PICK.YOUR.OWN.

Allergen Information - our food is freshly prepared in a small and busy kitchen, therefore we can not guarentee that our food or drink is completely allergen-free. If you would like to get more information, please speak to our team to learn more about our ingredients and food before you order. If you have any further questions please email info@pyopickyourown and a member of the team will get back to you shortly

DF = Dairy Free, GF = Gluten Free, V = Vegetarian, Ve = Vegan

				Allergen Information													
Category	**Product**	**Tags**	**Allergens**	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Molluso**	**Mustard**	**Nuts**	**Peanuts**	**Sesame**	**Soya**	**Sulphites**
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	DF / GF / V / Ve															
	Chopped Cos & Sweet Gem	DF / GF / V / Ve															
	Ezme Fava Beans	DF / GF / V / Ve															
	Savoury Pearl Barley	DF / V / Ve	Gluten (Barley / Wheat), Soya		Y											Y	
	Seasonal Shredded Veg	DF / GF / V / Ve															
PICK.YOUR.OWN. Salads - Textures	Carrot Sauerkraut	DF / GF / V / Ve															
	Chicken Crackling	DF / GF															
	Crisp Red Pepper	DF / GF / V / Ve															
	Crunchy Yellow Peas	DF / GF / V / Ve															
	Diced Smokey Cucumbers	DF / GF / V / Ve															
	Green Apple Slaw	GF / V	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Green Herb Salsa	DF / GF / V / Ve															
	Nut Crumble	DF / GF / V / Ve	Nuts (Hazelnuts, Walnuts)										Y				
	Pickled Chillies & Shallots	DF / GF / V / Ve	Sulphites														Y
	P.Y.O. Seasoning	DF / GF / V / Ve	Sesame												Y		
	Raw Shredded Carrot	DF / GF / V / Ve															
	Sourdough Croutons	DF / V / Ve	Gluten (Wheat)		Y												
PICK.YOUR.OWN. Salads - Flavours	Raw Apple Cider Vinaigrette	DF / GF / V	Mustard, Sulphites									Y					Y
	Carrot & Fermented Barley	DF / V / Ve	Gluten (Barley / Wheat), Sesame, Soy		Y										Y	Y	
	Coronation Caesar	DF	Gluten (Barley), Egg, Fish (Anchovies), Mustard, Sulphites		Y		Y	Y				Y					Y
	Dill Buttermilk	GF / V	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	Green Harissa Tahini	DF / GF / V / Ve	Mustard, Sesame, Sulphites									Y			Y		Y
	Lemon & Basil	DF / GF / V / Ve	Mustard, Sulphites									Y					Y
	Must Pick Honey Mustard	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y
	Pickled Chilli Mayo	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y
PICK.YOUR.OWN. Salads - Toppers	Harissa Broccoli	DF / GF / V / Ve															
	Jammy Peppers	DF / GF / V / Ve															
	White Bean Hummus	DF / GF / V / Ve	Sesame												Y		
	Crumbled Lancashire Cheese	GF	Milk							Y							
	Halved Avocado	DF / GF / V / Ve															
	Glazed Ham Hock	DF / GF	Egg, Mustard, Sulphites				Y					Y					Y
	Lemon & Herb-Dressed Chicken	DF / GF															
	Torn Roast Potatoes	DF / GF / V / Ve															
	Seasonal Honey Roast Beetroot	DF / GF / V															
	Za'atar Cherry Tomatoes	DF / V / Ve	Gluten (Wheat)		Y												
	Chilli Crusted Wild Salmon	DF / GF	Fish (Salmon), Sesame					Y							Y		
	Slow Spiced Lamb Shoulder	DF / GF															
Signature Salads - Regular	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sulphites		Y							Y				Y	Y
	Everyone Picks (Coronation) Caesar		Gluten (Barley, Wheat), Egg, Fish (Anchovies), Milk, Mustard, Sulphites		Y		Y	Y		Y		Y					Y
	H.L.T.	DF	Gluten (Barley / Wheat), Egg, Mustard, Soya, Sulphites		Y		Y					Y				Y	Y
	Lamb Shawarma	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	The Meze	DF / GF / V	Egg, Mustard, Sesame, Sulphites				Y					Y			Y		Y
	Salmon Crunch	DF / GF	Fish (Salmon), Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites					Y				Y	Y		Y		Y
Signature Salads - Large	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sulphites		Y							Y				Y	Y
	Everyone Picks (Coronation) Caesar		Gluten (Barley, Wheat), Egg, Fish (Anchovies), Milk, Mustard, Sulphites		Y		Y	Y		Y		Y					Y
	H.L.T.	DF	Gluten (Barley / Wheat), Egg, Mustard, Soya, Sulphites		Y		Y					Y				Y	Y
	Lamb Shawarma	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y
	The Meze	DF / GF / V	Egg, Mustard, Sesame, Sulphites				Y					Y			Y		Y
	Salmon Crunch	DF / GF	Fish (Salmon), Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites					Y				Y	Y		Y		Y
PICK.YOUR.OWN. Organic Juices - Bases	Carrot	DF / GF / V / Ve															
	Celery	DF / GF / V / Ve	Celery	Y													
	Cucumber	DF / GF / V / Ve															
	Green Apple	DF / GF / V / Ve															
	Orange	DF / GF / V / Ve															
	Pineapple	DF / GF / V / Ve															
	Pink Grapefruit	DF / GF / V / Ve															

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PICK.YOUR.OWN. Organic Juices - Mixers	Ginger	DF / GF / V / Ve															
	Kale	DF / GF / V / Ve															
	Lemon	DF / GF / V / Ve															
	Parsley	DF / GF / V / Ve															
	Red Pepper	DF / GF / V / Ve															
	Strawberry	DF / GF / V / Ve															
PICK.YOUR.OWN. Organic Juices - Extras	Raw Apple Cider Vinegar Shot	DF / GF / V / Ve															
	Organic Bee Pollen Sprinkle	DF / GF / V / Ve															
	Ginger Shot	DF / GF / V / Ve															
	Green Herb Bunch	DF / GF / V / Ve															
	Cold Matcha Shot	DF / GF / V / Ve															
Signature Organic Juices - Regular	British Greens	DF / GF / V / Ve															
	Clean & Green	DF / GF / V / Ve	Celery	Y													
	Completely Kale	DF / GF / V / Ve															
	More Than Apple	DF / GF / V / Ve															
	Rebalance	DF / GF / V / Ve															
	Peel Good	DF / GF / V / Ve															
	Pep Up	DF / GF / V / Ve															
	Skin Glow	DF / GF / V / Ve															
	All Pink	DF / GF / V / Ve															
	Strawberry Fields	DF / GF / V / Ve															
Signature Organic Juices - Large	British Greens	DF / GF / V / Ve															
	Clean & Green	DF / GF / V / Ve	Celery	Y													
	Completely Kale	DF / GF / V / Ve															
	More Than Apple	DF / GF / V / Ve															
	Rebalance	DF / GF / V / Ve															
	Peel Good	DF / GF / V / Ve															
	Pep Up	DF / GF / V / Ve															
	Skin Glow	DF / GF / V / Ve															
	All Pink	DF / GF / V / Ve															
	Strawberry Fields	DF / GF / V / Ve															
P.Y.O. Shots	Raw Apple Cider Vinegar	DF / GF / V / Ve															
	Ginger	DF / GF / V / Ve															
	Green Herb	DF / GF / V / Ve															