

| Dish Name | Cereals containing Gluten : | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Tree Nuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin | Molluscs |
|--|-----------------------------|-------------|------|------|---------|----------|------|-----------|--------|---------|--------|---------------------------|-------|----------|
| Pinchos | | | | | | | | | | | | | | |
| Crusty Breads | yes | no | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Homemade Guacamole with Tortilla Chips | no | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| Juicy Green Olives | yes | no | no | no | no | no | yes | no | no | yes | yes | no | no | no |
| Paprika Pork Crackling | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Spicy Mixed Nuts | yes | no | yes | no | yes | yes | yes | yes | no | no | no | no | no | no |
| Sweet Banana Chips | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Trio of Pinchos | yes | no | yes | no | yes | yes | yes | yes | no | no | no | no | no | no |
| Tapas | | | | | | | | | | | | | | |
| (Primo) Beef Fillet Skewer | yes | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| (Primo) Charred Halloumi | yes | no | no | no | no | yes | yes | no | no | yes | no | yes | no | no |
| (Primo) Grilled Lamb Chops | no | yes | no | yes | no | yes | no | no | no | yes | yes | yes | no | no |
| (Primo) Lime & Chilli King Prawns | no | yes | no | yes | no | yes | no | no | no | yes | yes | yes | no | no |
| Albondigas | yes | no | no | no | no | no | yes | no | no | no | no | yes | no | no |
| Cajun Cream Mushrooms | no | no | no | no | no | no | yes | no | no | yes | no | yes | no | no |
| Calamari | yes | no | yes | no | no | yes | no | no | no | no | no | no | no | yes |
| Cauliflower Frito | yes | no | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Chicken Quesadilla | yes | no | no | no | no | yes | yes | no | may | may | may | yes | no | may |
| Gambas Pil Pil | no | yes | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Honey & Lime Chicken Skewers | no | no | no | no | no | no | no | no | may | may | may | no | no | may |
| Honey Roasted Veg | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Iberico Ham Croquettes | yes | no | yes | no | no | yes | yes | no | no | no | no | no | no | no |
| Mojito Prawns | yes | yes | no | no | no | yes | no | no | no | no | no | no | no | no |
| Nachos del Sol | no | no | no | no | no | yes | yes | no | yes | yes | no | no | no | no |
| Patatas Bravas | no | no | yes | no | no | yes | no | no | no | no | no | yes | no | no |
| Pork & Chorizo Quesadilla | yes | no | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Pork Belly Skewers | no | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| Roasted Chorizo | no | no | no | no | no | no | yes | no | no | no | no | yes | no | no |
| Salmon Ceviche | no | no | no | yes | no | no | no | no | no | no | no | yes | no | no |

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| Burritos, Burgers and Sandwiches | | | | | | | | | | | | | | |
| Burrito Bowl - Beef | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Burrito Bowl - Chicken | yes | no | no | no | no | yes | yes | no | yes | may | may | no | no | may |
| Burrito Bowl - Mushroom and Bean | no | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Burrito Bowl - Pork | no | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Chicken Fajita Sandwich | yes | no | yes | no | no | yes | yes | no | yes | - | may | no | no | no |
| Chimichurri Steak Sandwich | yes | yes | may | yes | no | yes | yes | no | no | yes | yes | yes | no | no |
| Cuban Cheese Burger | yes | no | yes | no | no | yes | yes | no | yes | yes | may | yes | may | no |
| Cuban Hot Burger | yes | no | yes | no | no | yes | yes | no | yes | yes | may | yes | may | no |
| Halloumi Wrap | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Jerk Chicken Burger | yes | no | yes | no | no | yes | yes | no | yes | yes | may | yes | no | no |
| Marinated Chicken Burrito | yes | no | no | no | no | yes | yes | no | yes | may | may | no | no | may |
| Mushroom, Bean & Spinach Burrito | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Mushroom, Bean & Spinach Taco | yes | no | yes | no | no | yes | yes | no | yes | yes | no | yes | no | no |
| Paprika Chicken Taco | yes | yes | yes | yes | no | yes | yes | no | no | yes | yes | yes | no | no |
| Pulled Pork Sandwich | yes | no | yes | no | no | yes | yes | no | no | no | may | no | no | no |
| Shredded Pork Burrito | yes | no | no | no | no | yes | yes | no | yes | no | no | yes | no | no |
| Slow Cooked Beef Burrito | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Slow Cooked Shredded Pork Taco | yes | no | yes | no | no | yes | yes | no | no | yes | no | yes | no | no |
| Smoke Stack Burger | yes | no | yes | no | no | yes | yes | no | yes | yes | may | yes | may | no |
| Mains | | | | | | | | | | | | | | |
| Aubergine & Artichoke Paella | no | no | no | no | no | yes | no | no | yes | yes | no | yes | no | no |
| Caribbean Chicken Curry | no | no | no | no | no | no | no | no | yes | yes | no | yes | no | no |
| Chicken Enchilada | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Chimichanga | yes | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Cuban BBQ Chicken | yes | yes | no | yes | no | yes | no | no | yes | yes | yes | yes | no | no |
| Lime & Chilli Salmon Steak | yes | yes | no | yes | no | no | yes | no | no | yes | yes | no | no | no |
| Paella de Cuba | yes | yes | no | no | no | yes | yes | no | yes | yes | no | yes | no | no |
| Sirloin Steak | no | no | no | no | no | yes | yes | no | yes | no | no | no | no | no |
| Sunshine Salad w/ Chicken | no | yes | no | yes | no | no | no | no | no | yes | yes | yes | no | no |
| Sunshine Salad w/ Halloumi | no | no | no | no | no | no | yes | no | no | yes | no | yes | no | no |

