

Kitchen Community Collective

Mediterranean & Middle Eastern Catering — London

Allergen Information Guide

A working reference for the 14 major allergens across our menu — to be confirmed by our kitchen team before publication

How to Read This Guide

• indicates the dish is likely to contain, or be made using, this allergen based on its standard recipe. A blank cell means the allergen is not typically present. ? indicates the dish changes regularly (e.g. a seasonal special) and allergens must be checked at the time of ordering.

C = Cereals containing Gluten · Cr = Crustaceans · E = Eggs · F = Fish · L = Lupin · M = Milk · Mo = Molluscs · Mu = Mustard · N = Tree Nuts · P = Peanuts · Se = Sesame · So = Soya · Su = Sulphites · Ce = Celery

Important — please verify before use

This guide is based on standard recipes and is intended as a working starting point. Recipes, suppliers and cross-contamination risks can vary — please confirm and update this matrix against your actual current recipes before publishing it or relying on it for a customer with a food allergy.

Mezze, Salads & Sides

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Hummus											•			
Baba Ghanoush											•			
Muhammara	•								•					
Cacık						•								
Haydari						•								
Ezme														
Beetroot & Yoghurt Dip						•								
Aubergine & Yoghurt						•								
Marinated Olives													•	
Kısır	•													

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Freekeh & Pomegranate Salad	•													
Fattoush	•													
Tabbouleh	•													
Mediterranean Couscous Salad	•													
Chickpea & Herb Salad														
Beetroot, Feta & Walnut Salad						•			•					
Roasted Vegetable Salad														
Seasonal Mediterranean Salad														
Turkish Rice Pilaf						•								
Bulgur Pilaf	•													
Herbed Couscous	•													
Roasted Potatoes														
Seasonal Roasted Vegetables														

Seasonal Hot Dishes

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Imam Bayıldı														
Mediterranean Lemon & Herb Chicken														
Turkish Köfte	•		•			•								
Vegetable Moussaka	•					•								
Stuffed Peppers														
Aubergine & Chickpea Stew														•
Seasonal Vegetable Stew														•
Oven-Baked Seasonal Vegetables														
Chef's Seasonal Special	?	?	?	?	?	?	?	?	?	?	?	?	?	?

Börek & Savouries

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Spinach & Feta Börek	•		•			•								
Potato & Herb Börek	•		•											
Cheese & Herb Börek	•		•			•								
Seasonal Vegetable Börek	•		•											
Lentil Balls (Mercimek Köftesi)	•													
Yaprak Sarma														
Seasonal Savoury Special	?	?	?	?	?	?	?	?	?	?	?	?	?	?

Wraps & Sandwiches

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Mediterranean Chicken Wrap	•													
Lemon & Herb Chicken Wrap	•													
Chicken, Hummus & Salad Wrap	•										•			
Roasted Vegetable & Hummus Wrap	•										•			
Falafel & Tahini Wrap	•										•			
Halloumi & Roasted Vegetable Wrap	•					•								
Grilled Aubergine & Hummus Wrap	•										•			
Mediterranean Vegetable & Feta Wrap	•					•								
Mediterranean Chicken & Salad Sandwich	•													
Roasted Vegetable & Hummus Sandwich	•										•			
Feta, Roasted Pepper & Rocket Sandwich	•					•								
Grilled Vegetable & Pesto Sandwich	•					•			•					
Cream Cheese, Dill, Cucumber & Olive Pesto Sandwich	•					•								

Homemade Desserts

Dish	C	Cr	E	F	L	M	Mo	Mu	N	P	Se	So	Su	Ce
Chocolate Brownie	•		•			•								
Orange & Almond Cake			•						•					
Lemon & Almond Cake			•						•					
Homemade Chocolate Cake	•		•			•								
Carrot & Walnut Cake	•		•			•			•					
Revani	•		•			•								
Baklava	•					•			•					
Seasonal Homemade Cake	?	?	?	?	?	?	?	?	?	?	?	?	?	?
Fresh Fruit Selection														

Vegetarian, Vegan, Halal, Gluten-Free and Dairy-Free options are available across our full menu

Please tell us about any allergies or dietary requirements when you place your order, and we will confirm suitable dishes and any necessary adjustments directly with you before your event.