



2018/2019

ALLERGY GUIDE




DOES IT CONTAIN?


Milk & Milk products *Fish* *Crustaceans* *Molluscs* *Gluten containing Cereals* *Egg* *Peanuts* *Other Nuts* *Soy inc. Soya* *Celery* *Mustard* *Sesame* *Sulphur Dioxide* *Lupin* *Garlic*


BREAKFASTS


Full English with an Argentine twist Poached eggs				yes	yes			yes						
Full English with an Argentine twist scrambled eggs	yes			yes	yes			yes						
Full Argentine Style	yes			yes	yes									
Poached eggs on organic Toasted Bloomer				yes	yes									
Poached eggs on organic Toasted Bloomerr bacon				yes	yes									
Poached eggs on organic Toasted Bloomer avocado				yes	yes									
Poached eggs on organic Toasted Bloomer salmon		yes		yes	yes									
Scrambled eggs on organic Toasted Bloomer	yes			yes	yes									
Scrambled eggs on organic Toasted Bloomer bacon	yes			yes	yes									
Scrambled eggs on organic Toasted Bloomer avocado	yes			yes	yes									
Scrambled eggs on organic Toasted Bloomer salmon	yes	yes		yes	yes									
2 portions of Organic Toasted Bloomer	yes			yes										
Ham & Cheese Croissant	yes			yes	yes									


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BREAKFASTS																
Pancakes	yes				yes	yes										
Caprese and Avocado on Toast					yes		yes					yes				
Poached eggs and Avocado on Toast					yes	yes										
Smoked Salmon on Toast	yes	yes			yes											
Smoked Salmon on Toast with Poached eggs	yes	yes			yes	yes										
Smoked Salmon on Toast with Mashed Avocado	yes	yes			yes											
CHEGUSANES - Sandwiches																
Argentine Beef Milanesa (*)	yes				yes	yes										yes
Argentine Beef Milanesa add fried eggs (*)	yes				yes	yes										yes
Argentine Beef Milanesa - Smoked Streaky Bacon (*)	yes				yes	yes										yes
Free Range - Boneless Chicken Milanesa (*)	yes				yes	yes										yes
Free Range - Boneless Milanesa add fried eggs (*)	yes				yes	yes										yes

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CHEGUSANES - Sandwiches																
Free Range-Boneless Chicken Milanesa add Bacon (*)	yes				yes	yes										yes
Lomito Steak Sandwich					yes											yes
Lomito Steak Sandwich add Fried Eggs					yes	yes										yes
Lomito Steak Sandwich add Smoked Streaky Bacon					yes											yes
Marinated Veggie Trio	yes				yes											yes
B.L.T. (Bacon-Lettuce-Tomato)					yes	yes										
B.L.T. (Bacon-Lettuce-Tomato) add Fried Egg					yes	yes										
Club Sandwich					yes	yes										
TARTS - Spinach Tart	yes				yes	yes		yes								yes
EMPANADAS																
Argentine Beef Empanadas (*)					yes	yes			yes							
Chicken Empanadas (*)					yes	yes			yes							
Ham & Cheese Empanadas (*)	yes				yes	yes			yes							

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EMPANADAS															
Provolone Cheese & Marmite Empanadas (*)	yes				yes	yes			yes						
Spinach & Cheese Empanadas	yes				yes	yes		yes	yes						
Cheese & Onion Empanadas	yes				yes										yes
Sweetcorn "Humita" Empanadas	yes				yes										yes
Vegetables Empanadas	yes				yes										
LUNCH - Starters															
Marinated Mix Olives															yes
Chorizo Criollo Parrillero	yes								yes						
Black Pudding															
Provolone Cheese	yes														
Bread Selection					yes	yes									

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LUNCH - Starters															
Argentine Beef Milanesa (*)	yes				yes	yes									yes
Argentine Beef Milanesa Caprese (*)	yes				yes	yes									yes
Argentine Beef Milanesa Napolitana (*)	yes				yes	yes									yes
Argentine Beef Milanesa Completa (*)	yes				yes	yes									yes
Free Range Chicken Milanesa (*)	yes				yes	yes									yes
Free Range Chicken Milanesa Caprese (*)	yes				yes	yes									yes
Free Range Chicken Milanesa Napolitana (*)	yes				yes	yes									yes
(*)Free Range Chicken Milanesa Completa	yes				yes	yes									yes
Burgers - Classic					yes	yes				yes	yes	yes			yes
Burgers - Cheese	yes				yes	yes				yes	yes	yes			yes
Burgers - The Argen	yes				yes	yes				yes	yes	yes			yes
Burgers - The Veggie One															

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SALADS															
Green Salad						yes					yes				
Chicken Caesar Salad						yes					yes				
Caprese Salad						yes					yes				
Palmito Salad						yes									
Casa Argentina Salad	yes										yes				
Mixed Salad															
SIDE DISHES															
Fritas (*)															
Fritas a la provenzal (*)															yes
2 Fried Eggs							yes								
Grilled Mix Vegetables															yes
Padron Peppers															
Calamari Fritti	yes	yes			yes	yes									yes
Streaky Bacon															

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SIDE DISHES (cont.)															
Fresh Mashed Potatoes Pure de Papas	yes														
Steamed Fresh Vegetables															yes
MAIN COURSE - STEAKS															
Angosto - Striploin - Chain off															
Ancho - Ribeye - Cuberoll															
Lomo - Fillet - Tenderloin - Chain off															
Beef Spare Ribs - Tira de Asado															
Char-Grilled Stuffed Chicken	yes				yes	yes									yes
DESSERTS															
Flan con Dulce de Leche	yes				yes	yes									
Ice Cream Selection	yes														
Panqueques con Dulce de Leche	yes				yes	yes									
Torta Rogel	yes				yes	yes									
Churros con Chocolate (*)	yes				yes	yes									
Don Pedro	yes				yes	yes	yes								

Dishes with a * indicate that whilst the ingredient is not included in the recipe, due to fryers being used for more than one product there is a small possible contamination risk.

Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

Allergies and special dietary requirements are taken very seriously at Casa Argentina. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your waiter before ordering of any special dietary requirements that you may have.

All our dishes are made in house, on our real open kitchen by real chefs. Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens. Where an ingredient is included as part of the recipe, this will be specified, however it is possible that dishes may contain traces of other allergens. Please ask to speak with a Manager for more information.

Burgers are cooked to order. Consuming raw or undercooked meats may increase your risk of foodborne illness and effects may be more severe in children, pregnant women, the elderly and those with weakened immune systems.

We are working very hard to provide you with a guide to have an "Avoiding Gluten, Vegan and Avoiding Dairy guide to help you make the right choice for you".
Modifications can be found against specific dishes in red brackets.

We list the following allergens in this guide: Milk and Milk products, Fish, Crustaceans, Mollusc, Gluten containing Cereals, Egg, Peanuts, Other Nuts, Soy Including Soya, Celery, Mustard, Sesame, Sulphur Dioxide/Sulphites, Lupin, Garlic.

If you have any questions, please do speak to a member of the management team.