

CHALK ALLERGEN MATRIX - LUNCH

Menu Allergens Book:
Downloaded:

CHALK RESTAURANT
September 13, 2021

- ✓ Contains
- May contain
- ! Missing info but may contain
- ? No info

Menu item	Validated	Celery	Cereals containing gluten	Barley	Kamut	Oats	Rye	Spelt	Wheat	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Almond	Brazil nut	Cashew nut	Hazelnut	Macadamia nut	Pecan nut	Pistachio nut	Queensland nut	Walnut	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide & sulphites
Bread Basket For 2	★	✓	✓	✓	✓	✓	✓	✓	✓		•			✓			•	•	•	•	•	•	•	•	•		•	•	✓	
Fried Halloumi - L	★													✓																✓
Marinated Olives Snack - L	★																													✓
Pita Bread & Houmous - L	★		✓						✓																				✓	✓
Pita Bread & Mackrel Pate -L	★		✓						✓			✓																	✓	✓
Pita Bread Cheese Toastie Snack - L	★													✓																✓
Sausage Roll Snack - L	★		✓	✓	✓	✓	✓	✓	✓		✓																			✓
BBQ celeriac -L	★	✓																												✓
Roast Cauliflower - L	★																													✓
Shrimp Starter - L	★	✓								✓	✓	✓			✓															✓
Smoked Salmon Starter - L	★	•	✓	✓	✓	✓	✓	✓	✓			✓		✓																✓
Sweetcorn & Red Pepper Soup	★																													✓
Cobb Salad - L	★		✓	•	•	•	•	•	✓		✓			✓			•	•	•	•	•	•	•	•	•	•	•	•	•	•
Goats Cheese & Baked Beetroot Salad - L	★													✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	•			✓
Mozzerella Salad - L	★													✓																✓
Quinoa Salad - L	★													✓																✓
Chalk Club - L	★		✓						✓		✓																			•
Chicken Wrap - L	★													✓																✓
Halloumi Wral - L	★		✓						✓					✓																✓
Marinated Aubergine - L	★		✓						✓					✓																✓
Reubens - L	★	✓	✓						✓		✓			✓																•
Shrimp Sourdough	★	✓	✓						✓	✓	✓	✓			✓															•
Baked Cod - L	★	✓									✓	✓																		✓
Beef Burger - L	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓			•	•	•	•	•	•	•	•	•	•	•	•	•	•
Buttermilk Fried Chicken Burger - L	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓			•	•	•	•	•	•	•	•	•	•	•	•	•	•
Corn-fed Chicken -L	★	✓												✓																✓
Fish & Chips- L	★										✓	✓																		✓
Gnocchi - L	★	•	✓						✓		•			✓			•													✓
Ribeye Steak	★																													✓
Vegan Burger - L	★		✓	✓		✓			✓																					✓
Vegan Burger Patty *	★		✓	✓		✓			✓																					✓
Blueberry Cheesecake	★		✓						✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	•		✓
Chalkboard - L	★		✓	✓		✓			✓					✓																✓
Creme Brulee - L	★																													✓
Crumble - L	★										✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	•		✓
Dark Chocolate Tart - L	★										✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	•		✓
Panna Cotta - L	★													•			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	•		✓

* water, vegetables (oyster mushrooms, mushrooms, onion), vegetable oil (coconut), vegetable protein (Soya protein, Soya protein isolate, pea protein isolate), Wheat gluten, natural flavouring, starch (Wheat), Oat fibre, thickener (methyl cellulose), Barley malt extract, vinegar, colour (beetroot red), salt, preservative (lactic acid), vitamin

CHALK ALLERGEN MATRIX - DINNER

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Menu item	Validated	Celery	Cereals containing gluten	Barley	Kamut	Oats	Rye	Spelt	Wheat	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Almond	Brazil nut	Cashew nut	Hazelnut	Macadamia nut	Pecan nut	Pistachio nut	Queensland nut	Walnut	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide & sulphites	
Side Bread Basket	★		✓	✓	✓	✓	✓	✓	✓		●			✓			●	●	●	●	●	●	●	●	●			●	●	✓	
Side Marinated Olives	★																														
BBQ Celeriac - D	★	✓																													✓
Beef Croquettes - D	★	●	●	●	●	●	●	●	●		✓			✓		✓															✓
Buffalo Mozerella - D	★	●												✓														✓		✓	
Seared Scallops - D	★	●												✓	✓															✓	
Shrimp & Crayfish Cocktail - D	★	✓								✓	✓	✓			✓	✓														✓	
Side Seasonal Salad	★															✓														✓	
Smoked Salmon Starter - D	★	●	✓	✓	✓	✓	✓	✓	✓			✓		✓															✓	✓	
Sweetcorn Soup -D	★																													✓	
Baked Cod - D	★	✓										✓		✓																✓	
Chicken Burger - D	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●	●	●	●	✓	
Corn-fed Chicken	★	✓												✓															✓	✓	
Fish & Chips	★										✓	✓				✓															
Gnocchi- D	★	●	✓						✓		●			✓		●													✓	●	
Ground Beef Brisket & Bacon Burger - D	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●	●	●	●	✓	
Jus	★	✓																												✓	
Peppercorn Sauce	★													✓															✓	✓	
Pork Fillet - D	★	✓												✓		●														✓	
Ribeye Of Beef - D	★																													✓	
Vegan Burger - D	★		✓	✓		✓			✓																			●	✓	✓	
Vegan Burger Patty *	★		✓	✓		✓			✓																			●	✓		
Blueberry Cheesecake	★		✓			✓			✓		✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	
Chalkboard - D	★		✓	✓		✓			✓					✓		✓														✓	
Dark Chocolate Tart - D	★										✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●	✓		
Panna Cotta - D	★													●		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●	✓	✓	
Peach & Apricot Crumble - D	★										✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	
Vanilla Creme Brulee - D	★										✓			✓														✓			

