

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
- sulphur dioxide
- 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 [bakery Petit Four](#) from Deventer. In this bakery, no gluten are processed. Petit Four has had an official audit conducted by the Nederlandse Coeliakie Vereniging (NCV). Please let our colleagues know you if you have celiac disease.

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.





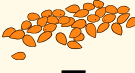






Ontbijt & Lunch

	 lactose	 eggs	 nuts	 peanuts	 sesameseed	 celery	 mustard	 soy	 lupine	 garlic	 onion
Mexican rootcake			x					x			
Yoghurtbowl			x								
Goedemorgen bij Gys vegan			0			x		x		0	0
Goedemorgen bij Gys met ei		x	0			x		0		0	0
Kokos-basil soep					0						
Ceasar club							x	x			
Cilbir vegan					0			x		0	0
Cilbir met ei		x			0			x		0	0

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

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












Lunch

											
	lactose	eggs	nuts	peanuts	sesameseed	celery	mustard	soy	lupine	garlic	onion
Shakshuka vegan			0		0	x		x		x	x
Shakshuka met ei		x	0		0	x		0		x	x
Ruffle my truffle							x	x		0	0
Pancakes								x			
Tandoori aubergine			0			x	x	x		x	x
Bulgogi lettuce wraps					x		x	x		x	x
Tomato sandwich			x								x
Summer orzo						x				0	0

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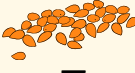






Sides & snacks

											
	lactose	eggs	nuts	peanuts	sesameseed	celery	mustard	soy	lupine	garlic	onion
Friet met mayo							o	0			
BBQ veggies			x		0					x	x
Seasonal ceasar salad					x		x	x			
Truffle mushrooms							x	x		0	0
Loaded fries					x			0			
Broodplankje/ Focaccia					x					x	x
Smashed cucumber salad					x		x	x		0	0
Brood											

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Small plates

											
	lactose	eggs	nuts	peanuts	sesameseed	celery	mustard	soy	lupine	garlic	onion
Dutch tomato & ricotta			x								x
BBQ leek					0					x	x
Radicchio								x			x
Ajo blanco			x								0
Bulgogi bites					x		x	x		x	
Grilled veggies a la catalan			x		0					x	x
Indian style pakora's			0			x		0		x	x
Kokos soep					0						

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Big plates

											
	lactose	eggs	nuts	peanuts	sesameseed	celery	mustard	soy	lupine	garlic	onion
The sicilia plate						x		x		x	x
Kimchi cauliflower					x			x		x	x
Tandoori eggplant			0			x		x		x	x
Orzo						x				0	0

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Desserts & cakes

	 lactose	 eggs	 nuts	 peanuts	 sesameseed	 celery	 mustard	 soy	 lupine	 garlic	 onion
Gys koffie	Ask our staff										
Strawberry elderflower								X			
Pistachio white choco			X					X			
Coconut & hibiscus					X						
Taart van het moment	Ask our staff										
Cheesecake met mango & yuzu											
Choco-kokostaart			X								
Carrot cake			X								

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Kids menu

											
	lactose	eggs	nuts	peanuts	sesameseed	celery	mustard	soy	lupine	garlic	onion
Chefs pancakes								x			
Tosti	x							0			
Tosti vegan								0			
Yoghurt met banana			x								
Kipvingers kids					x		x	x		0	0
Orzo kids						x				0	0
Kikkererwten bites			0					x		x	x
Groentebordje											

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

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