













SIX ^{by} NICO
Catalonia Allergens

	 Celery	 Cereals containing Gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Dairy	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Snacks (<i>Jamon Bombas</i>)		✓		✓			✓		✓					✓
Veg Snacks (<i>Goats Cheese Bombas</i>)		✓		✓			✓		✓					✓
Olives														✓
Patates Braves				✓			✓		✓					✓
Veg Patates Braves				✓			✓		✓					✓
Gaudí	✓			✓			✓		✓	✓				✓
Veg Gaudí	✓			✓			✓		✓	✓				✓
El Bulli		✓		✓										✓
Arròs Negre		✓	✓	✓	✓		✓	✓	✓					✓
Arròs (<i>Vegetarian</i>)				✓			✓							✓
Barbacoa de Porc		✓		✓			✓			✓				✓
Truita		✓		✓			✓		✓	✓				✓
Crema Catalana		✓		✓			✓							✓

Due to the nature of the way in which foods are prepared and/or cooked there is a risk of cross contamination.
Please speak to a member of staff if you have any questions about our dishes.

Catalonia Calories

Patates Braves	1695.25 kj	187.75 kcal
Gaudí	1837.19 kj	445.51 kcal
El Bulli	201.38 kj	51.82 kcal
Arròs Negre	1187.18 kj	308.69 kcal
Barbacoa de Porc	1331.59 kj	267.12 kcal
Crema Catalana	1049.48 kj	250.62 kcal

Vegetarian

Gaudí	1400.46 kj	340.94 kcal
Arròs	903.14 kj	241.39 kcal
Truita	1190.91 kj	288.36 kcal

Snacks

Snacks (<i>Jamon Bombas</i>)	716.03 kj	171.57 kcal
Veg Snack (<i>Goats Cheese Bombas</i>)	538.50 kj	128.44 kcal
Gordal Olives	245.25 kj	59.40 kcal