

BESWICK'S & CO.
ALLERGEN POLICY & GUIDE



ALLERGEN POLICY

Please be aware that menu items are prepared in our dedicated kitchen facility, which also handles major allergens including **TREENUTS, PEANUTS, DAIRY, WHEAT, GLUTEN, SOY, SESAME, FISH & EGGS, as well as SULPHITES, MUSTARD, CELERY**. Our team takes all of the necessary steps to minimize the risk of cross-contamination. However, **please be aware that we cannot guarantee that there will be no allergen traces**. Please notify our team of any allergies when ordering. For the allergen information of any Beswick's & Co.'s seasonal items/specials, please ask our front of house team.

Our allergen guide is also available to view in store.

EDIBLE FLOWERS

Some of our dishes are garnished with edible flowers that may contain traces of celery, mustard and pollen (wmay not be suitable for hay-fever sufferers).

VEGAN, VEGETARIAN & CONTAINS NUTS

Our menu items are clearly labelled with V (vegetarian), VE (vegan) and (N) contains nuts.

NUTRITIONAL INFORMATION

At Beswick's & Co. we are committed to using high-quality, premium ingredients in all of our dishes. Our menu has been carefully and thoughtfully curated by our chef & nutritionist. A breakdown of the estimated nutritional profile of our menu items can be found on our website. If you have any questions regarding allergens or nutritional information, please ask a member of our team who will gladly assist you further with your query.

ORGANIC BLUEBERRY POWDER

If you are pregnant, nursing or taking any medications, do not order our Ocean Blues smoothie as a doctor should be consulted prior to consumption.



The cross is indicative of the allergen being present in this dish



									
Menu Item	FISH	MILK	WHEAT / GLUTEN	SOY	CRUSTACEANS	EGG	PEANUT	TREENUT	SESAME
CLASSIC AVOCADO TOAST			X						
SEASONAL OVERNIGHT OATS		X	X	X			X	X	
B'S LOADED BANANA BREAD		X	X	X		X	X	X	
BURRATOCADO TOAST		X	X			X	X	X	
SPICY HALLOUMI & AVOCADO TOAST		X	X	X					
B'S BRITISH BRUNCH SANDWICH			X	X		X			
SALMON & CREAM CHEESE TOAST	X	X	X						
WILDFLOWER FRUIT TOPPED TOAST		X	X	X			X	X	



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Menu Item	FISH	MILK	WHEAT / GLUTEN	SOY	CRUSTACEANS	EGG	PEANUT	TREENUT	SESAME
BESWICK’S CLASSIC ACAI			X	X			X	X	
BERRY YOGURT PARFAIT		X	X	X			X	X	
ENGLISH CRUMPETS		X	X	X			X	X	
B’S FARMHOUSE BRUNCH BOWL		X		X		X			
SEASONAL CHIA PUDDING		X	X	X			X	X	
★ FORAGERS TRUFFLE MUSHROOM		X	X	X					
ENGLISH GARDEN GREENS		X							
THE HARVEST		X		X			X	X	

★ PLEASE NOTE THAT ALL OF OUR TOASTED SANDWICHES ARE PRODUCED USING THE SAME COOKING EQUIPMENT & WE CANNOT GUARANTEE NO ALLERGEN TRACES



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Menu Item	FISH	MILK	WHEAT / GLUTEN	SOY	CRUSTACEANS	EGG	PEANUT	TREENUT	SESAME
★ PROSCIUTTO, MOZZARELLA & BASIL		X	X	X		X	X	X	
SMOKED SALMON & ENGLISH CUCUMBER	X	X	X						
ROAST BEEF & WHOLEGRAIN MUSTARD			X	X		X			
★ GRILLED ENGLISH CHEDDAR & CARAMELIZED ONION JAM		X	X	X					
★ TUNA & AVOCADO	X	X	X	X		X	X	X	
BASIL PESTO CAPRESE		X	X	X		X	X	X	
B'S CLUB			X	X		X			

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Menu Item	FISH	MILK	WHEAT / GLUTEN	SOY	CRUSTACEANS	EGG	PEANUT	TREENUT	SESAME
WHOLESOME BUNDLE		X	X	X		X			
THE FOODIE BUNDLE		X	X	X		X			
PALM BEACH BABE BUNDLE		X	X	X			X	X	
BESWICK'S BAKES BUNDLE *		X	X	X		X			
AFTERNOONS IN LONDON BUNDLE		X	X			X			
B'S CHOC' CHIP BANANA BREAD		X	X	X		X			
ENGLISH BUTTERMILK SCONE		X	X			X			
B'S DARK CHOCOLATE FUDGE BROWNIE		X	X	X		X			

* THERE MAY BE ADDITIONAL ALLERGENS IN THE SEASONAL CAKES IN THE BESWICK'S BAKES BUNDLE. PLEASE ASK FOR FULL ALLERGEN DETAIL.



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BLUEBERRY STREUSEL MUFFIN		X	X	X		X			
B'S BROWN BUTTER CHOC' CHIP COOKIE		X	X	X		X			
B'S MILK & COOKIE		X	X	X		X			
PLAIN CROISSANT		X	X	X		X			
PUMPKIN BREAD		X	X	X		X			
BROOKIE		X	X	X		X			

FOR OUR SEASONAL ITEMS i.e. OUR SEASONAL CAKES PLEASE ASK FOR THE ALLERGENS or REFER TO BAKERY CARDS IN COUNTER



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PALM ISLAND								X	
MANGO GREENS								X	
OCEAN BLUES				X				X	
STRAWBERRY SHORTCAKE		X							
BRILLIANT BEETS WATERMELON SUGAR GLORIOUS GREENS GOLDEN							X	X	
TOASTED MALLOW HOT CHOCOLATE		X	X	X		X	X	X	
BOURBON VANILLA BEAN LATTE		X							
CAPPUCCINO		X							



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ESPRESSO MACCHIATO		X							
BLACK AMERICANO									
LATTE		X							
DARK CHOCOLATE MOCHA		X							
FLAT WHITE		X							
CEREMONIAL MATCHA LATTE		X							
CINNAMON “DIRTY” CHAI LATTE		X							
B’S PINK DRINK		X							



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LONDON FOG		X							