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ALLERGEN GUIDE for Java & Jazz menus

VERSION 1 : 01/12/20

USING THIS GUIDE:

Allergies and special dietary requirements are taken very seriously at Java & Jazz. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your waiter before ordering, of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our suppliers or products, which may be produced in an environment with other allergens.

This guide shows you any allergens present throughout our menus.

Please ask to speak with our manager for more information.

NOTE: 'May contain' information is not listed against each dish, therefore all dishes have the potential to contain traces of these allergens

Main Menu - Starters

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Mediterranean olives Mix of pitted green and black Olives in a Garlic Red Pepper & Herb Oil														X	
Mediterranean Olives Mix of pitted green and black Olives in Oil															
Tricolore	X														
Cherry Tomato Bruschetta					X									X	
Bread Basket - Crusty Baguette					X										
Gluten Free Bread						X									
Goat's Cheese Bruschetta	X				X										X
Dough Balls with Garlic Butter	X				X									X	
Garlic Bread Butter & Parsley	X				X									X	
Garlic Bread Butter & Rosemary & Sea Salt	X				X									X	
Garlic Bread Butter & Mozzarella	X				X									X	
Dough Balls with Garlic and Dairy free Butter					X									X	
Garlic Bread Dairy free Butter & Parsley					X									X	
Garlic Bread Dairy Butter & Rosemary & Sea Salt					X									X	
Garlic Bread Dairy free Butter & Mozzarella	X				X									X	

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Main Menu - Pizzas

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Margherita	X				X										
Classic	X				X										
Hawaiian	X				X										
American	X				X									X	
Rattlesnake Jake	X				X									X	
Siciliana	X				X									X	
Jazz	X				X										
Four Seasons	X				X										
Java	X				X									X	X
Popeye	X				X	X									
Tosca	X				X										
Fresca	X				X	X									
Milano	X				X	X									
Greek	X				X									X	X
Parmigiana	X				X	X								X	
Caprice - no Mozzarella	X				X	X		X						X	
Four Cheeses	X				X	X									
Fungi di Bosco - no tomato sauce	X				X									X	
Napoli - no Mozzarella		X			X									X	
Salmone e Mascarpone	X	X			X										

NOTE: 'May contain' information is not listed against each dish, therefore all dishes have the potential to contain traces of these allergens

Main Menu - Gluten Free Pizzas

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Margherita	X														
Classic	X														
Hawaiian	X														
American	X													X	
Rattlesnake Jake	X													X	
Siciliana	X													X	
Jazz	X														
Four Seasons	X														
Java	X													X	X
Popeye	X					X									
Tosca	X					X									
Fresca	X					X									
Milano	X					X									
Greek	X													X	X
Parmigiana	X					X								X	
Caprice - no Mozzarella	X					X		X						X	
Four Cheeses	X					X									
Fungi di Bosco - no tomato sauce	X													X	
Napoli - no Mozzarella		X												X	
Salmone e Mascarpone	X	X													

Main Menu - Pizza Lite Served with Salad (Contains Sulphites because of the Salad Vinaigrette)

Fresca	X				X	X									X
Caprice - no Mozzarella	X				X	X		X						X	X
Milano	X				X	X									X
Siciliana	X				X									X	X
Salad dressed with vinaigrette															X

NOTE: 'May contain' information is not listed against each dish, therefore all dishes have the potential to contain traces of these allergens

Main Menu - Calzone Served with Salad (Contains Sulphites because of the Salad Vinaigrette)

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Calzone Margherita	X				X										X
Salad dressed with vinaigrette															X

Extra Pizza Toppings and Calzone Fillings

Ham															
Chorizo	X								X						
Bacon															
Chicken															
Pepperoni														X	
Prosciutto															
Salami															
Brie	X														
Gorgonzola	X														
Feta	X														
Goat's Cheese	X														
Prawns			X												
Tuna		X													
Egg						X									
Anchovies		X													
Artichokes															
Rocket															
Spinach															
Sun dried tomatoes														X	X
Roasted Aubergines															
Olives															
Smoked Salmon		X													
Capers															
Roasted peppers															
Chillies															
Jalapeños															
Mushrooms															
Pineapple															
Onion															

