

We have provided an Allergen chart on this page to aid customers with food allergies and food sensitivities make more informed choices. If you have more questions about our food, please call +64 22 5341 396 and we would be happy to help.

Important note: We take the utmost care to design our processes, train our staff, and take all necessary precautions to safely cater to our customers' food allergies and food sensitivities as best we can. However, we also want you to know that normal kitchen operations involve shared storage, cooking surfaces, preparation areas, and equipment, which create the possibility for cross-contact between the food you order and other foods containing other allergens. As all of our pancakes are cooked on the same griddle, there exists a possibility that the filling of other pancakes may come into contact with your pancake. For this reason, we cannot guarantee any item is completely allergen-free even after ingredients have been removed on request.

The food we supply to other restaurants contain the same ingredients in the same quantities as the food we serve at our Albany store. However, there exists a possibility that our pancakes may come into contact with other types of allergens due to different processes and other foods containing allergens present at different venues.

<b>Keys:</b>	<b>Y</b> = This product directly contains this allergen.	<b>M</b> = This product may indirectly contain this allergen as a result of the manufacturer also processing food containing other allergens on the same equipment or at the same plant.
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## Allergen Chart (in two parts)

### Allergens (Part 1, continued below)

Menu Items*	Wheat	Gluten	Sulphites	Egg	Milk	Soy	Peanut
Chicken Cheese	Y	Y	Y	Y	Y	Y	
Beef Cheese	Y	Y	Y	Y	Y	Y	
Ham Cheese	Y	Y	Y	Y	Y	Y	
Ham Pineapple Cheese	Y	Y	Y	Y	Y	Y	
Pineapple Cheese	Y	Y	Y	Y	Y	Y	
Double Cheese	Y	Y	Y	Y	Y	Y	
Potato Cheese	Y	Y	Y	Y	Y	Y	
Brown Sugar & Cinnamon	Y	Y	Y	Y	Y	Y	Y
Red Bean	Y	Y	Y	Y	Y	Y	M
Red Bean Cheese	Y	Y	Y	Y	Y	Y	M
Chocolate	Y	Y	Y	Y	Y	Y	

\* (All our menu items include our dough, which **Contains: wheat, gluten, egg, milk, soy, sulphites**)

\* (Optional mixed seeds, **Contains: almonds, walnuts**)

### Allergens (Part 2, continued)

Menu Items*	Fish	Crustacean	Mollusc	Celery	Mustard		
Chicken Cheese	M	M		M	M		
Beef Cheese	M	M		M	M		
Ham Cheese							
Ham Pineapple Cheese							
Pineapple Cheese							
Double Cheese							
Potato Cheese	M			M	M		
Brown Sugar & Cinnamon							
Red Bean	M	M	M				
Red Bean Cheese	M	M	M				
Chocolate							

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