*Algemene mededeling: Wij doen ons uiterste best om van al onze gerechten (en de producten die we daarvoor gebruiken), de allergenen te beschrijven. Voor de juistheid en volledigheid zijn wij echter ook afhankelijk van andere partijen. Daarbij is het belangrijk om te weten dat alle gerechten in één keuken worden bereid, er is dus altijd een kans op sporen van verschillende allergenen, ook als deze niet vermeld staan in de IJst. Dit geldt ook voor onze leveranciers.*

| **Huidige kaart** | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig of Bijgerechten | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **VOOR** | | | | | | | | | | | | | | | | | | |
| Tomatensoep | ● | ● | | | | | | | | | | ● | | ● | ● | ● | "Maggi"! Zitten gluten in | Room. De gluten in de soep komt door de Maggi, dus wel echt heel weinig |
| Kippensoep | ● | | | | | ● | | | | ● | | | | | ● | ● | | Vermicelli (ei) |
| Vissoep | | | | | ● | | ● | | | | | | | ● | ● | ● | | Rouille, crouton |
| Caesar salad | ● | | | | ● | ● | | | ● | | | | | ● | ● | ● | | Croutons, ansjovis. **Let op: ansjovis, padanokaas en sulfiet zit in dressing! In de padano zit ei** |
| Oeufs durs mayonnaise | | | | | | ● | | | ● | | | | | ● | | | | |
| Burrata salade | | ● | | | | | | | | | | | | ● | ● | | Rauwe melk | Avocado of mozzerella i.p.v. burrata |
| Rillettes | ● | | | | | | | | ● | | | | | | ● | ● | | Toast, cornichons (mosterd) |
| Moëlle d'Os | ● | | | | | | | | | | | | | | | | | Toast |
| Vitello tonnato | | | | | ● | ● | | | ● | | | | | ● | | | | |
| Carpaccio | | ● | | | | ● | | | ● | | | | | ● | | | Pijnboompit | Kaas (padano bevat ei), pijnboompit, truffelmayo (sulfiet) |
| Zalm & heilbot | ● | ● | | | ● | ● | | | | | | | | | | | | Toast, mierikswortelsaus |
| Oesters | | | | | | | | ● | | | | | | ● | | ● | | Vinaigrette (sulfiet) |
| Garnalen (grote roze) citroenmayo | | | | | | ● | ● | | ● | | | | | ● | | | | mayonaise (sulfiet) |
| Makreel | ● | | | | ● | ● | | | ● | | | | | ● | | | | Toast en mayonaise (sulfiet) |
| Hollandse haring | | | | | ● | | | | | | | | | | | ● | | Ui |
| Schelvislever | ● | | | | ● | | | | | | | | | | | | | Toast |
| Kreeft | | | | | | ● | ● | | ● | | | | | ● | | | | Mayonaise (sulfiet) |
| Snow Crab | | | | | | ● | ● | | ● | | | | | ● | | | | Cocktailsaus |
| Kaviaar | ● | ● | | | ● | | | | | | | | | | | | | Toast, creme fraiche |
| Pasteitje met champignonragout | ● | ● | | | | | | | | ● | | | | ● | ● | ● | | Bladerdeegbakje. Let op: in de ragout zitten ook gluten. |
| Pasta met truffel | ● | ● | | | ● | ● | | | | ● | | | | ● | ● | ● | Truffelsalsa bevat kaas en ei | Boter, kaas (padano bevat ei), court boullion (selderij) |
| Boudin noir | ● | | | | | ● | | | | ● | | | | | | ● | | |
| Escargots | | ● | | | | | ● | | | | | | | | ● | | | |
| Coquilles | ● | ● | | | ● | | | ● | | | | | | ● | ● | ● | | Bloem, noilly pratsaus (sulfiet), olie i.p.v. boter |
| Garnalencroquetjes | ● | ● | | | ● | ● | ● | | | | | ● | | | | | | |
| Fruits de Mer | | | | | ● | ● | ● | ● | ● | ● | | | | ● | ● | ● | | Sulfiet: wijn in de court bouillon. Ei en mosterd: in de sausjes |

