Café Sobar

Allergens List

Last Update:	29.10.26

Our kitchen handles allergens and, while we do our best to keep items separate, we cannot guarantee that any item is completely allergen-free.
The table below indicates the presence of the 14 major allergens in each of our menu items. In some cases, we may be able to make adjustments—please speak with your server before ordering to discuss your needs and confirm whether a dish can be safely prepared for you.
See our cake display for details of allergens in our cakes and baked goods. Allergens in our bottled drinks are indicated on the bottles.

	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Full English Breakfast		✔		✔										
Plant Based Break	✔	✔											✔	
Kid's Full English		✔		✔										
Kid's Vegetarian Full	✔	✔		✔										
Sourdough morning sandwich: Sausage		✔												
Sourdough morning sandwich: Vegan bacon		✔											✔	
Chicken Burger		✔		✔										
Cheese sanwich		✔					✔						✔	
Chipotle Hash Browns		✔		✔										
Sourdough morning sandwich: Vegan sausage	✔	✔					✔							
Sourdough morning sandwich:Bacon		✔												
Toast with Avocado		✔												
Toast with Avocado and eggs		✔		✔										
Toast with Egg		✔		✔										
Cheese Omelette		✔		✔			✔							
Chocolate pancakes with ice cream		✔		✔			✔							
Pancakes maple syrup		✔		✔			✔							

	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Belgian Waffles		✔		✔			✔							
Yoghurt Pot with Granola		✔					✔							
Full Breakfast Brioches		✔		✔			✔							
Garlic mushrooms		✔												
Plant based Brioche	✔	✔											✔	
Cheese & ham toastie		✔					✔						✔	
Sausage & Egg Roll	✔	✔												
Smoked salmon poached egg		✔		✔	✔								✔	
Hot honey hash browns		✔		✔			✔							
Smoked Salmon Bagel		✔			✔		✔							
Jacket potato														
special of week	Ask server											✔		
New Yorker Brioche Roll		✔					✔		✔					
Cheese & Kimchi Toasted Sourdough		✔					✔							
Teacake		✔												
Toast		✔												
Croissant		✔												
Avocado														
Bacon														
Beans														
Black pudding		✔												
Hash browns														
Sausage														
Vegan bacon		✔											✔	
Vegan sausage	✔													
Egg				✔										
Tomatoes (tinned)														
Cheese							✔							
Spinach														
Ham														
Mushroom														
sausage,chips,beans				✔										
Egg,chips,beans				✔										

	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Soup of the day		ask server												
Fries														
Side salad														
Ice Cream							✔							
Smoothies (Various)														
House Coleslaw														