

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@pyopickyournow 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	Allergens	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	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 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
	Sourdough Oroutons	DF / V / Ve	Gluten (Wheat)		Y												
PICK.YOUR.OWN. Salads - Flavours	Calabrian Chili Crunch	DF / GF / V / Ve															
	Maple ACV	DF / GF / V / Ve	Mustard														
	Preserved Lemon & Orange	DF / GF / V / Ve										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	Y
	Must Pick Honey Mustard	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y
	Pickled Chili Mayo	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y
	Harissa Broccoli	DF / GF / V / Ve															
	Jammy Peppers	DF / GF / V / Ve															
	Amba Sunshine Hummus	DF / GF / V / Ve	Sesame													Y	
PICK.YOUR.OWN. Salads - Toppers	Crumbled Wensleydale Yoredale	GF / V	Milk							Y							
	Halved Avocado	DF / GF / V / Ve															
	Orchard-glazed Ham Hook	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				
	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sulphites		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
Signature Salads - Regular	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 Chili 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 Chili 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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