

café Roux

EST. 2006

FOOD ALLERGEN SUMMARY



Wheat | Gluten



Shell Fish



Eggs



Fish



Peanuts



Soy Beans



Dairy



Nuts



Celery



Mustard



Sesame



Sulphites



Lupin



Mollusc



Propolis



Corn

BREAKFAST

Winter Oats  

Sautéed Cinnamon Apples | Roasted Nut Crumble

Pesto Scrambled Eggs   

Rocket | Pesto | Scrambled Egg | Pumpkin Seeds Shaved Parmesan | Sourdough

Spicy Chicken Livers  

Chicken Livers, Cream, Peri-Peri Sauce (Dried chilli powder, vegetable oil, sugar, lemon juice, spices, fresh garlic), Egg, Ciabatta Bread

Smashed Avo on Toast  

Avo, Feta Cheese, Rocket, Sourdough Bread

Brekkie Bun   

Seeded Bun, Egg, Bacon

Low-Carb Breakfast  

Avo, Spinach, Halloumi Cheese, Eggs, Balasamic Vinegar, Cherry Tomatoes,

Salmon Breakfast   

Smoked Salmon Trout, Cream Cheese, Avo, Chilli Oil, Wholeweat Toast

Café Breakfast   

Eggs, Bacon, Balsamic Vinegar, Cherry Tomatoes, White Mushrooms, Pork Sausages, White or Brown Bread

Eggs Benedict    

Courgette & Potato Rosti, Egg, Hollandaise Sauce (Egg yolks, butter, lemon juice, spices), Chives, Bacon or Salmon

Shakshuka    

Tomato Relish (Red peppers, fresh garlic, onions, spices) Eggs, Cannellini Beans, Feta Cheese, Ciabatta Bread

Creamy Garlic Mushrooms    

Mushrooms & Garlic in Cream, poached Egg on Sourdough

LIGHT MEALS

Toasted Chicken Mayo  

Shredded Chicken Fillets, Mayonaise (Vegetable oil, water, sugar, vinegar, and stabilizers like egg, modified starch, and gums), Salt & Pepper, Sourdough Bread 

Toasted Tuna Mayo    

Shredded Tuna, Mayonaise (Vegetable oil, water, sugar, vinegar, and stabilizers like egg, modified starch, and gums), Celery, Sourdough bread

Crispy Chicken Wrap   

Chicken Fillet, Panko Bread Crumbs, Egg, Flour, Carrots, Cucumber, Chipotle Mayo, Bacon, Lettuce, Onion, Sugar, Vinegar, Parmesan Cheese

MAIN MEALS

Calamari   

Calamari Strips, Batter (Flour, raising agent, stabilizer, spices), Tartare Sauce (Mayonaise, cucumber, oil, vinegar, herbs)

Crispy Battered Hake   

Hake, Batter (Flour, raising agent, stabilizer, spices), Tartare Sauce (Mayonaise, cucumber, oil, vinegar, herbs)

Calamari & Hake Combo   

Hake, Calamari Strips, Batter (Flour, raising agent, stabilizer, spices), Tartare Sauce (Mayonaise, cucumber, oil, vinegar, herbs)

Chicken Curry   

Chicken Fillets (Curry Spices, Onions, Garlic, Ginger, Yoghurt, Herbs, Oil, Butter)

Lamb Curry   

Lamb Leg (Curry Spices, Tomato, Onion, Garlic, Ginger, Yoghurt, Herbs, Oil, Butter)

Coconut Prawn Curry    

Chicken Fillets (Curry Spices, Garlic, Ginger, Yoghurt, Herbs, Oil, Butter)

Allergen Disclaimer:

All meals are prepared in a kitchen where nuts, dairy, gluten, and other allergens are present. While we take care to minimise cross-contamination, we cannot guarantee allergen-free meals. For specific dietary concerns or allergen queries, please speak to the manager before ordering.

