Our empanadas are made at our central kitchen. If you have a serious allergy, we cannot guarantee our products are risk-free as our kitchen handles allergens including dairy, gluten (wheat), egg, soya, celery, mustard & sulphur dioxide. There is also a risk of cross-contamination from all our ingredients listed. Our products may also contain traces of allergens from external providers - *Last edited 29th October 2026*

EMPANADA	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide & sulphites	My contain traces of nuts	My contain traces of peanuts	May contain traces of mustard	May contain traces of soya
Classic Beef	✓	✓		✓			✓						✓		✓	✓	✓	✓
Creamy Chicken	✓	✓		✓			✓						✓		✓	✓	✓	✓
Chorizo		✓		✓			✓						✓					✓
Spicy Lamb		✓		✓									✓		✓	✓	✓	✓
Ham & Cheese		✓		✓			✓						✓					✓
MDQ		✓		✓			✓						✓					✓
Blue Pear		✓		✓			✓						✓					✓
Creamy Spinach		✓		✓			✓						✓					✓
Sweetcorn (Humita)		✓		✓			✓						✓					✓
Caprese		✓		✓			✓						✓					✓
Portobello & Leeks		✓		✓			✓						✓					✓
Smoked Malbec		✓		✓			✓						✓	✓				✓
Puca Capa		✓		✓			✓						✓					✓
Palmitos		✓		✓			✓		✓				✓					✓
Squash & Kale		✓											✓					✓
Courgette & Tomato		✓											✓					✓

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Menu Item	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin.	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
SWEETS																		
Sweet empanada		✓		✓			✓						✓					✓
Alfajor Maciena		✓		✓			✓											
SPICES																		
Oregano																		
Nutmeg																		
Ground Cumin															✓	✓	✓	
Paprika															✓	✓	✓	
SAUCES																		
Chimichurri																		
Bechamel		✓					✓											
Salsa golf				✓			✓		✓									
DOUGH (PASTRY) Wheat flour, water, vegetable oils and fats (palm), salt, anti-caking agent: sodium ferrocyanide, preservatives: calcium propionate, potassium sorbate.		✓																✓

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1. CLASSIC BEEF EMPANADA																			
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Mince Beef																		
Onions																		
Red Peppers																		
Garlic																		
Beef Stock	✓	✓					✓											
Green olives & olive juice																		
Eggs				✓														
Spring Onion																		
Paprika															✓	✓	✓	
Chilli Flakes																		
Oregano																		
Cumin															✓	✓	✓	
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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2. CREAMY CHICKEN EMPANADA (HALAL)																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Chicken																		
Onion																		
Red Pepper																		
Garlic																		
Chicken Stock	✓																	
Bechamel Sauce (inc nutmeg)		✓					✓											
Paprika																		
Chili Flakes																		
Oregano																		
Fresh Parsley																		
Cumin															✓	✓	✓	
Soya bean oil													✓					
Salt																		
Bay Leaves																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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3. SPICY LAMB EMPANADA (HALAL)																			
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Mince Lamb																		
Onion																		
Red Peppers																		
Garlic																		
Chopped Tomato in can																		
Paprika																		
Cumin															✓	✓	✓	
Chili Flakes																		
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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4. CHORIZO EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Diced chorizo							✓											
Tomatoes																		
Mozzarella							✓											
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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5. **MDQ EMPANADA**																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Ham																		
Mozzarella							✓											
Bechamel		✓					✓											
Pineapple Can +Syrup																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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6. HAM & CHEESE EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Ham																		
Mozzarella							✓											
Bechamel		✓					✓											
Dough (pastry)		✓																✓
Egg to brush				✓														

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7. PORTOBELLO MUSHROOM & LEEK																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Mushroom																		
Leeks																		
Mozzarella							✓											
Chilli flakes																		
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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8. PUCA CAPA EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Onions																		
Mozzarella							✓											
Coriander																		
Oregano																		
Chilli flakes																		
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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9. CAPRESE EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Mozzarella							✓											
Tomato																		
Basil																		
Salt																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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10. SPINACH EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Spinach																		
Onions																		
Red peppers																		
Chilli flakes																		
Garlic puree																		
Mozzarella							✓											
Bechamel		✓					✓											
Nutmeg																		
Soya bean oil													✓					
Dough (pastry)		✓																✓
Egg to brush				✓														

