

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@pyopickyournown and a member of the team will get back to you shortly

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

Category	Produot	Taga	Allergen Information															
PICK.YOUR.OWN. Salads - Bases	Baby Spinach & Herbs	DF / GF / V / Ve	Allergena	Celery	Gluten	Crustaceana	Eggs	Fish	Lupin	Milk	Molluso	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	
	Soft British Leaves	DF / GF / V / Ve																
	Ezme Fava Beans	DF / GF / V / Ve																
	Miso Pearl Barley & Grains	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																
	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	
	Punchy Shredded Carrots	DF / GF / V / Ve	Mustard, Sulphites									Y					Y	
	Sourdough Croutons	DF / V / Ve	Gluten (Wheat)		Y													
PICK.YOUR.OWN. Salads - Flavours	Calabrian Chilli Crunch	DF / GF / V / Ve			Y													
	Green Goddess	DF / GF / V / Ve																
	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	
	Lemon & Basil	DF / GF / V / Ve	Mustard, Sulphites									Y					Y	
	Must Pick Honey Mustard	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y	
	Basque Mayo	DF / GF / V	Egg, Mustard, Sulphites				Y					Y					Y	
	PICK.YOUR.OWN. Salads - Toppers	Harissa Broccoli & Squash	DF / GF / V / Ve	Mustard									Y					
Smoked Paprika Olives		DF / GF / V / Ve																
White Bean & Parsnip Hummus		DF / GF / V / Ve	Sesame													Y		
Crumbled Lancashire Cheese		GF	Milk							Y								
Avo & Cucumber Quac		DF / GF / V / Ve	Sesame													Y		
Orchard-glazed Ham Hock		DF / GF																
Pulled Rotisserie Chicken		DF / GF																
Torn Roast Potatoes		DF / GF / V / Ve																
Tikka Tofu		DF / GF / V / Ve	Mustard, Soya									Y					Y	
Seasons Tomato Salad		DF / GF / V / Ve																
Chilli Crusted Scottish 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, Sesame, Sulphites		Y							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	
	Salmon Pintxos	DF / GF	Fish (Salmon), Egg, Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites				Y	Y				Y	Y		Y		Y	
	Calabrian Chilli Chicken	DF / GF																
	Tofu Tikka Masala	GF	Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Soy									Y	Y		Y	Y		
Signature Salads - Large	Avo & Chips	DF / V / Ve	Gluten (Barley / Wheat), Mustard, Soya, Sesame, Sulphites		Y							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	
	Salmon Pintxos	DF / GF	Fish (Salmon), Egg, Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Sulphites					Y				Y	Y		Y		Y	
	Calabrian Chilli Chicken	DF / GF					Y											
	Tofu Tikka Masala	GF	Mustard, Nuts (Hazelnuts, Walnuts), Sesame, Soy									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																

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@pyopickyourn and a member of the team will get back to you shortly

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

[illegible]