PIZZA

Pizza Bread

Wheat Base, Fresh Garlic, Feta Cheese, Onion

Margherita

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese

Hawaiian

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Ham, Pineapple

The FAB

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Feta Cheese, Avo, Bacon

Piccante

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Salami, Chilli, Garlic, Green Pepper, Onion

The Roux

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Bacon, Chicken, Red Pepper, Feta Cheese, Avo

Veg Cinque

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Artichoke, Mushrooms, Asparagus, Olives, Red Pepper

Carne

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Chorizo, Bacon, Onion, Chilli, Red Pepper, Mushroom

Brie & Fig

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Brie Cheese, Preserved Fig, Caramlised Onion (White Onions, Sugar, Spices), Rocket, Walnuts, Balsamic Glaze (Concentrated grape must and balsamic vinegar, thickeners (modified corn starch, xanthan gum), sugar, and caramel color)

The Greek

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Spinach, Olives, Fresh Garlic, Feta Cheese, Red Pepper

BBQ Beef

Wheat Base, Pomodoro (Whole peeled tomatoes, onion, garlic, herbs, spices, olive oil), Mozzarella Cheese, Red Wine, Short Rib Beef, BBQ Sauce(), Jalapenos, Green Peppers, Cheddar Cheese, Peppadews

SIDES

Fries

Potato or Sweet Potato, Vegetable Oil

Side Salad

Spinach, Rocket, Toasted Seeds, Feta Cheese

MAIN MEALS, CONTINUED

Steak & Chips

Beef Rump Steak, Basting Sauce (Soy sauce, worcesister sauce, sugar, vegetable oil, herbs, tomato paste)

BURGERS

Cheddar & Big Daddy Burger

Seeded Wheat Bun, Pure Beef Patty, Cheddar Cheese, Tomato Relish (Tomato, onion, red peppers, spices, sugar, olive oil), Green Tahini Sauce (Sesame seeds, garlic, herbs, spices, lemon juice, olive oil), Lettuce, Tomato, Red Onion, Pickled Gherkin.

Halloumi Burger

Seeded Wheat Bun, Avo, Halloumi Cheese, Red Onions, Cherry Tomato, Red Wine Vinegar.

Chicken Burger

Seeded Wheat Bun, Chicken Fillet, Cheddar Cheese, Feta Cheese, Avo, Green Tahini Sauce (Sesame seeds, garlic, herbs, spices, lemon juice, olive oil)

Go BIG Burger

Seeded Wheat Bun, Pure Beef Patty, Bacon, Brie Cheese, Caramlised Onion (White Onions, Sugar, Spices)

Vegeterian Burger

Seeded Wheat Bun, Mushroom & Lentil Patty, Tomato Relish (Tomato, onion, red peppers, spices, sugar, olive oil), Green Tahini Sauce (Sesame seeds, garlic, herbs, spices, lemon juice, olive oil), Lettuce, Tomato, Red Onion, Pickled Gherkin.

BBQ Pulled Pork Burger

Seeded Wheat Bun, Slow Braised Pork Shoulder in Spices (Paprika, Chilli, Salt, Pepper, Garlic, Oil) Coleslaw (White & Red Cabbage, Mayonaisse, Yoghurt & Sugar)

SALADS

Buddha Bowl

Quinoa, Butternut, Red Onio, Avo, Spinach, Chickpeas, Sun-dried Tomatoes, Seeds, Ranch Dressing (Buttermilk, sourcream, dijon mustard, mayonnaise, tabasco, fresh garlic, spices, herbs)

Thai Beef Salad

Beef Fillet, Lettuce Greens, Cucumber, Cherry Tomato, Red Onion Asian Dressing (Chilli, fresh garlic, ginger, spices, soy sauce, ponzu, teriyake, fish sauce, vegetable oil, vinegar) Roasted Peanuts

Crispy Butternut Salad

Sun-Dried Tomato, Parmesan Cheese, Avo, Honey-Soy Dressing (Soy Sauce, vinegar, honey, spices, herbs, dijon mustard), Rocket, Spinach

Power Salad

Quinoa, Spinach, Broccoli, Rocket, Toasted Seeds Avo, Mint Dressing(), Feta Cheese or Vegan Almond Cheese