| Dish | Dairy | Eggs | Fish | Crustanceans | Molluscs | Garlic & Onion | Nuts | Peanuts | Sesame | Soya bean | Mustard | Sulphites | Celery |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Gaspacho | traces in fryer plantain | | traces in plantain | | | both in soup | almond (traces) | | | fry tortilla in soup | | | gaspacho |
| **Pa picar** | | | | | | | | | | | | | |
| Hominy corn | traces in fryer | | traces in fryer | | | both in Hominy mix | almond (traces) | | | oil in fryer | | | |
| Plantains & Guac | traces in fryer | | traces in fryer | | | Onion in guacamole | almond (traces) | | | oil in fryer | | | |
| vegan empanada | traces in fryer | | traces in fryer | | | both marinade, onion in salsa | almond (traces) | | | oil in fryer | | | |
| meat empanadas | traces in fryer | | anchovy | | | both marinade, onion in salsa | almond (traces) | | | oil in fryer | | | |
| Tapioca | milk & cheese | | traces in fryer | | | traces in fryer | almond (traces) | | | oil in fryer | | balsamic vinegar | |
| Pork Belly | traces in fryer | | traces in fryer | | | traces in fryer | almond (traces) | | | oil in fryer | | Red wine vinegar | |
| Tuna tostada | mayo | Mayo | Tuna | | | chilli oil, mayo, onion garnish | almond (traces) | | sesame oil | tostada & marinade | Mayo | | |
| **The land** | | | | | | | | | | | | | |
| Jackfruit tacos | | | | | | both in marinade | almond (traces) | | | | | pickled onion | |
| Palmheart tostada | mayo | mayo | traces in fryer | | | both in marinade | almond (traces) | | | tostada & marinade | mayo | | |
| courgette | | | | traces grill | traces grill | onion | almond (traces) | | | | | | Garnish |
| Aubergine | | | | | | both in marinade,beans | almond (traces) | | | in marinade | | salsa negra(balsamic) | |
| **The sea** | | | | | | | | | | | | | |
| Seabass | | | sea bass | | | | almond (traces) | | | tapioca coral | | | Garnish |
| Prawns | Pacific coast salsa | | salsa | prawns | | both in salsa | almond (traces) | | | plantain tostones | | Prawns | |
| octopus | | | | traces grill | octopus | garlic in marinade | almond (traces) | | | plantain | | white wine vinegar | |
| **The Farm** | | | | | | | | | | | | | |
| Chicken | butter in achiote | | | traces grill | traces grill | both in marinade & mojo | almond (traces) | | | | | | |
| beef skewers | traces in potatoes | | | traces grill | traces grill | marinade and Guasacaca | almond (traces) | | | potatoes | | red wine vinegar | |
| cochinita pilbil | butter in achiote | | | | | both in marinade | almond (traces) | | | | | cider vinegar/ marinade | |
| **Sides Dishes** | | | | | | | | | | | | | |
| Rice | | | traces in onions | | | both Rice marinade | almond (traces) | | | traces crispy onion | | | |
| Chimirruri Fries | traces in fryer | traces/ fryer | traces in fryer | | | garlic on chimichurri | almond (traces) | | | oil in fryer | | | |
| Cassava Chips | Mayo | Mayo/traces | traces in fryer | | | both Mayo and traces in fryer | almond (traces) | | | oil in fryer | Mayo | Mayo | |
| grilled lettuce | | | | traces grill | traces grill | garlic in pesto | almond | | | | | | |
| **sweet endings** | | | | | | | | | | | | | |
| duo ice cream | ice cream & choc cokie | ice cream | | | | | almond (traces) | | traces | | | | |
| Churros | Dulce leche, traces in fryer | traces/ fryer | traces in fryer | | | traces in frier both | almond (traces) | | traces | oil in fryer | | | |
| tres leches tiramisu | whole dish | whole dish | | | | | almond (traces) | | traces | | | | |
| | | | | | | | | | | | | | |
| KEY: | Can be amended | | | | | | | | | | | | |
| | Cannot be changed | | | | | | | | | | | | |
| | May contain traces | | | | | | | | | | | | |