



















Allergen Information 2025

We are not an allergen-free facility. We make every attempt to identify ingredients that may cause allergic reactions for those individuals with food allergies. In this document we label items with possible allergens containing ingredients from our suppliers; however, we cannot guarantee that cross-contamination has not occurred. Cardiff University Students' Union cannot be held responsible for any issues resulting from food allergies.



































BBQ Oumph VG BBQ Oumph V Bacon

Name of Dish	Vegetarian	Vegan	Halal	G Celery	G Gluten	Eggs	Fish	Milk	Mustard	Nuts	Peanuts	Sesame	Soya	Crustaceans	Molluscs	Lupin	Sulphites
Snacks and sharers	V	VG		C	G	E	T.	M	MU	N	PN	8	80	CR	MO	LU	SU
Nachos																	
Halloumi fries																	
Garlic bread																	
Chicken goujons																	
Cauliflower wings																	
Cod goujons																	
Onion rings																	
Triple cooked chips																	
Skinny fries																	
Rarebit bruschetta																	
Sweetcorn fritters																	
House salad																	
Corn																	
Desserts	V	VG	н	C	G	E	F	М	MU	N	PN	8	80	CR	MO	LU	SU
Chocolate fudge cake					_				II/O				-	- CAX			99
Gluten-free chocolate brownie																	
Vegan salted caramel cake with sorbet																	
Chocolate waffle																	
Apple crumble custard																	
Mango sorbet																	
Some of our desserts enable choices which w	ill alter aller	aone															
Custard	ili aiter aller	gens															
Vegan cream																	
Ice cream																	
Sunday Carvery	v	VG	Н	C	G	E	7	M	MU	N	PN	s	so	CR	MO	LU	SU
		76	-		•	_		V	MO		4	•	30	CK	mo	LU	30
Nut roast																	
Vegan sausage																	
Filo parcels																	
Beef																	
Chicken																	
Pork																	
Gravy	_																
Peas Carrots																	
Stuffing																	
Cauliflower cheese																	
		 															
Yorkshire pudding																	
Roast potatoes																	
Red cabbage																	

Weekly specialsPlease see a member of staff for any allergens

Specials	V	VG	H	C	G	Ε	F	M	MU	N	PN	S	SO	CR	MO	LU	SU
New York club																	
Veg club																	
Scampi																	
Steak & ale pie																	
Pulled pork melt																	
Roasted veg melt																	
Falafel melt																	
Lamb burger																	
Fish & chips																	
Ham melt																	
Goats cheese pie																	
Avo & bacon club																	
Chicken club																	
Steak melt																	
Mac n cheese																	
Vegan bacon melt																	
Gammon & egg																	
Mexican club																	
Stuffed peppers																	
Salmon bagel																	
Vegan kebab wrap																	
Mixed pepper potato skins																	
Beef chilli wedges																	
Bacon potato skins																	
Seabass fishcakes																	

KEY:																	
Suitable for															3 /		
Contains							V	7		l .		\		W	W	5	
_																	
May contain											_ \						
Name of Dish	Vegetarian	Vegan	Halal	Celery	Gluten	Eggs	Fish	Milk	Mustard	Nuts	Peanuts	Sesame	Soya	Crustaceans	Molluscs	Lupin	Sulphites
Jackets	V	VG	Н	C	G	=	7	V.	MU	N	PN	8	80	CR	MO	LU	SU
Plain jacket																	
Cheese & beans																	
Vegan cheese																	
Cheddar cheese																	
Cheese & claw																	
Beans																	
Beef chilli																	
Black bean chilli																	
Beans & vegan cheese																	
Tuna sweetcorn																	
Chicken & bacon																	
Chicken tikka																	
Cajun chicken																	
Pulled pork																	
Coleslaw																	
Crispy onions																	
Salad garnish																	

Weekly specialsPlease see a member of staff for any allergens

Specials	V	VG	C	G	Ξ	F	M	MU	N	PN	8	80	CR	MO	LU	SU
Sweet chilli chicken																
Cheese savoury																
Piri chicken																
Falafel & salsa																
Pork & apple stuffing																

Suitable for Contains May contain Name of Dish Late Night Food Chicken burger Beef burger Chicken nuggets Chicken nuggets Cheesy chips