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11. HUMITA EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Sweetcorn																		
Onion																		
Mozzarella							✓											
Red peppers																		
Garlic																		
Bechamel		✓					✓											
Chilli flakes																		
Nutmeg																		
Sugar																		
Soya bean oil													✓					
Dough (pastry)		✓																✓
Egg to brush				✓														

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12. BLUE CHEESE & PEAR EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Blue Cheese							✓											
Mozzarella							✓											
Tinned pears & juice																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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13. SMOKED MALBEC EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Smoked cheddar Cheese							✓											
Mozzarella							✓											
Red Onions																		
Red Wine														✓				
Soya bean oil													✓					
Sugar																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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14. PALMITO EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Palm Hearts																		
Mozzarella							✓											
Salsa Golf (ketchup & mayonnaise)				✓			✓		✓									
Dough (Pastry)		✓																✓
Egg to brush				✓														

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15. BUTTERNUT SQUASH & KALE (VEGAN)																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Butternut Squash																		
Kale																		
Chilli Flakes																		
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush																		

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16. COURGETTE & TOMATO (VEGAN)																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Courgette																		
Tomato pasata																		
Red peppers																		
Onions																		
Garlic																		
Chilli																		
Soya bean oil													✓					
Salt																		
Dough (pastry)		✓																✓
Egg to brush																		

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17. SWEET EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Dulce de leche							✓											
Banana																		
Cream Cheese							✓											
Dough (pastry)		✓																✓
Egg to brush				✓														

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ALFAJORCITO DE MAICENA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Baking Powder		✓																
Vanilla Essence																		
Sugar (caster and icing for dusting)																		
Cornflour																		
Dulce De Leche							✓											
Wheat Flour		✓																
Unsalted butter							✓											
Coconut for dusting																		
Lemon																		
Orange																		
Eggs				✓														

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CHIMICHURRI																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Sunflower Oil																		
Fresh Parsley																		
Garlic puree																		
Chili Flakes																		
Paprika															✓	✓	✓	
Dry oregano																		
White Vinegar																		
Salt																		
Bay leaves																		

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SPANISH TORTILLA																				
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Sunflower Oil																		
Egg				✓														
Potato																		
Onion																		
Milk							✓											
Salt																		

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MONTHLY SPECIALS

FUGAZETTA NO 10																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Mozzarella							✓											
Provolone cheese							✓											
Onion																		
Oregano																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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PULLED PORK SPECIAL EMPANADA																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Pork																		
Onion																		
Five spice mix (ground coriander, cassia, fennel, ginger, cinnamon, clove, anise, szechuan pepper)																		
Dark Soya Sauce													✓					
Dough (pastry)		✓																✓
Egg to brush				✓														

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PIGS IN BLANKET XMAS SPECIAL																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Bacon																		
Sausage		✓											✓	✓				
Onions																		
Cheese (cheddar)							✓											
Wholegrain mustard									✓									
Honey																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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MINCE PIE EMPANADA SPECIAL																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Apple puree																		
Sultans																		
Raisins																		
Candied mixed citrus peel														✓				
Vegetable suet																		
Currants																		
Mixed spices																		
Preservatives																		
Acidity Regulator																		
Garlic																		
Nutmeg																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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BURGERNADA SPECIAL																			
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Ground beef																		
Burger sauce	✓			✓										✓			✓	
American cheese							✓											
Onion																		
Sliced pickles																		
Salt																		
Sunflower oil																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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O'NADA (SPECIAL EMPANADA)																		
Ingredients	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	Nuts	Peanuts	Mustard	Soya
Beef																		
Chicken Stock	✓	✓					✓											
Garlic																		
Celery	✓																	
Carrots																		
Tomato Paste																		
Murphy's Stout														✓				
Flour		✓																
Sunflower oil																		
Salt																		
Thyme																		
Dough (pastry)		✓																✓
Egg to brush				✓														

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COMMON QUESTIONS:

-Is Nutmeg a Nut allergen? NO. Although it contains the word Nut it is not related to tree nuts or peanuts. It is a dry seed which is ground to make a spice. However, someone can be allergic to Nutmeg in its own right, although it is a rare allergy.

-Are spices an allergen? Although it is very rare, some allergic reactions can happen with cumin, thyme, coriander, cayenne pepper, oregano.

-And Sesame seeds? Yes, that's an allergen

-We don't use peanuts, BUT for very allergic people Ground Cumin should be avoided as it may contain a peanut protein/ traces of peanut from external providers.

- Corn Flour or Starch does not contain gluten

- Dried Fruits (like dried coconut or orange) normally contain sulphites

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