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig of Bijgerechten | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **HOOFD** | | | | | | | | | | | | | | | | | | |
| Sla bij hoofdgerecht | ● | | | ● | | | | | ● | | | | | ● | ● | ● | | Croutons (knoflook), dressing (mosterd, sulfiet, ui, pinda) |
| Fruits de Mer | | | | | ● | ● | ● | ● | ● | ● | | | | ● | ● | ● | | Sulfiet: wijn in de court bouillon. Ei en mosterd: in de sausjes |
| Asperges | | ● | | | | | | | | | | | | | | | | Kan meestal zonder boter. Ei, ham, zalm zijn optioneel. |
| Steak | | | | | | ● | | | ● | | | | | ● | | ● | | Ei, mosterd, ui (mayo en slaatje) |
| Rib-eye béarnaise | | ● | | | | ● | | | | | | | | ● | | | | Bearnaisesaus |
| Black Angus met pepersaus | | ● | | | | | | | | ● | | | | ● | ● | ● | | Olie ipv boter |
| Steak tatare | | | | | | ● | | | ● | | | | | ● | | ● | | Ei, mosterd, ui (mayo en slaatje) |
| Hamburger | ● | ● | | | | | | | | ● | | | | | | ● | | Brood. Let op: het vlees bevat gluten |
| Coq au vin | ● | | | | | | | | | ● | | | | ● | ● | ● | | |
| Kalfslever | | ● | | | | | | | | ● | | | | ● | ● | ● | Wisselende bijgerechten | Olie ipv boter. |
| Merguez | | | | | | | | | | ● | | | | | ● | | | |
| Lamskoteletten | | | | | | | | | | | | | | | | | | |
| Zalm met zeekraalsalade | | | | | ● | | | | | | | | | | | ● | | Zeekraalsalade |
| Sliptong | ● | ● | | | ● | | | | | | | | | | | | | Bloem, olie i.p.v. boter |
| Gamba's | | | | | | | ● | | ● | | | | | ● | ● | | | Aioli |
| Zeebaars | | | | | ● | | | | | | | | | | ● | | | Roseval (knoflook) |
| Gevulde aubergine | ● | ● | | | | | | | | | | | | | ● | ● | Gruyere is met rauwe melk | Paneermeel |
| Vegetarische hamburger | ● | | | | | | | | | | | ● | | | | ● | | Brood, ui. Let op: de burger bevat gluten, ui, soja |
| Pasta met truffel | ● | ● | | | ● | ● | | | | ● | | | | ● | ● | ● | | Boter, kaas (padano bevat ei), court boullion (selderij). Let op: de truffelsalsa bevat ei en lactose. |
| Pasta pesto | ● | ● | | | | ● | | | | | | | | | ● | | Pijnboompitten | In de pesto zelf zit al ansjovis |
| Ravioli pompoen | ● | ● | | | | ● | | | | | | | | | | ● | | Wel met amandelen! Zijn officieel geen noten maar vruchten. |
| Kaaskroketten | ● | ● | | | | ● | | | ● | ● | | | | | | ● | | |
| Kroket VEGAN | ● | | | | | | | | ● | | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de bitterbal. |

*Een aantal van onze hoofdgerechten heeft wisselende bijgerechten, vraag even na wat er bij komt. Onderaan deze IJst staan de bijgerechten beschreven.*