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Main Menu - Pasta & Oven Baked Pasta Dishes (Milk products are not marked if Parmesan is the only one and served separately. Parmesan contains egg milk and rennet)

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Spaghetti Bolognese <i>Parmesan served separately</i>					X					X					
Spaghetti Carbonara	X				X	X									
Penne Pomodoro <i>Parmesan served separately</i>					X										
Black Truffle Tortelloni	X				X	X								X	
Pumpkin & Sage Tortelloni					X										
Melanzane Parmigiana	X					X									
Classic Lasagne Verde	X				X	X				X				X	
Roasted Vegetable Lasagne	X				X	X				X					
Chicken Arrabbiata	X				X										
Gluten free Pasta Bolognese <i>Parmesan served separately</i>										X					
Gluten free Pasta Carbonara	X					X									
Gluten free Pasta Pomodoro <i>Parmesan served separately</i>															
Parmesan	X					X									

Main Menu - Salads (Buddha Bowl is dressed with pesto thus contains pine nuts)

Buddha Bowl with Halloumi	X							X					X	X	
Buddha Bowl with Tofu								X	X				X	X	
Buddha Bowl with Chicken								X					X	X	
Java & Jazz Salad					X			X						X	
Warm Goat's Cheese Salad	X				X			X						X	
Excelso Salad	X	X				X								X	
Caesar Salad	X	X				X								X	
Caesar Salad with Chicken Breast	X	X				X								X	
Nicoise Salad		X				X									X
Greek Salad	X													X	X
Mixed Leaf Salad															X
Side Salad															X

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Main Menu - Platters

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Hummus Platter					X								X	X	X
Salmon Platter	X	X			X	X					X				
Java Antipasti	X				X				X					X	X

Main Menu - Light Bites (Light Bites contain sulphites because the side salad is dressed with vinaigrette and/or because they contain red onion marmelade or tartar sauce)

Sandwiches accompanied with Coleslaw and Salad															
Tuna Mayonnaise & Cucumber	X	X			X	X									X
Egg Mayonnaise & Rocket	X				X	X								X	X
Bacon, Avocado & Tomato	X				X										X
Bacon & Brie	X				X										X
Prosciutto, Mozzarella, Basil & Tomato	X				X										X
Ham, Goat's Cheese & Red Onion Marmalade	X				X										X
Bread choices															
Crusty Baguette					X										
Granary Bread					X										
Sourdough Bread					X										
Farmhouse White Bread					X										
Gluten free Bread						X									
Croissant Sandwiches															
Smoked Salmon	X	X			X	X									
Milano Salami	X				X	X									
Ham & Cheese	X				X	X									

Main Menu - Light Bites (Light Bites contain sulphites because the side salad is dressed with vinaigrette and/or because they contain red onion marmelade or tartar sauce)

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Quesadillas - Toasted flour tortilla accompanied with a Salsa dip															
Melted Cheese	X				X										
Cheese, Chorizo & Jalapeños	X				X				X						
Cheese, Chicken & Avocado	X				X										
Salsa dip															
Veasy & Sons Fish accompanied with Salad															
Fish cake of the week	X	X	X	X	X	X				X	X			X	X
Fish Fingers in a Ciabatta with Tartar Sauce	X	X			X	X					X				X
Sausage Rolls															
Chicken & Mushroom	X				X									X	
Spinach, Egg, Nutmeg, Potato	X				X	X								X	
Pork & smoked Chilli	X				X			X						X	
Pork & Sage	X				X									X	
Pork & Cheddar	X				X									X	
Coleslaw						X									
Salad dressed with vinaigrette															X

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Main Menu - Cakes

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Carrot & Ginger	X				X	X		X							
Chocolate & Hazelnut-gluten free	X					X		X							
Lemon drizzle	X				X	X									
Coffee & Walnut	X				X	X		X							
Tunisian Orange - dairy free					X	X		X					X		
Orange & Almond Cake - gluten free	X					X		X							
Flapjack - gluten free	X														
Millionaire's Shortbread	X				X										
Chocolate Brownie - gluten free	X					X		X							
Apple Date & Caramel Cake	X				X	X		X							
Chocolate Tiffin	X				X										
Raspberry & Coconut Slice	X				X	X									
Lemon & Blueberry Cake					X				X						
Raw Millionaire's Shortbread - gluten free								X					X		
Raw Caramel Cacao Brownies - gluten free								X							
Chocolate Chunk Tahini Cookies - gluten free													X		
Raw Raspberry Vanilla Cheesecake								X							
Plain Scone with Butter	X				X	X									
Fruit Scone with Butter	X				X	X									
Plain Scone with Butter, Jam, Cream	X				X	X									
Fruit Scone with Butter, Jam, Cream	X				X	X									
Portuguese Tarts (with or without Blueberries)	X				X	X									

