar, sour cream)

+ extra Lemon Chicken: Milk

+ extra Chili Sin Carne: Celery

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### Snack Menu

Bitterballen: Barley, gluten, wheat (may contain peanuts)

Oyster Mushroom Bitterballen: Gluten, milk, celery, wheat

Cheese Sticks: Gluten, milk, wheat

Vegetarian Spring Rolls: Gluten, sesame, wheat

Mixed Snack Platter: Barley, gluten, milk, sesame, wheat

Vegetarian Mixed Snack Platter: Gluten, milk, celery, sesame, wheat

Sticky Cauliflower: Gluten, soy, wheat