

# Allergen Information

All our products are prepared from scratch in our kitchen, so we cannot guarantee complete separation between ingredients with and without allergens. Please inform us of any dietary restrictions when placing your order to minimize the risk of cross-contamination. Contact us at [hola@enlagloriasaladhouse.com](mailto:hola@enlagloriasaladhouse.com).

SALADS	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Parmigiana Salad	●						●	●			●			
Kale Cesar Salad							●	●			●			
Vegan Cesar Salad						●		●		●	●			
Salmon Poke				●		●								●
Heura Poke						●				●	●			●
Boniato Chicken Salad							●				●			
Gloria's Salad			●				●							
Niçoise Salad			●							●	●			●
Oaxaca Salad	●		●				●				●			
Roast Heura Salad						●				●	●			
Umami Tuna Salad				●		●				●	●			●
Miso Salmon Salad				●		●				●	●			●

PLATES	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Chicken Plate	●					●				●	●			●
Pulled Pork Plate	●					●	●			●	●			●
Falafel Plate	●					●				●	●			●
Heura Plate	●					●				●	●			●
Raw Salmon Plate	●			●		●				●	●			●
Raw Tuna Plate	●			●		●				●	●			●
Roast Salmon Plate	●			●		●				●	●			●

WRAPS	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Kale Cesar Wrap	●						●	●			●			
Rosemary Chicken Wrap	●						●							
Avocado Mexican Wrap	●		●				●				●			
Italiano Chicken Wrap	●						●	●			●			
Vegan Harvest Wrap	●					●				●	●			

MAXIS	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Maxi Kale Cesar Salad							●	●			●			
Maxi Vegan Cesar Salad						●		●		●	●			
Maxi Parmigiana Salad	●						●							
Maxi Gloria's Salad			●			●	●				●			●
Maxi Boniato Chicken Salad							●				●			

SIDES	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Seeded Bread	●													●
Zucchini Soup									●					
Pumpkin Soup									●					
Roast Aubergine														
Gloria's Roast Veggies										●	●			
Sweet Potato Bravas			●								●			
Roast Chicken														
Salmon & Tuna Tartar			●	●		●					●			●

DESSERTS (BARCELONA)	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Banana Bread								●						
Carrot Cake			●			●	●	●						
Double Chocolate & Salt Cookie			●			●								
Chocolate Chip Cookie			●			●	●							
Matcha Cookie			●			●	●							

DESSERTS (MADRID)	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Dairy	Nuts	Celery	Mustard	Sulphite	Molluscs	Sesame	Lupin
Banana Bread	●		●											
Carrot Cake	●		●											
Double Chocolate & Salt Cookie	●		●				●							
Chocolate Chip Cookie	●		●				●							
Matcha Cookie	●		●				●	●						

Alfajor Dulce Leche ● ●

**BASES**                      Gluten    Shellfish    Egg    Fish    Peanut    Soy    Dairy    Nuts    Celery    Mustard    Sulphite    Molluscs    Sesame    Lupin

Kale

Rocket

Baby Spinach

Iceberg Lettuce

Basmati Rice

Quinoa

Beluga Lentils

Fusilli Pasta ●

**INGREDIENTS**                      Gluten    Shellfish    Egg    Fish    Peanut    Soy    Dairy    Nuts    Celery    Mustard    Sulphite    Molluscs    Sesame    Lupin

Roasted Aubergine

Roasted Sweet Potato

Caramelised Onion ●

Roasted Artichokes

Green Beans with Baby Potatoes ● ●

Confit Leek

Cherry Tomatoes

Asian Carrot ● ●

Sweetcorn Pico de Gallo

Yoghurt & Aubergine Dip ●

Edamame with Sesame ● ●

Boiled Egg ●

Wakame Seaweed ● ● ●

Feta Cheese ● ●

Parmesan Cheese ●

**PREMIUMS**                      Gluten    Shellfish    Egg    Fish    Peanut    Soy    Dairy    Nuts    Celery    Mustard    Sulphite    Molluscs    Sesame    Lupin

Avocado

Falafel

Mustard Heura ● ● ●

Burratina ● ●

Roast Chicken

Pulled Pork ● ●

Soy-Marinated Salmon ● ● ●

Soy-Marinated Tuna ● ● ●

Baked Salmon ● ● ●

**DRESSINGS**                      Gluten    Shellfish    Egg    Fish    Peanut    Soy    Dairy    Nuts    Celery    Mustard    Sulphite    Molluscs    Sesame    Lupin

Extra Virgin Olive Oil

Rosemary

Mustard ● ●

Balsamic ●

Caesar ●

Sriracha Mayo ● ●

Ginger Soy ● ● ●

Miso Mustard ● ● ●

Basil Pesto ● ●

**CRUNCHY**                      Gluten    Shellfish    Egg    Fish    Peanut    Soy    Dairy    Nuts    Celery    Mustard    Sulphite    Molluscs    Sesame    Lupin

Toasted Sesame ●

Mixed Seeds ●

Crispy Chickpeas

Crispy Onion ●

Nori Seaweed Flakes ●