



Allergy Free Food Menu*

Emporium Hotel understands that there are a number of people suffering from a variety of food related allergies and it is with great excitement that Emporium Hotel is partnering with Eat Me Allergy Free Foods to offer our guests specific Allergy Free Foods. Here are the menu options available in-house for guests with food allergies.



Hey Presto Pesto Pasta - \$18.50

Magical mix of nut-free pesto, gluten free pasta, low allergen bacon and roasted sweet potato. 320g.

Ingredients: Corn & rice pasta, sweet potato, low-allergen bacon*, olive oil, basil, pumpkin seeds, garlic, salt, lemon juice. *Contains nitrite

Free from wheat, gluten, dairy, eggs, nuts, soy, yeast, seafood, artificial colours & flavours



Bollywood Chickpeas - \$18.50

Dramatic love triangle of chickpeas, coriander and mild aromatic spices! 400g.

Ingredients: Rice, chickpeas (30%), tomato, water, onion, coriander, canola oil, lemon juice, ginger, cumin, rice flour, salt, sugar, turmeric.

Free from wheat, gluten, dairy, eggs, nuts, soy, yeast, seafood, artificial colours, flavours and preservatives. ✓ Salt reduced ✓ Reduced fat ✓ Vegetarian/Vegan



Mighty Good Meatballs and Slow-Cooked Spuds - \$18.50

Deliciously different and a little bit exotic. 320g.

Ingredients: (meatballs) lamb mince, lemon juice, canola oil, parsley, salt, coriander, cumin, lemon zest. Potato, canola oil, salt, coriander, cumin, turmeric.

Free from wheat, gluten, dairy, eggs, nuts, soy, yeast, seafood, artificial colours, flavours and preservatives. ✓ Salt reduced ✓ Reduced fat



Bubble & Squeaky Wheels - \$18.50

Tasty little morsels of golden fried mashed vegies and rice. 360g (8 patties).

Ingredients: Potato, pumpkin, sweet potato, peas, sweet corn, rice, canola oil, maize cornflour, salt.

Free from wheat, gluten, dairy, eggs, nuts, soy, yeast, seafood, artificial colours, flavours and preservatives. ✓ Salt reduced ✓ Reduced fat ✓ Vegetarian/Vegan



Fabulous Fried Rice - \$18.50

Delectable wok tossed combination of chicken, vegies and rice, flavoured with tamari*. 300g.

Ingredients: Rice, lean chicken mince, sweet corn, carrot, peas, sultanas, tamari*, canola oil. *Contains soy

Free from wheat, gluten, dairy, eggs, nuts, yeast, seafood, artificial colours, flavours and preservatives. ✓ Salt reduced ✓ Reduced fat



Love Muffins – Chocolate or Vanilla Flavour - \$4 each

Love at first bite. Individual muffins 60g each.

Ingredients: Rice milk, gluten free flour, sugar, dairy free margarine, natural flavour (cocoa or vanilla essence), baking soda.

Free from wheat, gluten, dairy, eggs, nuts, soy, yeast, seafood, artificial colours, flavours and preservatives. ✓ Salt reduced ✓ Reduced fat ✓ Vegetarian/Vegan

*Allergy Free Food must be pre-ordered. You can order your meal by calling the hotel directly on 1300 883 611 and add details to your reservation. Food supplied by Eat Me Allergy Free Food www.eatmefood.com.au. Guests should **check all ingredients carefully** before making a decision about the suitability of the above menu to your specific dietary requirements. Meals delivered with no garnish or sides. If you would like sides added to your allergy free meal please order through in-suite dining during your stay. Menu available from 6am – 11pm.



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