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Main Menu - Gelati & Sorbetti

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Gelati															
Chocolate	X														
Vanilla	X														
Chocolate & Hazelnut (Gianduia)	X							X	X						
Coconut	X														
Coffee	X														
Mint Chocolate	X								X						
Strawberries & Cream	X														
Tiramisu	X				X	X									
Banoffee															
White Italian (Fior di Latte)	X														
Honeycomb (Honeycomb crunch)	X														
Popcorn	X														
Snowflake	X							X	X						
Sorbetti															
Lemon									X						
Mango															
Wild Berries															
Add ons															
Tia Maria															
Baileys	X														
Kahlua															
Disaronno															
Vodka															
Chocolate Sprinkles															
Marshmallows															
Whipped Cream															
Cones/Wafers															
Waffle Cones					X				X						
Florentine Wafers	X				X	X			X						
Teddy Bear Wafers	X				X	X			X						
Ice Cream Sauces															
Chocolate															
Belgian Chocolate									X						
Salted Caramel	X								X						
Strawberry															
Ice Cream Syrups															
Hazelnut/Vanilla/Caramel/Pomegranate															

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Main Menu - Ice Cream Sundaes

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Teddy Bear	X				X	X			X						
Choco Nut Sundae	X				X	X		X	X						
Banana Split	X				X	X			X						
Java Affogato	X								X						

Main Menu - Desserts

Belgian Waffles	X				X	X			X						
Sticky Toffee Pudding	X					X									
Sweet Calzone	X				X			X	X						

Main Menu - Sauces

Home made Vinaigrette															X
Mayonnaise "Heinz" single portion						X					X				
Ketchup "Stokes"										X				X	
Brown Sauce "Stokes"					X										
Mustard "Colman's"					X						X				
Hoisin Sauce "Blue Dragon"					X				X				X		
Chilli Sauce "South Devon Chilli Farm"															
Marmite					X					X					
Worcestershire Sauce "Lea & Perrins"		X			X									X	

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Vegan Menu - Starters

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Mediterranean Olives Mix of pitted green and black Olives in a Garlic Red Pepper & Herb Oil														X	
Mediterranean Olives Mix of pitted green and black Olives in Oil															
Vegan Portobello Mushroom Bruschetta					X									X	
Vegan Cherry Tomato Bruschetta					X									X	
Vegan Garlic Bread					X									X	
Vegan Garlic Bread & Coconut Oil Mozzarella					X									X	

Vegan Menu - Pizzas

Vegan Margherita					X										
Vegan Milano					X										
Vegan Greek					X									X	X
Vegan Four Seasons					X										
Vegan Parmigiana					X									X	
Vegana					X										
Vegan Calzone					X										

Vegan Menu - Gluten Free Pizzas

Vegan Margherita															
Vegan Milano															
Vegan Greek														X	X
Vegan Four Seasons															
Vegan Parmigiana														X	
Vegana															

NOTE: 'May contain' information is not listed against each dish, therefore all dishes have the potential to contain traces of these allergens

Vegan Menu - Extra Toppings

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Artichokes															
Chillies															
Jalapeños															
Mushrooms															
Olives															
Pineapple															
Red Onion															
Rocket															
Spinach															
Sun Dried Tomatoes														X	X
Roasted Aubergines															

Vegan Menu - Oven Baked Dishes & Pastas

Vegan Melanzane Parmigiana															
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Vegan Menu - Salads (Buddha Bowl is dressed with pesto so contains pine nuts)

Buddha Bowl with Tofu								X	X				X	X	
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Vegan Menu - Desserts & Sorbets

Raw Caramel Cacao Brownie								X							
Lemon Sorbet									X						
Banoffee Ice Cream															
Mango Sorbet															
Wild Berries Sorbet															

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Breakfast Menu - From the Kitchen (Milk products are not marked if butter is the only one and served separately)

