

Autumn 2021 - The Islington Townhouse - Allergen Matrix

Name of Dish	S u l p h i t e s	G l u t e n	F i s h	M o l l u s c	C r u s t a c e a n	M i l k	L u p i n	C e l e r y	E g g	M u s t a r d	N u t	P e a n u t	S e s a m e	S o y a
Small Plates														
Homemade Mediterranean flatbread		WHEAT												
Homemade Mediterranean flatbread & basil pesto	YES	WHEAT				YES					PINE NUT			
Homemade Mediterranean flatbread & 'Nduja oil	YES	WHEAT												
Hippo hot wings, Lee's hot sauce, Oxford blue cheese dip	YES					YES								
Pork & smoked cheese sausage roll, Colman's English mustard	YES	WHEAT				YES		YES	YES	YES			YES	
Sage & apricot Scotch egg, piccalilli	YES	WHEAT				YES		YES	YES	YES				
Pork belly bites, Granny Smith's sauce	YES													
Hippo 'filthy gorgeous' fries, pulled pork belly, garlic aioli, smoked cheese, Lee's hot sauce	YES					YES			YES					
Pulled beef mini taco, Lee's hot sauce, pineapple salsa, rainbow 'slaw	YES					YES								
Torn chicken mini taco, Lee's hot sauce, pineapple salsa, rainbow 'slaw	YES					YES								
This-Isn't chicken mini taco, Lee's vegan hot sauce, pineapple salsa, rainbow 'slaw	YES	WHEAT												YES
Tempura prawn mini taco, wasabi mayo, pineapple salsa, rainbow 'slaw	YES				YES				YES					
Crab, prawn & avocado cocktail, Marie Rose	YES			YES	YES	YES			YES					
Arancini, arrabiatta sauce	YES	WHEAT				YES		YES	YES					

Name of Dish	Sulphites	Gluten	Fish	Molluscs	Crustaceans	Milk	Lupin	Celery	Egg	Mustard	Nut	Peanut	Sesame	Soya
Roasted red pepper hummus, toasted pitta		WHEAT						YES		YES			YES	
Baked "Ras el hanout" & beetroot falafels, maftoul & chickpea, tzatziki (v)		DURUM						YES		YES				
Smoked bacon, avocado, baby gem, soft boiled hen's egg, Grana Padano tuille, green goddess dressing	YES					YES			YES					
Golden fish goujons, lemon, tartare sauce	YES	WHEAT	YES			YES			YES					
Beef sliders, cheddar, burger sauce	YES	WHEAT				YES			YES	YES				YES
Vegan sliders, cheddar, burger sauce	YES	WHEAT											YES	YES
Sides														
Green salad	YES													YES
Chips														
Fries														
Sweet potato fries														
Truffle Grana Padano tiger fries						YES								
Puddings														
S'More chocolate brownie, vanilla ice cream, cocoa soil		WHEAT				YES			YES					YES
Sticky toffee pudding, honeycomb, salted caramel ice cream		WHEAT				YES			YES					
Ice Cream Union						YES			YES					
Sunday														
Half roast chicken, roast carrot, onion, savoy cabbage, smoked cauliflower cheese gratin, roast potatoes, Yorkshire pudding, gravy	YES	WHEAT				YES		YES	YES					
Roast rump of beef, horseradish sauce, roast carrot, onion, savoy cabbage, roast potatoes, smoked cauliflower cheese gratin, Yorkshire pudding, gravy	YES	WHEAT				YES		YES	YES					
Roast pork belly, crackling, roast carrot, onion, savoy cabbage, roast potatoes, smoked cauliflower cheese gratin, Yorkshire pudding, gravy, apple sauce	YES	WHEAT				YES		YES	YES					

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Vegetarian Sunday roast special, roast carrot, onion, savoy cabbage, roast potatoes, smoked cauliflower cheese gratin, Yorkshire pudding, gravy (v)	YES	WHEAT				YES		YES	YES					
Yorkshire pudding		WHEAT				YES			YES					
Roast potatoes / Roast vegetables														
Bites & Bun														
Roasted red pepper hummus, pitta, vegetable sticks	YES	WHEAT												
Tempura dill pickles, rosemary salt, Lee's hot vegan mayo	YES													
Smoked cheese sausage roll, Colman's English mustard	YES	WHEAT				YES		YES	YES	YES			YES	
Scotch egg, home-made piccalilli	YES	WHEAT				YES		YES	YES	YES				
Pulled pork belly, 'Nduja & mozzarella arancini	YES	WHEAT				YES			YES					
Smoked salmon, avocado cream, pickled red onion, salmon eggs, sourdough	YES	WHEAT BARLEY	YES											
Butter milk chicken goujons, Lee's hot sauce	YES	WHEAT				YES			YES					
Mini fish & chips, tartare sauce	YES	WHEAT	YES						YES					
Beef sliders, cheddar, burger sauce	YES	WHEAT				YES			YES	YES				YES
Vegan sliders, cheddar, burger sauce	YES	WHEAT											YES	YES

Name of Dish	Sulphites	Gluten	Fish	Molluscs	Crustacean	Milk	Lupin	Celery	Egg	Mustard	Nuts	Peanut	Seam	Soya
Mini monkfish tacos, red cabbage & fennel slaw, Lee's hot sauce	YES		YES											YES
Mini pulled duck tacos, red cabbage & fennel slaw, Lee's hot sauce	YES									YES				YES
Mini THIS-Isn't chicken tacos, red cabbage & fennel slaw, Lee's hot sauce	YES	WHEAT												YES
Set Menu														
Oak smoked salmon, celeriac rémoulade, wild herbs, crispy kale, pickled cucumber, pumpkin seeds	YES		YES						YES	YES				YES
Baked "Ras el hanout" & beetroot falafels, maftoul & chickpea, tzatziki		DURUM						YES		YES				
Goats cheese mousse, honeycomb, pear, sourdough crisps		WHEAT				YES								
Harissa 12-hour marinated Shropshire chicken, watercress, chips, smoked garlic aioli	YES								YES	YES				
Crispy pork belly, mashed potato, duo of apple, black pudding, seared baby gem, wholegrain mustard & cider jus	YES	WHEAT				YES				YES				
Chalk Stream trout, tartare garnish, crushed new potatoes, chive beurre blanc	YES		YES			YES								
Fish & chips, mushy peas, tartare sauce	YES	WHEAT	YES						YES					
Hippo 'House' Burger, cheddar, crispy smoked bacon, Hippo burger sauce, red onion marmalade, crispy dill pickle, fries	YES	WHEAT				YES			YES	YES				YES
Hippo 'House' Vegan Burger; pulled oats patty, vegan cheese, THIS-Isn't bacon, Lee's hot mayo, red onion marmalade, crispy dill pickle, fries	YES	WHEAT											YES	YES
Crispy duck leg, orange, rainbow 'slaw, pomegranate, hoisin sauce	YES	WHEAT								YES				YES
Dry aged rump steak, roasted bone marrow, watercress, chimichurri	YES					YES								
Dry aged rump steak, roasted bone marrow, watercress, green peppercorn jus	YES					YES								
S'More chocolate brownie, vanilla ice cream, cocoa soil		WHEAT				YES			YES					YES
Sticky toffee pudding, honeycomb, salted caramel ice cream		WHEAT				YES			YES					

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Apple tarte tatin, rum & raisin ice cream	YES	WHEAT				YES			YES					
3 Scoops Ice Cream						YES			YES					