* water, vegetables (oyster mushrooms, mushrooms, onion), vegetable oil (coconut), vegetable protein (Soya protein, Soya protein isolate, pea protein isolate), Wheat gluten, natural flavouring, starch (Wheat), Oat fibre, thickener (methyl cellulose), Barley malt extract, vinegar, colour (beetroot red), salt,

CHALK ALLERGEN MATRIX - KIDS

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Kids Bangers & Mash	★													✓																✓
Kids Cheeseburger	★		✓						✓					✓															✓	✓
Kids Chicken Goujon	★													✓																
Kids Crudites	★	✓														●												✓		
Kids Egg On Toast	★		✓						✓		✓																		●	
Kids Fish Sandwich	★		✓						✓		✓	✓				✓													✓	
Kids Mini English	★										✓					✓														✓
Kids Pancake	★																												✓	
Kids Plain Chicken & Veg	★													✓																✓
Kids Porridge	★		●	●	●	●	●	●	●					●		●	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●	●	✓	●
Kids Soldiers and Toast	★		✓	●	●	●	●	●	✓		✓			✓		●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Kids Tomato Soup	★		✓						✓					✓														●		✓

CHALK ALLERGEN MATRIX - SUNDAY

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Menu item	Validated	Celery	Cereals containing gluten	Barley	Kamut	Oats	Rye	Spelt	Wheat	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Almond	Brazil nut	Cashew nut	Hazelnut	Macadamia nut	Pecan nut	Pistachio nut	Queensland nut	Walnut	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide & sulphites
Bread For 2 - SL	★		✓	✓	✓	✓	✓	✓	✓		●			✓			●	●	●	●	●	●	●	●	●		●	●	✓	
Fried Halloumi - SL	★													✓		✓														✓
Halloumi- SL	★													✓		✓														✓
Marinated Olives - SL	★																													
Olives - SL	★																													
Pita & Houmous - SL	★		✓						✓																			✓	✓	
Pita & Houmous -SL	★		✓						✓																			✓	✓	
Pita & Mackrel - SL	★		✓						✓			✓		✓															✓	
Quinoa Salad Sml - SL	★													✓		✓														✓
Quinoa Salad SML - SL	★													✓		✓														✓
Shrimp Cocktail -SL	★	✓							✓	✓	✓	✓		✓	✓	✓														✓
Beef Burger - SL	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Burger -SL	★	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Cobb Salad LRG -SL	★		✓	●	●	●	●	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Cod - SL	★	✓										✓		✓																✓
Gnocchi - SL	★	●	✓						✓		●			✓		●												✓	●	✓
Quinoa Salad LRG - SL	★													✓		✓														✓
Roast Beef TA	★		✓						✓					✓		✓														✓
Roast Chicken S	★		✓						✓					✓		✓														✓
Roast Lamb	★		✓						✓					✓		✓														✓
Roast Pork	★		✓						✓					✓		✓														✓
Vegan Burger - SL	★		✓	✓		✓			✓																		●		✓	✓
Vegan Burger Patty *	★		✓	✓		✓			✓																		●		✓	✓
Blueberry Cheesecake Delice - SL	★		✓						✓		✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	
Chalkboard -SL	★		✓	✓		✓			✓					✓		✓														✓
Creme Brulee -SL	★										✓			✓																✓
Crumble-SL	★										✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			
Dark Chocolate Tart - SL	★										✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	
Panna Cotta - SL	★												●	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	
Extra Roast Potatoes	★		✓						✓																					✓
Kids Chicken Roast TA	★		✓						✓					✓																✓
Kids Fish Fingers	★		✓						✓			✓																	✓	✓
Kids Pork Roast	★		✓						✓					✓																✓
Little Persons Roast Pork	★		✓						✓					✓																✓

Wheat gluten, natural flavouring, starch (Wheat), Oat fibre, thickener (methyl cellulose), Barley malt extract, vinegar, colour (beetroot red), salt, preservative (lactic acid), vitamin B12.