



Dietary Advice

We work to the very best practices at Lunya and try hard to ensure we have a menu for everyone. We make everything ourselves from scratch, so know everything that goes into each dish. In our kitchen, we use wheat flour to make our own bread and almonds, hazelnuts and walnuts. Please refer to the notes below; **if you have any queries, please do not hesitate to ask any of our staff**

wheat and gluten

We do not use a lot of wheat flour in our menu at all. Most of it is naturally gluten-free. We are very careful with our separation in all aspects of our preparation, cooking and plating. If you have a gluten allergy, please make sure your server knows before you order. We will cook any of your fried food in a new pan with fresh oil in which nothing else has been fried. Your bread will be prepared separately and toasted on a clean rack under our grill to prevent any contamination from other wheat based dishes.

All of our breads are available as a gluten free option using Genius bread.

There are certain dishes labelled with a *w* that we can adapt and make for you without wheat, using Gram flour instead. These are : Fried calamari, Pescaditos fritos, Bacalao, Deep fried Monte Enebro

There are other dishes, that we can adapt to make them gluten free:

- Scallops – using gluten-free Morcilla de Burgos
- Dips and pates using either carrot sticks or toasted Genius bread instead of bread sticks
- Baby sardines, chipirones, mixed deli platter – by using Genius bread instead of regular bread

The following dishes we pre-prepare in large batches and cannot make them gluten-free, unfortunately:

- Croquetas, Catalan Scouse, Chicken burgers

Our Kikones and Habas Picantes do not contain any gluten but are produced in a factory that uses wheat and nuts and contains a warning as such on the packaging.

Please note that one cheese, Grazalema, is wrapped in wheatgerm and is not suitable for Coeliacs.

Nuts

We do not use peanuts in our kitchen. We do use almonds, hazelnuts and walnuts. Our menu is labelled accordingly. We make Romesco sauce containing almonds and hazelnuts – any dishes with this sauce can be provided with allioli as an alternative

Vegan

We have an extensive range of vegan and vegetarian food. Please ask you server for the Vegan menu

Other dietary needs

Please tell your server – we will do our best to accommodate all of your needs.