DISHES ALLERGIES AND THEIR ALLERGEN CONTENT – PLUMA WINTER 22-23

Dishes	*					Jupin Rour							~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	
TAPAS	Celery	Cereals Containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Musturd	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Olives		✓											✓	✓
Almonds										~				
Gilda					✓									
Bread		✓												
Iberian ham														
Tomato bread		✓												
Cheese board		✓		~			✓			~				
Mixed salad														✓
Butternut squash salad							~			~				~
Patatas Bravas				~										
Padron peppers														
Vegan Paella	~													~
Spinach croquettes		✓		~			~							
Stuffed piquillo		~					~							

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Dishes	*				supin Rour			MUSTAND	2		-6 <u>8</u>	Beer
Peas & Iberian ham						✓						
King prawns with garlic			✓									
Baby squid				✓			✓					
Scallops							✓					✓
Octopus leg						✓	✓					✓
Ham croquettes		~		√		√					~	
Duck rise	~					✓						~
Chorizo						✓						✓
Bean stew						✓						
Pluma Iberica		~				✓		✓		~	~	
Lamb						\checkmark						