

Ingredient-based allergen matrix

Important: This guide identifies allergens that are likely from the menu descriptions and the usual ingredients used in these dishes. It is not a guarantee that an item is free from any allergen. Recipes, brands and supplier specifications can change, and cross-contact cannot be ruled out. Please tell a member of staff about every allergy or intolerance before ordering so the current recipe and product labels can be checked.

The 14 regulated allergens are: celery; cereals containing gluten; crustaceans; eggs; fish; lupin; milk; molluscs; mustard; nuts; peanuts; sesame; soya; and sulphur dioxide/sulphites. 'V' and 'Ve' are dietary labels, not allergen-free claims.

Dish / product	Ingredients shown on the menu	Likely allergens and checks required
Focaccia		
Reuben Sandwich	Focaccia; peppered pastrami; mustard mayo; sauerkraut; rocket	Likely: cereals containing gluten, mustard and egg. Check bread, mayonnaise and pastrami labels for milk, soya and sulphites.
Classic	Focaccia; Parma ham; mozzarella; basil; green pesto; tomato; rocket	Likely: cereals containing gluten and milk. Check pesto for nuts and milk; check ham and bread for sulphites and soya.
Inferno	Focaccia; Milano salami; 'nduja; roasted pepper; basil; mozzarella; rocket	Likely: cereals containing gluten and milk. Check salami, 'nduja, peppers and bread for sulphites and soya.
La Bella	Focaccia; Serrano ham; mozzarella; tomato chutney; sun-dried tomatoes; roasted pepper; rocket	Likely: cereals containing gluten and milk. Check ham, chutney, tomatoes, peppers and bread for sulphites and soya.
Milano (V)	Focaccia; mozzarella; sun-dried tomatoes; basil; olive oil; rocket	Likely: cereals containing gluten and milk. Check bread and sun-dried tomatoes for soya and sulphites.
Tonno di Lilly	Focaccia; spicy tuna; red onion; avocado; red pesto; rocket	Likely: cereals containing gluten and fish. Check tuna mix and pesto for egg, mustard, milk and nuts; check bread for soya.
Salami Sunrise	Focaccia; salami; roasted peppers; honey; chilli; red pesto; rocket	Likely: cereals containing gluten. Check salami and peppers for sulphites; check pesto for milk and nuts; check bread for soya.
Vegan Focaccia (Ve)	Focaccia; beetroot hummus; olives; red onion; rocket; roasted red pepper	Likely: cereals containing gluten and sesame (hummus/tahini). Check bread, hummus, olives and peppers for soya and sulphites.
Big Mick	Focaccia; chicken; salami; deli pastrami; mozzarella; red onion; chipotle mayo; rocket	Likely: cereals containing gluten, milk and egg. Check mayonnaise for mustard; check meats and bread for soya and sulphites.