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **TOET** | | | | | | | | | | | | | | | | | | |
| Kaas | ● | ● | ● | | | | | | | | | | | | | | | Brood, vijgenjam |
| Truffels | | ● | | | | | | | | | | ● | | | | | | |
| Madeleine | ● | ● | ● | | | ● | | | | | | | | | | | | |
| Carrot cake | ● | ● | ● | | | ● | | | | | | | | | | | | Topping (lactose) |
| Griekse yoghurt | | ● | ● | | | | | | | | | | | | | | | Walnoot |
| Griesmeelpudding | ● | ● | | | | | | | | | | | | | | | | |
| Hazelnootparfait | | ● | ● | | | ● | | | | | | | | | | | | |
| Tiramisu | ● | ● | | | | ● | | | | | | | | | | | | |
| Crème brûlée | | ● | | | | ● | | | | | | | | | | | | |
| Chocoladetaart VEGAN | | | ● | | | | | | | | | | | | | | | |
| Fruit Cobbler | ● | ● | | | | | | | | | | | | | | | | |
| Sticky toffee cake | ● | ● | | | | ● | | | | | | | | | | | | IJs |
| Appeltaart met IJs/slag | ● | ● | | | | ● | | | | | | | | ● | | | | IJs, slagroom |
| Meringue | | ● | | | | ● | | | | | | | | | | | | |
| Gemberbolus | ● | ● | ● | | | ● | | | | | | | | | | | | IJs, slagroom |
| Gember met room | | ● | | | | | | | | | | | | | | | | Room |
| IJs ananas (met koekje) | ● | ● | | | | ● | | | | | | | | | | | | koekje (ei, gluten, lactose) |
| IJs framboos (met koekje) | ● | ● | | | | ● | | | | | | | | | | | | koekje (ei, gluten, lactose) |
| IJs citroen (met koekje) | ● | ● | | | | ● | | | | | | | | | | | | koekje (ei, gluten, lactose) |
| IJs vanille (met koekje) | ● | ● | | | | ● | | | | | | | | | | | | koekje (ei, gluten, lactose) Let op: wel lactose in het IJs. |
| IJs mocca (met koekje) | ● | ● | | | | ● | | | | | | | | | | | | koekje (ei, gluten, lactose) Let op: wel lactose in het IJs. |
| IJs chocolade (met koekje) | ● | ● | | | | ● | | | | | | ● | | | | | | koekje (ei, gluten, lactose) Let op: wel lactose in het IJs. |
| Colonel | | | | | | | | | | | | | | | | | | |
| Sgroppino | | | | | | | | | | | | | | | | | | |
| Espresso Martini | | | | | | | | | | | | | | | | | | |
| Affogato | | ● | | | | | | | | | | | | | | | | Vanille-ijs |
| Café Liégeois | ● | ● | | | | ● | | | | | | ● | ● | ● | | | | Slagroom, wafel (gluten, ei, soja, lupine) |
| Dame blanche | ● | ● | | | | ● | | | | | | ● | ● | | | | | Wafel (gluten, ei, soja, lupine) |
| Kinderei-surprise | | ● | | | | | | | | | | ● | | | | | | |