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| Sides | | | | | | | | | | | | | | |
| Cheesy Cuban Fries | no | no | no | no | no | yes | yes | no | no | yes | no | no | no | no |
| Chimichurri Fries | no | no | no | no | no | yes | no | no | no | no | no | yes | no | no |
| Fire Pigs | no | no | yes | no | no | no | yes | no | no | no | no | no | no | no |
| Halloumi Fries | no | no | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Mojito Battered Onion Rings | yes | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| Roasted Sweetcorn | yes | no | no | no | no | yes | yes | no | no | no | no | no | no | no |
| Salad | no | no | no | no | no | yes | no | no | no | no | no | yes | no | no |
| Skinny Fries | no | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| Spiced Black Beans | no | no | no | no | no | yes | no | no | yes | no | no | no | no | no |
| Sweet Potato Fries | no | no | no | no | no | yes | no | no | no | no | no | no | no | no |
| Zesty Rice | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Dessert | | | | | | | | | | | | | | |
| Chocolate Praline Cake | yes | no | yes | no | may | yes | yes | yes | no | no | no | no | no | no |
| Churros | yes | no | no | no | no | yes | yes | no | no | no | no | yes | no | no |
| Coconut Ice Cream | may | no | no | no | no | no | yes | may | no | no | no | yes | no | no |
| Colombian Chocolate Brownie | yes | no | yes | no | no | yes | yes | yes | no | no | no | no | no | no |
| Toffee Nut Cheesecake | yes | no | yes | no | no | no | yes | yes | no | no | no | yes | no | no |

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| Cucumber/Carrot Sticks | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Homemade Chicken Fingers | yes | no | yes | no | no | yes | yes | no | yes | no | no | no | no | no |
| Homemade Fish Fingers | yes | no | yes | yes | no | yes | yes | no | no | no | no | yes | no | no |
| Kid Fries | no | no | no | no | no | no | no | no | no | no | no | no | no | no |
| Mini Vegetable Quesadilla | yes | no | no | no | no | yes | no | no | no | no | no | yes | no | no |
| Rice and Peas | yes | no | no | no | no | yes | yes | no | no | no | no | no | no | no |

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| Avocado Brunch | yes | no | yes | no | no | yes | no | no | no | no | no | yes | no | no |
| Brekkie Burrito | yes | no | yes | no | no | yes | yes | no | no | no | no | yes | no | no |
| Cubano Benedict | yes | no | yes | no | no | yes | yes | no | no | yes | no | yes | no | no |
| Full Grilled Breakfast | yes | no | yes | no | no | yes | yes | no | no | no | no | yes | no | no |
| Granola and Yoghurt | yes | no | no | no | yes | no | yes | yes | no | no | no | no | no | no |
| Huevos Rancheros | yes | no | yes | no | no | yes | no | no | yes | no | no | yes | no | no |
| Porridge Brulee | yes | no | no | no | no | no | yes | no | no | no | no | no | no | no |
| Spanish Omelette | yes | no | yes | no | no | yes | yes | no | no | no | no | yes | no | may |
| Tomato and Cucumber Salad | no | no | no | no | no | no | no | no | no | no | no | no | no | no |