

Food Allergen Matrix

Dishes	 Celery	 Gluten	 Crustacea	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustards	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphites
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Eddo & Ginger Soup										Coconut Milk				
Chicken Soup	✓	✓		✓		✓	✓						✓	
Chow, Mango & Lime Salad														✓
Jerk Chicken Salad	✓					✓						✓	✓	✓
Jerk Prawn Salad	✓		✓			✓						✓	✓	✓
Bajan Fish Cakes	✓	✓		✓	✓							✓		✓
Jerk Bites	✓	✓		✓		✓	✓					✓		✓
Plantain & Chickpea Bites		✓				✓						✓		✓
Jerk Wings	✓	✓		✓		✓						✓	✓	✓
Bajan Green Seasoning Wings	✓	✓				✓							✓	✓

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Shadow Beni, Garlic & Scotch Bon Wings	✓	✓				✓						✓	✓	✓
Fried Plantain													✓	
Bakes		✓		✓			✓							
Potato Salad	✓			✓		✓								✓
Macaroni Pie				✓			✓		✓					✓
Sweet Potato Mash														✓
Rice & Peas	✓					✓				Coconut Milk				✓
Plain Rice	✓									Coconut Milk				✓
Tossed Salad	✓					✓								
Cornmeal Dumplings		✓				✓	✓			✓	✓			✓

MAY CONTAIN TRACES

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Cole Slaw				✓		✓								✓
Jerk Sauce	✓					✓						✓	✓	✓
Roasted Sweet Potato	✓	✓				✓						✓	✓	
Jerk King Prawns	✓	✓	✓		✓	✓							✓	✓
Bajan BBQ Chicken	✓					✓	✓					✓	✓	✓
Curry Goat	✓					✓	✓					✓	✓	✓
Oxtail	✓					✓	✓					✓	✓	✓
Brown Stew Chicken	✓					✓	✓					✓	✓	✓
Curry Chicken	✓					✓	✓					✓	✓	✓
Bajan Cou-Cou	✓				✓	✓	✓						✓	✓

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Flava Fish	✓				✓		✓						✓	
Ham Cutter	✓	✓				✓								✓
Meat Platter	✓	✓		✓		✓	✓					✓	✓	✓
Fish Platter	✓	✓	✓	✓	✓	✓	✓			Coconut Milk		✓	✓	✓
Curry Platter		✓					✓			Coconut Milk			✓	
Jerk Mushrooms		✓				✓						✓	✓	✓
Pudding & Souse	✓	✓				✓	✓						✓	✓
Yorkshire Puddings		✓		✓		✓								✓
Steam Carib Greens	✓					✓	✓							✓
Roasted BBQ Chicken	✓	✓		✓			✓						✓	✓

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Jerk Roast Beef	✓	✓		✓			✓							✓
Roast Fish	✓	✓	✓	✓	✓		✓							✓
BBQ Lamb	✓	✓		✓			✓							✓
Roast Rib	✓	✓		✓			✓							✓
Roast Vegetables	✓	✓				✓						✓	✓	
Chocolate Cake		✓		✓			✓							
Lemon Cake		✓		✓			✓							
Banana Cake		✓		✓			✓							
Coconut Cake		✓		✓			✓			✓				
Carrot Cake		✓		✓			✓			✓				

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Cheesecake		✓		✓			✓							
Bread Pudding		✓		✓			✓							
Vegan Ice Cream													✓	
Ice Cream Vanilla, Chocolate							✓							
Sorbet														
Apple Tart		✓		✓			✓							
Bajan Rum Cake		✓		✓										✓
Rum Sauce				✓			✓							✓

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Sweet Potato, Coconut Milk Soup							Coconut Milk							
Chicken Samosas	✓	✓		✓					✓			✓	✓	✓
Pepper Mayo				✓					✓					✓
BBQ Turkey Wing														✓
Curry Oxtail														✓
Roasted Green Seasoning Seabass	✓				✓									✓
Spiced Mushrooms		✓				✓						✓	✓	✓