



	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide		
BBQ Sauce	✓	✓							✓				✓	✓		
Smokey Spanish Tomato & Garlic													✓	✓		
Red Pepper Jam																
Pico de Gallo	✓												✓	✓		
Tex Mex Cheese Sauce	✓			✓			✓		✓							
Franks Sauce		✓							✓				✓	✓		
Franks Hot		✓							✓				✓	✓		
Beetroot & Mint							✓						✓	✓		
Red Onion Relish									✓							
Sour Cream & Chive				✓			✓									
Raita							✓		✓							
Monty's Mayo	✓			✓			✓		✓				✓	✓		
Garlic Bread		✓		✓			✓		✓							
GB & Cheese		✓		✓			✓									
Fries																
French																
Cajun	✓								✓		✓	✓				
Massala	✓								✓		✓	✓				

Salt & Pepper	✓								✓		✓	✓				
Spanish	✓								✓		✓	✓				
Patatas Bravas													✓	✓		
Garlic Mushrooms							✓									
Baked Figs													✓	✓		
Cauliflower																
Memphis Slaw	✓			✓			✓		✓						✓	
Baby Chorizo	✓	✓							✓		✓		✓	✓		
Pan Fried Chicken Breast	✓								✓	✓			✓	✓		
Crackling Pork Belly	✓								✓				✓	✓		
Al Bondigas		✓		✓					✓						✓	
Roasted Beetroot Salad									✓				✓	✓		
Padron Peppers																
Spiced Falafel Patties											✓	✓				
Artisan Croquets																
Cheese		✓					✓		✓							
Salt Cod		✓					✓		✓							
Ham		✓					✓		✓							
Halloumi							✓									
Charred Asparagus							✓									
Spanish Style Cauliflower																
Memphis Slaw	✓			✓			✓		✓						✓	
Marinated Olives													✓	✓		
Pan Fried Salmon						✓										



Salt & Pepper Squid								√								
Salt & Pepper Chicken Fillets	√									√			√	√		
Asian Chicken	√			√			√		√	√	√	√	√	√		
Gambas			√													
Smoked Haddock Chowder	√		√		√		√									
Mac N Cheese		√		√			√		√							
BBQ Mac N Cheese	√	√					√		√				√	√		
BBQ Pork Rib	√								√				√	√		
Beef Short Rib	√								√				√	√		
Pork & Beef Meatballs	√	√											√	√		
Uncle Monty's Steak	√	√					√		√					√		
Tex Mex Beef Chilli	√												√	√		
Red Lentil & Black Bean Chilli	√												√	√		
Deconstructed Nachos	√	√		√			√		√				√	√		
Beef Chilli Nachos	√	√		√			√		√				√	√		
Pulled Pork Nachos	√	√		√			√		√				√	√		
Gumbo	√	√	√						√				√	√		
Chicken Wings																
BBQ	√	√							√				√	√		
Franks Buffalo	√	√							√				√	√		
Super Hot Buffalo	√	√							√				√	√		
Tandoori Chicken	√	√					√		√	√			√	√		
Monty's Chicken Curry	√	√					√		√	√			√	√		
Monty's Veg Curry	√	√					√		√	√			√	√		



Steamed Basmati Rice																
Special Fried Rice	√		√	√					√			√	√	√		
New Orleans Po Boy	√	√		√			√						√	√		
Chicken Piperade Sub		√		√			√		√				√	√		
Italian Meatball Sub	√	√		√			√		√				√	√		
Philly Cheese Steak Sub	√	√		√			√		√				√	√		
Cheese & Charcuterie Platter	√	√											√	√		
Tandoori Chicken Sub	√	√		√			√		√				√	√		
BBQ Combo	√	√		√			√		√				√	√		
Spanish Combo		√					√		√				√	√		
Indian Combo	√	√		√			√		√				√	√		
Keto Surf & Turf Combo			√		√		√		√				√	√		
Keto Fish Combo			√		√		√		√				√	√		
Keto Chicken Combo	√						√		√				√	√		
American Combo	√	√		√			√		√				√	√		
Buttermilk Donut Bites		√					√									
Chocolate Fudge Brownie		√					√			√						