Dish / product	Ingredients shown on the menu	Likely allergens and checks required
Bagels		
Early Riser	Bagel; bacon; sausage patty; hash brown	Likely: cereals containing gluten. Check sausage, bacon, hash brown and bagel for soya, milk and sulphites.
Triple Stack	Bagel; bacon; chicken; tomato; hash brown	Likely: cereals containing gluten. Check bacon, chicken, hash brown and bagel for soya, milk and sulphites.
The Empire (Ve)	Bagel; vegetarian sausage; avocado; hash brown	Likely: cereals containing gluten. Check vegetarian sausage, hash brown and bagel for soya, mustard, milk and sulphites.
Hudson Salmon	Bagel; smoked salmon; cream cheese; cucumber	Likely: cereals containing gluten, fish and milk. Check bagel and smoked salmon for soya and sulphites.
Earth Stack (V)	Bagel; grilled halloumi; pickled red onions; hummus; tomato; rocket	Likely: cereals containing gluten, milk and sesame. Check bagel, hummus and pickled onions for soya and sulphites.
Hot Stuff	Bagel; chicken; cheese; red onion; jalapeños; hot honey	Likely: cereals containing gluten and milk. Check chicken, jalapeños, sauce and bagel for soya and sulphites.
Brooklyn Bite	Bagel; spicy tuna; red onion; cheese; rocket	Likely: cereals containing gluten, fish and milk. Check tuna mix for egg and mustard; check bagel for soya.
The Bronx	Bagel; chicken; crispy onion; tomato; chipotle mayo; rocket	Likely: cereals containing gluten and egg. Check mayonnaise for mustard; check chicken, crispy onion and bagel for milk and soya.
Pinsa pizza		
Pepperoni	Pinsa base; tomato sauce; mozzarella; spicy pepperoni	Likely: cereals containing gluten and milk. Check pepperoni, sauce and base for soya and sulphites.
Margherita (V)	Pinsa base; tomato sauce; mozzarella	Likely: cereals containing gluten and milk. Check sauce and base for soya and sulphites.
Autumn specials		
Autumn Ember Focaccia	Focaccia; hot-honey roasted chicken; onion chutney; roasted pepper; mozzarella	Likely: cereals containing gluten and milk. Check chicken, chutney, peppers, sauce and bread for mustard, soya and sulphites.
Buffalo Bella Focaccia	Focaccia; buffalo chicken; ranch dressing; peppers; onions; mozzarella	Likely: cereals containing gluten, milk and egg. Check ranch and buffalo sauce for mustard, celery and soya; check peppers for sulphites.
Soup of the Day	Daily soup; melted-cheese focaccia bites	Likely: cereals containing gluten and milk. Soup allergens vary daily and may include celery, mustard, soya or other regulated allergens—staff must check the day's recipe.

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Pastries		
Freshly Baked Croissant	Butter croissant	Likely: cereals containing gluten, milk and egg. Check supplier label for soya and nuts.
Nutella Croissant	Croissant; Nutella hazelnut spread	Likely: cereals containing gluten, milk, egg, nuts (hazelnut) and soya. Check supplier label.
Pistachio Croissant	Croissant; pistachio filling/topping	Likely: cereals containing gluten, milk, egg and nuts (pistachio). Check supplier label for soya and other nuts.
Ham + Cheese Croissant	Croissant; ham; cheese	Likely: cereals containing gluten, milk and egg. Check ham and supplier label for soya and sulphites.
Other cakes + pastries	Counter selection; changes according to availability	Allergens vary by product. Staff must check the current product label or recipe before serving.
Bowls		
Teriyaki Salmon Rice	Teriyaki-glazed salmon; rice; sesame; cucumber; avocado	Likely: fish, sesame and soya; cereals containing gluten are likely if standard soy sauce is used. Check teriyaki sauce label.
Hot Honey Chicken Rice	Hot-honey glazed chicken; rice; spring onion; peppers; tenderstem broccoli; sweet potato	No regulated allergen is obvious from the menu description. Check chicken seasoning, glaze and sauces for mustard, soya, celery and sulphites.
Salt + Pepper Chicken Pasta	Salt-and-pepper chicken; pasta; onion; peppers; cheese	Likely: cereals containing gluten and milk. Pasta may contain egg; check chicken seasoning and sauce for soya and celery.
Hot drinks		
English Tea / Decaf Tea	Tea; water; optional milk	No regulated allergen without milk. Milk applies when added; check alternative milk separately.
Americano	Espresso; water; optional milk	No regulated allergen without milk. Milk applies when added; check alternative milk separately.
Flat White	Espresso; steamed milk	Likely: milk. Check alternative milk and any flavoured syrup separately.
Latte / Cappuccino	Espresso; steamed milk	Likely: milk. Check alternative milk and any flavoured syrup separately.
Cadbury Hot Chocolate	Chocolate powder; milk	Likely: milk and soya. Check the current powder label and toppings.
White Hot Chocolate	White-chocolate powder/sauce; milk	Likely: milk and soya. Check the current powder or sauce label.
Orange Hot Chocolate	Chocolate powder/sauce; orange flavour; milk	Likely: milk and soya. Check the current chocolate and flavouring labels.
Mocha	Espresso; chocolate; milk	Likely: milk and soya. Check the current chocolate label.

