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

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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															
	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 Crackling	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
	Sourdough Croutons	DF / V / Ve	Gluten (Wheat)		Y												
	Calabrian Chilli Crunch	DF / GF / V / Ve															
PICK.YOUR.OWN. Salads - Flavours	Maple ACV	DF / GF / V / Ve	Mustard, Sulphites									Y					Y
	Preserved Lemon & Orange	DF / GF / V / Ve															
	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															
	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															
	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
	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
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
	Calabrian Chilli Chicken	DF / GF	Mustard, Sulphites									Y					Y
	Maple Ploughman's	GF	Celery, Egg, Milk, Mustard, 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															
	British Apple	DF / GF / V / Ve															
	Orange	DF / GF / V / Ve															
	Pineapple	DF / GF / V / Ve															

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PICK.YOUR.OWN. Organic Juices - Mixers	Ginger	DF / GF / V / Ve															
	Cavalo Nero	DF / GF / V / Ve															
	Lemon	DF / GF / V / Ve															
	Parsley	DF / GF / V / Ve															
	Kiwi	DF / GF / V / Ve															
	Strawberry	DF / GF / V / Ve															
PICK.YOUR.OWN. Organic Juices - Extras	Raw Apple Cider Vinegar Shot	DF / GF / V / Ve															
	Fresh Bee Pollen Sprinkle	DF / GF / V															
	Ginger Shot	DF / GF / V / Ve															
	Green Herb Bunch	DF / GF / V / Ve															
	Cold Matcha Shot	DF / GF / V / Ve															
Signature Organic Juices - Regular	Vibrant Greens	DF / GF / V / Ve															
	Clean & Green	DF / GF / V / Ve	Celery	Y													
	More Than Apple	DF / GF / V / Ve															
	Rebalance	DF / GF / V / Ve															
	Peel Good	DF / GF / V / Ve															
	Skin Glow	DF / GF / V / Ve															
	Kiwi Berry Cooler	DF / GF / V / Ve															
	Strawberry Fields	DF / GF / V / Ve															
Signature Organic Juices - Large	Vibrant Greens	DF / GF / V / Ve															
	Clean & Green	DF / GF / V / Ve	Celery	Y													
	More Than Apple	DF / GF / V / Ve															
	Rebalance	DF / GF / V / Ve															
	Peel Good	DF / GF / V / Ve															
	Skin Glow	DF / GF / V / Ve															
	Kiwi Berry Cooler	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															