

# Allergenlist

This document contains information regarding allergens.

There are a few allergens that are not noted in this document as these ingredients are not used by Gys.

This regards the following allergens:

- crustaceans
- fish
- lupine
- molluscs
- **gluten (people with celiac disease, please read more below!)**

Kindly note that all of our dishes can always contain traces of allergens as we do not have an allergen-free kitchen.

**PLEASE ALWAYS LET US KNOW IF YOU HAVE ALLERGIES!**












Also if you read in this document a dish does not contain the allergens regarding your allergy, so we can take better care. We kindly ask you to not make any assumptions about ingredients and dishes but to please let us know at all times what allergy you have. We only ask this for the safety of your health.

## Important info regarding gluten-free food for people with celiac disease:

Great news! At Gys, we've entirely removed gluten from our offerings, and our kitchen is now gluten-free. The bread we serve by default is gluten-free and is baked for us by Pouwerdesem. In this bakery, no gluten are processed. However, Pouwerdesem has not (yet) conducted an official audit by the Nederlandse Coeliakie Vereniging (NCV). Therefore, the NCV recommends people with celiac disease opt for our gluten-free bread with a gluten-free certificate (this is the bread that is processed in a bakery with a gluten-free certificate and is delivered to Gys pre-packaged). Please let our colleagues know you like to have this celiac-safe bread.

Gys has been inspected and audited by the NCV, earning us the '**Lekker Glutenvrij**' certification. This certification ensures our compliance with all NCV safety standards and protocols, making our restaurant a safe dining choice for people with celiac disease. Restaurants with the '**Lekker Glutenvrij**' certification are regularly inspected by the NCV and are subject to annual evaluations by an independent audit firm.





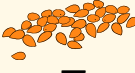






# Breakfast & Lunch

	 lactose	 eggs	 nuts	 peanuts	 sesame seed	 celery	 mustard	 soy	 sulphur dioxide	 garlic	 onion
BLT							X	X		O	O
Loaded hummus					X	X				X	X
Shakshuka		X	O		O			O		X	
Shakshuka (vegan)			O		O	X		X		X	
Pannenkoek!											
Ruffle my truffle							X	X		X	
Jacket Sweet Potato			O		X			O		X	
Mexican tostadas						X	X	X		X	X
Tosti	X							X		X	X

X: Yes, this dish contains this allergen and it cannot be removed.

O: It's possible to modify this dish to eliminate the allergen.












# Snacks & sides

	 lactose	 eggs	 nuts	 peanuts	 sesame seed	 celery	 mustard	 soy	 sulphur dioxide	 garlic	 onion
Tosti (vegan)								X		X	X
Crispy kewpie mushrooms					O		X	X			
Kofte					O						X
Truffle tempura							X	X		X	
Broodplankje					O					X	
Fries							O	O			
Fresh salad							O				
Borrelplank					O		X	X		X	X

X: Yes, this dish contains this allergen and it cannot be removed.

O: It's possible to modify this dish to eliminate the allergen.





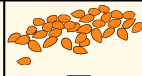






# Starters & mains

	 lactose	 eggs	 nuts	 peanuts	 sesameseed	 celery	 mustard	 soy	 sulphur dioxide	 garlic	 onion
Royal fungi (koningszwam)						X	X			X	X
Thai coconut soup						X					
Fresh & Funky (koolrabi)								X			
Shroom steak					X			X		X	X
Indian Cauliflower							X	X		X	X
Kapsalon						X	X	X		X	O
Sunflower risotto			X			X				X	X

X: Yes, this dish contains this allergen and it cannot be removed.

O: It's possible to modify this dish to eliminate the allergen.












# Desserts & cakes

	 lactose	 eggs	 nuts	 peanuts	 sesameseed	 celery	 mustard	 soy	 sulphur dioxide	 garlic	 onion
Topnambur Tango (jeruzalem artichokes)					X			O			
Cookies!								X			
Sweet Spring (panna cotta)											
Gys coffee	Depends on the chef's choice - please inform us about your allergies										
Banana hazelnut chocolate cake			X					X			
Cheesecake			X								
Lemon lavender cake											
Carrot cake with chai											

X: Yes, this dish contains this allergen and it cannot be removed.

O: It's possible to modify this dish to eliminate the allergen.

# Kids

	 lactose	 eggs	 nuts	 peanuts	 sesame seed	 celery	 mustard	 soy	 sulphur dioxide	 garlic	 onion
Koekiemonster's favoriet											
Sunny egg		0									
Sunny egg - vegan								X			
Gewoon lekkere balletjes					0	X		X		X	X
Kipvingers							X	X		X	
Kinder kapsalon							X	X		X	0
Koekiemonster's toetje								X			
Toetje van de taartjes chef											

X: Yes, this dish contains this allergen and it cannot be removed.

0: It's possible to modify this dish to eliminate the allergen.