

ETM SPORTS MENU April 2021

Food Allergens - x = Contains allergen

| | Gluten* | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk/lactose | Nuts** | Celery | Mustard | Sesame seeds | Sulphur*** | Lupin | Molluscs | Shared fryer**** | |
|---------------------------------------|---------|-------------|------|------|---------|----------|--------------|--------|--------|---------|--------------|------------|-------|----------|------------------|---|
| Small plates, sharing platters | | | | | | | | | | | | | | | | |
| Hummus (V) | x | | | | | | | | | | x | | | | | |
| Nachos (V) | | | | | | | | | x | | | x | | | | |
| Mac and Cheese Croquettes (V) | x | | x | | | | x | | | | | | | | x | |
| Garlic pizza bread (v) | x | | | | | | | | | | | | | | | |
| Tomato and pesto bread (V) | x | | | | | | | x | | | | | | | | |
| BBQ ribs | x | | | | x | | | x | x | x | x | x | | | | |
| Cauliflower Wings (pb) | x | | | | | x | | x | x | x | x | x | | | x | |
| Falafel balls (V) | | | | | | x | | | | | x | x | | | x | |
| Jalapeno poppers (V) | x | | | | | | x | | | | | x | | | x | |
| The Quarterback | x | | x | | | | x | | | x | | | | | x | |
| The Wingback | | | | | | | x | | x | | x | x | | | x | |
| Sharing Nachos (v) | | | | | | | x | | x | | | x | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| PIZZAS | | | | | | | | | | | | | | | | |
| Margarita | x | | | | | | x | | | | | x | | | | |
| Pepperoni | x | | | | | | x | | | | | x | | | | |
| Quatro fromagi Pizza | x | | | | | | x | | | | | x | | | | |
| Truffled Garlic Mushroom | x | | | | | | x | | | | | x | | | | |
| Hot and spicy | x | | | | | | x | | | | | x | | | | |
| Vegetarian | x | | | | | | x | | | | | x | | | | |
| Margarita Vegan Vegan option | x | | | | | | | x | | | | x | | | | |
| Truffled Garlic Mushroom Vegan option | x | | | | | | | x | | | | x | | | | |
| Vegetarian Vegan option | x | | | | | | | x | | | | x | | | | |
| Meat feast | x | | | | | | x | | | | | x | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Salads | | | | | | | | | | | | | | | | |
| Chicken Caesar Salad | x | | x | x | | | x | | | | | x | | | x | |
| Falafel Salad | | | | | | | x | | | | x | x | | | x | |
| Long Arm Burgers | | | | | | | | | | | | | | | | |
| The Classic | x | | x | | | | x | | | x | | x | | | | |
| The Smoke | x | | x | | | | x | | | x | | x | | | | |
| Heat | x | | x | | | | x | | | | | x | | | x | |
| Vegan (PB) | x | | | | | x | | | | x | | x | | | | |
| Lost boys burger and wings | | | | | | | | | | | | | | | | |
| Wings Wendy | | | | | | | x | | x | | | x | | | | |
| Wings Thuddbutt | | | | | | | x | | x | | | x | | | | |
| Wings Rufio | | | | | | | x | | x | | | x | | | | |
| Wings Mango Habanero | | | | | | x | x | | x | | x | x | | | | |
| Wings Kansas BBQ | | | | | | | x | | x | x | | x | | | | |
| Wings Szechuan | x | | | | | | x | | x | x | x | x | | | | |
| Wings Korean | | x | | | | | x | x | x | | x | x | | | | |
| Lost Boy's Chicken Shop | x | | x | | | | x | | | | | x | | | x | |
| Maggie Mayo | x | | x | | | | x | | | | | | | | x | |
| Korean Kimchi | x | | x | x | | | x | x | | | x | x | | | x | |
| Vegan Jackfruit Mango Habanero | x | | | | | | | | | | | x | | | x | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Fries, sides and sauces | | | | | | | | | | | | | | | | |
| French fries | | | | | | | | | | | | | | | | x |
| Sweet potato fries | | | | | | | | | | | | | | | | x |
| Curly fries | x | | | | | | | | | | | | | | | x |
| Potato tots | | | | | | | | | | | | | | | | x |
| Filthy Cow loaded fries | x | | | | | x | | x | x | x | x | x | | | | x |
| Smoke beer cheese sauce | x | | | | | | x | | | | | x | | | | |
| Rich IPA Gravy | x | | | | | | x | | x | x | | | | | | |
| House slaw | | | | | | x | | | | | | x | | | | |
| Mixed leaf salad | | | | | | | | | | | | | | | | |
| Caesar side salad | x | | | x | | | x | | x | | | x | | | | |
| B&B pickles | | | | | | | | | | x | | x | | | | |
| | | | | | | | | | | | | | | | | |
| Ranch | | | x | | | | x | | | | | | | | | |
| Rufio ketchup | | | | | | | x | | x | | | x | | | | |
| Rufio Mayo | | | x | | | | x | | | | | x | | | | |
| Wings Wendy | | | | | | | x | | | | | x | | | | |
| Wings Thuddbutt | | | | | | | x | | | | | x | | | | |
| Wings Rufio | | | | | | | | | | | | x | | | | |
| Wings Mango Habanero | | | | | | | | | | x | | x | | | | |
| Wings Kansas BBQ | | | | | | | | | | | | x | | | | |
| Wings Szechuan | x | | | | | | x | | | | | x | | | | |
| Wings Korean | x | | | | | | x | | | | x | x | | | | |
| | | | | | | | | | | | | | | | | |
| Pleascake | | | | | | | | | | | | | | | | |
| Salted Caramel | x | | x | | | | x | x | x | | | x | | | | |
| Cookies and Cream | x | | x | | | | x | x | x | | | x | | | | |
| Red Velvet | x | | x | | | | x | x | x | | | x | | | | |
| Carrot Cake | x | | x | | | | x | x | x | | | x | | | | |
| Mixed Berry | x | | x | | | | x | x | x | | | x | | | | |

X - Contains Allergen

* Cereals containing gluten - wheat, rye, barley, oats, spelt, kamut

** Nuts - almonds, walnuts, cashews, pecan nuts, Brazil nuts, pistachio, macadamia, Queensland nuts

*** Sulphur dioxide and sulphites at concentration more than 10mg/kg

**** Shared fryer contains gluten, egg, milk/lactose

Some of the products we use are made in factories that handle all allergens