

PICK.YOUR.OWN.

Allergen information - our food is freshly prepared in a small and busy kitchen, therefore we can not guarantee 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

Category	Product	Tags	Allergene	Allergen Information														
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	DF / GF / V / Ve		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	
	Soft British Leaves	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	House Sauerkraut	DF / GF / V / Ve																
	Chicken Cracking	DF / GF																
	Crisp Red Pepper	DF / GF / V / Ve																
	Crunchy Yellow Peas	DF / GF / V / Ve																
	Diced Smokey Cucumbers	DF / GF / V / Ve																
	Apple & Celery Slaw	GF / V	Celery, Egg, Milk, Mustard, Sulphites	Y			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		
	Punchy Shredded Carrots	DF / GF / V / Ve	Mustard, Sulphites									Y					Y	
PICK.YOUR.OWN. Salads - Flavours	Sourdough Croutons	DF / V / Ve	Gluten (Wheat)		Y													
	Calabrian Chilli Crunch	DF / GF / V / Ve																
	Maple ACV	DF / GF / V / Ve	Mustard									Y						
	Preserved Lemon & Orange	DF / GF / V / Ve																
	Coronation Caesar	DF	Gluten (Barley), Egg, Fish (Anchovies), Mustard, Sulphites		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																
Amba Sunshine Hummus		DF / GF / V / Ve	Sesame													Y		
Crumbled Wensleydale Yoredale		GF / V	Milk							Y								
Halved Avocado		DF / GF / V / Ve																
Orchard-glazed Ham Hock		DF / GF																
Lemon & Herb-Dressed Chicken		DF / GF	Mustard, Sulphites											Y			Y	
Roasted Herb-dressed News		DF / GF / V / Ve																
Charred Asparagus & Courgette		DF / GF / V / Ve																
Za'atar Cherry Tomatoes		DF / GF / V / Ve	Sesame														Y	
Chilli Crusted Sockeye Salmon		DF / GF	Fish (Salmon), Sesame						Y							Y		
Grilled Lamb Kofta		GF	Eggs, Milk, Mustard				Y				Y		Y					
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 Kofta	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y	
	Amba Meze	DF / GF / V	Egg, Mustard, Sesame, Sulphites				Y					Y			Y		Y	
Signature Salads - Large	Salmon Crunch	DF / GF	Fish (Salmon), Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites						Y			Y		Y		Y	Y	
	Calabrian Chilli Chicken	DF / GF	Mustard, Sulphites									Y					Y	
	Maple Ploughman's	GF	Celery, Egg, Milk, Mustard, Sulphites	Y			Y			Y		Y					Y	
	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 Kofta	GF	Egg, Milk, Mustard, Sulphites				Y			Y		Y					Y	
	Amba 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	
	Calabrian Chilli Chicken	DF / GF	Mustard, Sulphites									Y					Y	
PICK.YOUR.OWN. Organic Juices - Bases	Maple Ploughman's	GF	Celery, Egg, Milk, Mustard, Sulphites	Y			Y			Y		Y					Y	
	Carrot	DF / GF / V / Ve																
	Celery	DF / GF / V / Ve	Celery	Y														
	Cucumber	DF / GF / V / Ve																
	British Apple	DF / GF / V / Ve																
	Orange	DF / GF / V / Ve																
Pineapple	DF / GF / V / Ve																	

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