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **LUNCH** | | | | | | | | | | | | | | | | | | |
| Arancini´s | ● | ● | | | | ● | | | ● | ● | | ● | ● | ● | ● | ● | | Citroenmayo (ei,mosterd, sulfiet) |
| Bitterballen | ● | | | | | | | | ● | ● | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de bitterbal. |
| Bitterballen VEGAN | ● | | | | | | | | ● | | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de bitterbal. |
| Boterham bruin | ● | | | | | | | | | | ● | | | | | | | |
| Boterham wit | ● | | | | | | | | | | | ● | | | | | | |
| Cake | ● | ● | | | | ● | | | | | | | | | | | | |
| Caprese | | ● | | | | | | | | | | | | | | | | |
| Carpaccio | | ● | | | | ● | | | ● | | | | | ● | | | Pijnboompit | Kaas (padano bevat ei), pijnboompit, truffelmayo |
| Croque madame | | ● | | | | ● | | | | | | | | | | | | |
| Croque monsieur | | ● | | | | | | | | | | | | | | | | |
| Ei | | | | | | ● | | | | | | | | | | | | |
| Ei en tomaat | | | | | | ● | | | | | | | | | | | | |
| Garnalencroquetjes | ● | ● | | | ● | ● | ● | | | | | ● | | | | | | |
| Gegrilde groenten | ● | ● | | | | ● | | | | | | | | | ● | | | Mozzarella, padano, croutons |
| Geitenkaas | | ● | | | | | | | | | | | | | | | | |
| Geitenkaas met peperonata | | ● | | | | | | | | | | | | ● | ● | ● | | Bosui, peperonata (sulfiet) |
| Gerookte zalm | | ● | | | ● | | | | | | | | | | | | | Mierikswortelsaus |
| Gezond | | ● | | | | ● | | | | | | | | | | | | |
| Ham | | | | | | | | | | | | | | | | | | |
| Ham en kaas | | ● | | | | | | | | | | | | | | | | |
| Jonge kaas | | ● | | | | | | | | | | | | | | | | |
| Kaaskroketten | ● | ● | | | | ● | | | ● | ● | | | | | | ● | Kroketten bevatten mosterd | Mosterd (sulfiet). Let op: wel mosterd in de kroket. |
| Kaasstengels | ● | ● | | | | | | | | | | | | | | | | |
| Kalfskroketten | ● | ● | | | | ● | | | ● | ● | | | | | | ● | Kroketten bevatten mosterd | Mosterd (sulfiet). Let op: wel mosterd in de kroket. |
| Kroketten VEGAN | ● | | | | | | | | ● | | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de kroket. |
| Loempia | ● | | | | | | | | | | | ● | | | | | | |
| Makreel | | | | | ● | | | | | | | | | | | | | |
| Merguez | | | | | | ● | | | ● | | | | | | ● | | | Mayonaise |
| Nootjes | | | ● | | | | | | | | | | | | | | | |
| Omelet | | ● | | | | ● | | | | | | | | | | | Extra´s naar keuze | Truffelsalsa bevat vis en knoflook |
| Osseworst | | | | | | | | | | | | | | | | | | |
| Oude kaas | | ● | | | | | | | | | | | | | | | | |
| Rosbief | | | | | | | | | | | | | | | | | | |
| Stokbrood bruin | ● | | | | | | | | | | ● | | | | | | Sporen van noten | |
| Stokbrood wit | ● | | | | | | | | | | | | | | | | Sporen van noten | |
| Tatare | | | | | | | | | | | | | | | | ● | | Ui |
| Toast avocado | ● | | | | | ● | | | ● | | | | | ● | | ● | | Mayonaise, ui |
| Toast kanibaal filet | ● | ● | | | | ● | | | ● | | | ● | | ● | | ● | | Ei, ui, mayonaise (of mosterd), toast. Let op: wel lactose, ei, mosterd in de filet. |
| Toast kanibaal tartar | ● | ● | | | | ● | | | ● | | | | | ● | | ● | | Ei, ui, mayonaise (of mosterd), toast |
| Tonijn, ansjovis, tomaat | | | | | ● | | | | | | | | | | | | | |
| Tonijnsalade | | | | | ● | ● | | | ● | | | | | ● | | ● | | |
| Tosti | | | | | | | | | | | | | | | | | | |
| Vitello tonnato | | | | | ● | ● | | | ● | | | | | ● | | | | |

