

ALLERGENS CHART	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	X - contains allergen XR - allergen can be removed T - traces of allergen listed by ingredient manufacturer WE PUT GREAT AMOUNT OF ATTENTION AND CARE TO AVOID CROSS-CONTAMINATION WITHIN OUR KITCHENS BUT WE DO NOT GUARANTEE THAT ANY OF OUR DISHES WILL BE FREE OF TRACES OF ANY ALLERGENS LISTED.	
SMALL PLATES																
T&T Doubles	X	X												XR	Remove pickled red onions and chillies	
Golden Chicken Bites		X					X									
Jerk BBQ Wings	X												X	X		
Inferno Jerk Wings	X												X	X		
Plantain																
Mac & Cheese Pie	XR	X					X						XR	T	Remove Jerk Gravy	
KFC	XR	X											XR		Remove Jerk BBQ Sauce	
Proper Fried Prawns		X	X	XR											Remove Scotch Bonnet Mayo	
Pepper Prawns		XR	X				X								Remove Bara Flatbreads	
Sweetcorn Fritters	X	X														
Saltfish Fritters	X	X		X	X				T				T		XR	Remove Pickled Chilli garnish & Tamarind Aioli
BIGGER THINGS																
Jerk Fries w/ Chicken	X			XR					X				X	X	Remove Mayo	
Jerk Fries w/ Jackfruit	X								X				X	X		
Jerk Bowl	XR1			XR2			XR2						X	X	1 - Remove Jerk Gravy; 2 - Remove Slaw	
Proper Jerk	XR1	X		XR2			XR2						X	X	1 - Remove Jerk Gravy; 2 - Remove Mac & Cheese Pie	
Wing Wing Dinner	X			XR			XR						X	X	Remove Slaw	
Curried Goat	X	XR1												XR2	1 - Remove roti; 2 - Remove Pickled Chillies	
Jerk Pork Belly	X	XR					XR						X	X	Remove Mac & Cheese Pie	
Fried Fish	X	X		XR1	X		XR1		T			T		XR2	1 - Remove House Slaw; 2 - Remove Tamarind Aioli	
Appleton BBQ Jackfruit	X												X	X		
T&T Chickpea Curry	X	X												XR	Remove Pickled Slaw / Garnish	
BUNS																
Jerk Chicken Bun	X	X		XR									X	X	X	Remove Mayo
Jerk Pork Bun	X	X		XR									X	X	X	Remove Mayo
Jackfruit Bun	X	X							X				X	X	X	
Halloumi Burger	X	X		XR			X						X	X	X	Remove Mayo
SIDES																
Skinny Fries																
Sweet Potato Fries																
House slaw				X			X									
Coconut Rice & Peas																
Seasoned Rice																
Pickled Slaw															X	
Bara flatbread		X														
Roti bread		X														
SAUCES																
Bajan Ackee Aioli									X							
Jerk BBQ	X												X			
Inferno Hot	X												X			
Scotch Bonnet Mayo				X												
Mango Chilli Jam																
Tamarind Aioli															X	
Spring Onion Aioli									X							
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Jul-21	

PLEASE NOTE

Even though we put great amount of attention and care to avoid cross-contamination within our kitchens we do not guarantee that ANY of our dishes will be free of traces of ANY of the 14 allergens listed above.