Dish / product	Ingredients shown on the menu	Likely allergens and checks required
Chai Latte	Chai mix; milk	Likely: milk. Check chai mix for soya and other supplier-declared allergens.
Alternative Milk	Choice depends on current stock	May include soya, nuts (for example almond) or cereals containing gluten (oat). Staff must check the selected carton.
Marshmallow / Cream	Marshmallows and/or dairy cream	Cream contains milk. Check marshmallow and topping labels for soya, egg and sulphites.
Autumn drinks		
Spiced Apple Warmer Tea	Apple and spice drink mix	No regulated allergen is obvious from the menu description. Check the current drink mix or syrup for sulphites and other supplier-declared allergens.
Pumpkin Spiced Latte / Matcha	Coffee or matcha; pumpkin-spice syrup; milk	Likely: milk. Check syrup and matcha mix for soya; check alternative milk separately.
Honeycomb Hot Chocolate	Chocolate; honeycomb flavour/topping; milk	Likely: milk and soya. Check chocolate, syrup and topping labels for cereals containing gluten.
Salted Caramel Iced Latte	Espresso; salted-caramel syrup; milk	Likely: milk. Check syrup for soya and other supplier-declared allergens.
Maple + Pecan Latte	Espresso; maple and pecan flavour/topping; milk	Likely: milk and nuts (pecan) if pecan is present. Staff must check whether the flavouring/topping contains actual nuts and review its label.
Whipped Cream / Cold Foam	Dairy cream or milk foam	Likely: milk. Check flavoured foam or topping labels for soya and other allergens.
Cold drinks		
Iced Matcha	Matcha; milk; chosen blueberry, strawberry, cherry, white-chocolate or vanilla flavour; optional cold foam	Likely: milk; white-chocolate flavour may contain soya. Check selected syrup, topping and alternative milk labels.
Smoothies	Mango or strawberry smoothie mix	No regulated allergen is obvious from the menu description. Check the current fruit mix/carton and shared blender procedure.
Iced Drinks	Pecan-sugar latte, French vanilla or spiced cinnamon; normally made with milk; optional vanilla cold foam	Likely: milk. Pecan option may contain nuts; check every syrup, topping and alternative milk label.
Speciality Drinks	Vanilla crispy, chocolate brownie or Jammy Dodger drink	Likely: milk, cereals containing gluten and soya; egg may be present. Check biscuit, brownie, sauce, topping and drink-base labels.
Frappe	Cookies + cream, strawberry + cream or banoffee + cream frappe	Likely: milk; cookies option likely contains cereals containing gluten and soya. Check frappe base, sauces, biscuits and toppings for egg and nuts.

Dish / product	Ingredients shown on the menu	Likely allergens and checks required
Extras, dips and Grab & Go		
Bagel add-ons	Hash brown; mozzarella; halloumi; avocado	Mozzarella and halloumi contain milk. Hash brown may contain cereals containing gluten or soya—check supplier label. Avocado has no obvious regulated allergen.
Pinsa dips	Hot honey; garlic mayo; chipotle mayo; BBQ; ranch	Garlic/chipotle mayo likely contain egg and mustard. Ranch likely contains milk and egg and may contain mustard. Check BBQ and every sauce label for mustard, celery, soya and sulphites.
Grab & Go deli products	Deli meats; olives; pasta sauces; changing retail selection	Allergens vary by product. Staff must check each sealed label or current supplier specification before advising.
Take-home sourdough, bagels + baguettes	Daily baked bread selection	Likely: cereals containing gluten. Depending on recipe or topping, may also contain sesame, milk or soya—check the product label or recipe.

Version: 21 September 2026. This matrix is based on the ingredients currently described on the Smolenski's menu and common formulations of named products. Staff must confirm current recipes, packaging and supplier specifications before advising a customer.