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **KIDS** | | | | | | | | | | | | | | | | | | |
| Bitterballen | ● | ● | | | | ● | | | ● | ● | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de bitterbal. |
| Bitterballen VEGAN | ● | | | | | | | | ● | | | | ● | ● | | | | Mosterd (sulfiet). Let op: wel mosterd in de bitterbal. |
| Hamburger | ● | ● | | | | | | | | ● | | | | | | ● | | Brood. Let op: het vlees bevat ook gluten |
| Kaaskroketten | ● | ● | | | | ● | | | ● | ● | | | | | | ● | Kroketten bevatten mosterd | |
| Kaasstengels | ● | ● | | | | | | | | | | | | | | | | |
| Kalfskroketten | ● | ● | | | | ● | | | ● | ● | | | | | | ● | Kroketten bevatten mosterd | |
| Kroketten VEGAN | ● | | | | | | | | ● | | | | ● | ● | | | Kroketten bevatten mosterd | |
| Kippensoep | ● | | | | | ● | | | | ● | | | | | ● | ● | | Vermicelli (ei) |
| Loempia | ● | | | | | | | | | | | ● | | | | | | |
| Merguez | | | | | | | | | | ● | | | | | ● | | | |
| Pasta pesto | ● | ● | | | | ● | | | | | | | | | ● | | Pijnboompitten | Padano bevat ei |
| Pasta tomatensaus | ● | ● | | | | ● | | | | | | ● | | | ● | ● | | Padano bevat ei |
| Pasta met truffel | ● | ● | | | ● | ● | | | | ● | | | | | ● | ● | | Boter, kaas (padano bevat ei), court boullion (selderij) |
| Pasta zalm | ● | ● | | | ● | | | | | | | | | | | | | Room |
| Tomatensoep | ● | ● | | | | | | | | | | ● | | | ● | ● | | Room. De gluten in de soep komt door de Maggi, dus wel echt heel weinig |
| Visnuggets | ● | | | | ● | ● | | | | | | | | | | | | |

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **GROENTEN/BIJGERECHT** | | | | | | | | | | | | | | | | | | |
| Aardappel gekookt | | | | | | | | | | | | | | | | | | |
| Frites | | | | | | | | | | | | | | | | | | |
| Krieltjes | | | | | | | | | | | | | | | | | | |
| Puree | | ● | | | | | | | | | | | | | | | | |
| Roseval aardappeltjes | | | | | | | | | | | | | | | ● | | | |
| Sla bij hoofdgerecht | ● | | | ● | | | | | ● | | | | | ● | ● | ● | | Croutons (knoflook), dressing (mosterd, sulfiet, ui, pinda) |
| Spinazie | | | | | | | | | | | | | | | | | | |
| Sperziebonen | | ● | | | | | | | | | | | | | | ● | | Ui, boter |
| Wortelen | | ● | | | | | | | | | | | | | | | | |
| Zeekraalsalade | | | | | | | | | | | | | | | | ● | | |
| Zuurkool | | ● | | | | | | | | | | | | | | ● | | |

| | Gluten | Lactose | Noten | Pinda | Vis | Ei | Schaal | Schelp | Mosterd | Selderij | Sesamzaad | Soja | Lupine | Sulfiet | Knoflook | Ui | Overig | Kan zonder of kan vervangen worden door: |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **SAUZEN** | | | | | | | | | | | | | | | | | | |
| Aioli | | | | | | ● | | | ● | | | | | ● | ● | | | |
| Béarnaise | | ● | | | | ● | | | | | | | | ● | | | | |
| Cocktailsaus | | | | | | | | | | ● | | | | ● | | | | |
| Chocoladesaus | | | | | | | | | | | | ● | | | | | | |
| Ketchup | | | | | | | | | | ● | | | | | | | | |
| Mayonaise | | | | | | ● | | | ● | | | | | ● | | | | |
| Mayonaise citroen | | | | | | ● | | | ● | | | | | ● | | | | |
| Mosterd Dijon | | | | | | | | | ● | | | | | ● | | | | |
| Pepersaus | | | | | | | | | | ● | | | | | ● | ● | | |

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Truffelmayo | | | | | • | | | | | | | | | • | • | | |

***Het is een enorme klus om dit bestand op te stellen en bij te houden. Mocht u tips of verbeterpunten hebben, geef ze even aan ons door, daar kunt u ons echt mee helpen.***