Lanternfig Kitchen: allergens

The 8 allergens we track, per dish. Our kitchen handles all of them; tell us about any allergy when you book or order.

Warm flatbread, whipped feta, honey: sesame

Hummus, smoked paprika, olive oil: none of the 8

Charred octopus, potato, capers: gluten, milk, mustard

Fig and walnut salad: none of the 8

Lentil soup, lemon, cumin: none of the 8

Mezze board for two: gluten, sesame, shellfish

Grilled halloumi, pomegranate: fish

Lamb skewers, mint yoghurt: egg, shellfish

Chicken thighs, harissa, lemon: none of the 8

Whole sea bream, herbs, lemon: gluten, nuts

Aubergine, tahini, chilli: milk, sesame

Beef kofta, tomato, pickled onion: sesame

King prawns, garlic, parsley: fish, gluten

Saffron rice with almonds: sesame, shellfish

Freekeh, roasted vegetables: egg

Grain bowl with falafel: mustard

Fig flatbread, goat's cheese: milk, shellfish

Add chicken to any bowl: egg, gluten

Add halloumi to any bowl: mustard, nuts

Fries with sumac: nuts, sesame, shellfish

Charred greens, lemon: nuts

Tomato and cucumber salad: sesame, shellfish

Garlic yoghurt: none of the 8

Pickles: none of the 8

Pistachio baklava: none of the 8

Olive oil cake, orange: mustard, sesame, shellfish

Dark chocolate mousse, tahini: fish, milk, mustard

Rose ice cream (2 scoops): milk

Cheese, figs, crackers: fish, nuts, shellfish

Mint tea for two: egg, milk, sesame