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Full/Lite Java (with butter served separately)					X	X									
Mashed Royale/Lite Mashed Royale (with butter served separately)		X			X	X									
Vegan Jazz					X				X				X	X	X
Scrambled Eggs on Sourdough Toast	X				X	X									
Poached Eggs on Sourdough Toast (with butter served separately)					X	X									
Add ons for the Scrambled or Poached Eggs															
Salmon		X													
Avocado															
Roasted Cherry Tomatoes															
Portobello Mushrooms															
Bacon															
Gluten Free Sausages															
Classic Bacon Baguette or Sandwich	X				X										
Classic Gluten Free Two Sausage Sandwich	X				X										
Veaseys & Sons Fish Finger Baguette or Sandwich with Tartare Sauce	X	X			X	X					X				
Bread Options															
Sourdough Bread					X										
Brown Bread					X										
White Bread					X										
Baguette					X										
Gluten free Bread						X									

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Breakfast Menu - Fruits Grains + Seeds (Allergens are marked for cereal served with cow's milk, but there are milk options)

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Granola	X				X			X					X		
Porridge made with Gluten Free Oats	X							X					X		
Add ons															
Blueberries															
Raspberries															
Banana															
Mixed Toasted Seeds (Pumpkin and Sesame)													X		
Honey															

Breakfast Menu - From the Bakery

Handmade pure Butter Croissant	X				X	X									
Handmade Almond Croissant	X				X	X		X							
Handmade Pain au Chocolat	X				X	X									
Handmade Pain au Raisin	X				X	X									
Cinnamon Bun	X				X	X									
Organic Sourdough Bread toasted with Butter	X				X										
Organic Sourdough Bread toasted with Butter and Jam	X				X										
Organic Sourdough Bread toasted with Butter and Marmalade	X				X										
Organic Sourdough Bread toasted with Butter and Marmite	X				X					X					
Toasted Banana Bread served with Mascarpone	X				X										

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Breakfast Menu - Something Sweet

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Java's Buttermilk Pancakes with Butter & Maple Syrup	X				X	X									
Java's Buttermilk Pancakes with Nutella	X				X	X		X	X						
Java's Buttermilk Pancakes with Butter, Raspberries, Blueberries, Banana & Maple Syrup	X				X	X									
Java's Buttermilk Pancakes with Butter, Bacon & Maple Syrup	X				X	X									
Raw Caramel & Cacao Brownie								X							

Breakfast Menu - Hot Drinks (Allergens are marked for hot drinks prepared with cow's milk, but there are milk options)

Cappuccino	X								X						
Latte	X														
Americano															
Espresso															
Stumpy	X														
Flat white	X														
Mocha															
Hot Chocolate	X								X						
Chai Latte	X														
Wild Organic turmeric Latte	X														
Babyccino	X								X						
Spiced Apple															

Breakfast Menu - Birchall Teas

Great Rift															
Virunga Earl Grey															
Green Tea															
Camomile															
Lemongrass & Ginger															
Peppermint															
Organic Redbush															

NOTE: 'May contain' information is not listed against each dish, therefore all dishes have the potential to contain traces of these allergens

Breakfast Menu - Cold Drinks

Menu Item	Allergens														
	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten	Egg	Peanuts	Other Nuts	Soy/Soya	Celery	Mustard	Lupin	Sesame	Garlic	Sulphur Dioxide
Thickshakes															
Chocolate	X														
Vanilla	X														
Strawberry	X														
Banana	X														
Caramel	X														
Banoffee	X														
Espresso	X														
Juices															
Apple															
Orange															
Pineapple															
Mango															
Summer Berries															
Cranberry															
Smoothies															
Fresh fruit blended with Banana and Apple Juice															
Add ons - Smoothies															
Oats - gluten free															
Honey															
Yoghurt	X														
Oat Milk					X										
Iced Coffee	X														
Soft Drinks															
Coke															
Diet Coke															
7-Up															
Mineral Water															
Extras															
Hazelnut Syrup															
Vanilla Syrup															
Caramel Syrup															
Pomegranate Syrup															
Cream	X														
Extra Shot - Coffee															
Almond Milk								X							
Coconut Milk									X						
Oat Milk					X										
Soya Milk									X						

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