



# Allergen Information

ⓘ Please always let us know if you have allergies!

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.

## Ingredients not used by Gys

- Crustaceans
- Fish
- Lupine
- Molluscs
- Gluten

people with celiac disease,  
please read below!



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

If you read in this document that a dish does not contain allergens related to your allergy, please do not make any assumptions about the ingredients or dishes. Always let us know about your allergy so we can take the best possible care of you. We ask this solely for your health and safety.

## 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 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.



# Allergen menu

X: Yes, this dish contains this allergen and it cannot be removed.  
O: It's possible to modify this dish to eliminate the allergen.

Allergen		Lactose	Eggs	Nuts	Peanuts	Sesameseed	Celery	Mustard	Soy	Sulphur dioxide	Garlic	Onion
Lunch (until 16:30)	Pumpkin spiced maple pancakes 14,45 Pancakes, pumpkin spice, maple syrup								X			
	Fried cauliflower bowl 18,95 Tabbouleh, Palestinian spices, amba, tahini, zhug, roasted chickpeas					X		X			X	
	Gys' cilbir 14,95 Cavolo nero, rose-spiced labneh, chili oil, seasonal vegetables Prefer it with eggs? + 3		O	X		X					X	X
	Ruffle my truffle 15,95 Fried oyster mushroom, marinated tomato, truffle mayo, Parmesan cheese, pumpkin seeds, bread							X	X	X		
	Shakshuka 14,95 Tomato sauce, tofu scramble, zhug, feta, green herbs, nut crumble, bread Prefer it with eggs? + 3		O	O			X		O	X	X	X
	Smoked mushroom tacos 14,45 Smoked wild mushrooms, grilled oyster mushrooms, fava bean guacamole, feta, corn								X		X	X
	Harira 10,95 Lentil and chickpea soup, tomato, almond crumble, bread					X	X		X	X	X	X
	Almond ricotta 14,95 Fava bean smash, barbecued peas, parmesan cheese, mint, pomegranate, feta			X					X		X	X
	Smoked pumpkin focaccia 14,95 Roasted pumpkin, dried orange, shaved almond, cacio e pepe mayo			X				X	X		X	X
	Cake of the moment 6,5	Ask our staff										
	Cheesecake 6,5											
	Chocolate cake 6,5			X								
	Carrot cake 6,5			X								
Kids menu (all day)	Tosti'tje kaas (until 16:30) 5,5 Tosti with cheese	X							O			
	Favorite of chef Chris! (until 16:30) 5,5 Pancakes with fresh fruits								X			
	Orzo with veggies 10,95 Orzo with cauliflower and mais						X		O		O	O
	Just like chickenfingers 9,95 Fried oyster mushrooms with salad and extra tasty mayo					X		X	X		O	O
	Cauliflower Bites 9,95 Cauliflower with parsnip and salad											
	A little plate of greens 3,95 Tomatoes and cucumbers											
	A scoop of icecream! 2,5 per scoop chocolate icecream			X					X			

Allergen												
		Lactose	Eggs	Nuts	Peanuts	Sesameseed	Celery	Mustard	Soy	Sulphur dioxide	Garlic	Onion
Dinner (from 17:00)	Brussels sprouts 16,95 Brussels sprouts, almond ricotta, pickled lemon vinaigrette			×								
	Mexican kohlrabi 13,95 Kohlrabi, mole sauce, fried quinoa, dried flower					×		×			×	
	Sunchokes 15,95 Sunchokes, pink peppercorn labneh, cassis coulis caramel epice'			×					×	×		
	Fried cauliflower 15,95 Fried cauliflower, Palestinian spices, amba, tahini, zhug					×		×				
	Dry-aged beets 15,95 Dry-aged beets, sweet and sour red onion, shallot cream, blackberry crumble									×	×	×
	Rosehip & celeriac 13,95 Roasted celeriac, rosehip tomato sauce, kombu coffee oil, douglas fir cream						×	×	×	×	×	×
	Smoked mushrooms 15,95 Pumpkin cream, smoked and pickled wild mushrooms, fried oyster mushrooms, no-waste tajine, salsa negra								×		×	×
	Chestnut seitan 15,95 Chestnut seitan, broccoli-fig leaf salsa, parsley root cream, fried cavolo nero								×	×	×	×
	Sunflower seed tofu 15,95 Sunflower seed goma tofu, dashi, oxidized sunflower seeds, seaweed salad					×			×		×	×
	BBQ peas 13,95 BBQ peas, fava bean guacamole, roasted cherry, cavolo nero, mustard leaf salad, cherry sauce			×							×	×
Desserts (from 17:00)	Berry douglas crisp 12,95 Blackberry and birch coulis, hazelnut ganache, Douglas fir granité, hazelnut crunch			×					×			
	Mochi miso 12,95 Sweet potato mochi cake, white miso eggplant ice cream, gomasio crunch, amsoi granité				×				×			
	Chocolate heaven 12,95 Chocolate ganache, fermented green tomato chutney, chocolate crunch, chocolate sorbet			×					×	×		
Sides (all day)	Fries 6,95			×								
	Loaded fries 9,95								×			
	Seasonal winter salad 6,95			×					×			
	Extra bread 2,50											
Borrel (all day)	Brussel sprouts 16,95 Brussel sprout, almond ricotta, smoked plum cream			×								
	Fried caulilfower 15,95 Fried cauliflower, Palestinian spices, amba, tahini, zhug					×		×			×	
	Truffle oyster mushrooms 12,95 Fried oyster mushrooms, truffle mayo, parmesan cheese, basil								×		×	×
	Loaded za'atar fries 10,95 Fries, za'atar, feta, pomegranate, mildly spicy pepper sauce, zhug, parsley							×	×		×	×
	Focaccia with dip 10,95 Homemade focaccia, whipped butter, crispy chili oil			×								