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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Starters					
EVO Garlic & Mozz Flat Bread - 1 Serving		637 Kcal	 WHEAT  MILK		 VEGETARIAN
Evo Mozz & Hall Sticks - 1 Serving		697 Kcal	 WHEAT  MILK  SOYA	 CELERY  MUSTARD	 VEGETARIAN
EVO port side prawns 2022 - 1 Serving		392 Kcal	 WHEAT  EGGS  CRUSTACEANS  SOYA		
buff wings 2022 - 1 Serving		846 Kcal	 EGGS  MILK  MUSTARD		
Sharers					
EVO nachos - 1 Serving		2356 Kcal	 MILK  SOYA		 VEGETARIAN  GLUTEN FREE
EVO Bucket of wings - 1 Serving		1669 Kcal	 EGGS  MILK		 GLUTEN FREE
The Captains Grill					
2022 ribeye - 1 Serving		1036 Kcal			
2022 sirloin - 1 Serving		832 Kcal	 MILK  CELERY	 WHEAT, BARLEY  EGGS	
rump 2022 - 1 Serving		918 Kcal	 MILK  CELERY	 WHEAT, BARLEY  EGGS	
2022 Evolution Chilli Butter - 1 Serving		281 Kcal	 MILK		 VEGETARIAN  GLUTEN FREE
2022 Garlic Butter - 1 Serving		308 Kcal	 MILK		 VEGETARIAN  GLUTEN FREE
evo bbq 2022 - 1 Serving		73 Kcal	 WHEAT  SOYA		

Evo Peppercorn - 100g	0Kcal	 MILK	 CELERY	 WHEAT, BARLEY	 EGGS	
Classic Mains						
Evolution Baby Back Ribs - 1 Serving	2249Kcal	 BARLEY	 CELERY	 SULPHITES		 GLUTEN FREE
Lemon & Herb Half Roast Chicken. - 1 Serving	835Kcal					
scampi 2022 - 1 Serving	1293Kcal	 OATS, WHEAT, RYE	 EGGS	 CRUSTACEANS	 MUSTARD	 FISH  MOLLUSCS
Burgers						
2022 EVO Moving Mountain Burger - 1 Serving	1403Kcal	 OATS, WHEAT, BARLEY	 SOYA		 RYE	 PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  EGGS  MILK
2022 pulled pork burger - 1 Serving	1091Kcal	 WHEAT	 MILK	 CELERY	 SULPHITES	 OATS, BARLEY, RYE  EGGS  MUSTARD  SOYA
evo cheese burger 2022 - 1 Serving	1214Kcal	 WHEAT	 EGGS	 MILK	 CELERY	 OATS, BARLEY, RYE  MUSTARD
evo evolution burger 2022 - 1 Serving	2208Kcal	 WHEAT	 EGGS	 MILK	 SOYA	 OATS, BARLEY, RYE
spicy chicken burger 2022 - 1 Serving	1250Kcal	 WHEAT	 EGGS	 MILK		 OATS, BARLEY, RYE  CELERY  MUSTARD  SOYA
Salads						
Evolution Chicken Cesar Salad - 1 Serving	763Kcal	 WHEAT, BARLEY	 EGGS	 MILK	 FISH	 MUSTARD

Evolution Orzo Pasta Salad - 1 Serving	478Kcal	 WHEAT	 MILK	 SULPHITES		 VEGETARIAN
Evolution Chickpea Shawarma Salad - 1 Serving	575Kcal	 WHEAT	 MUSTARD	 SESAME	 CELERY	 VEGETARIAN  VEGAN
Stone Baked Pizza						
EVO Ham & Mushroom pizza - 1 Serving	945Kcal	 WHEAT	 MILK			
Evolution Margarita Pizza - 1 Serving	1025Kcal	 WHEAT	 MILK			 VEGETARIAN
Evolution Pepperoni Pizza - 1 Serving	1146Kcal	 WHEAT	 MILK			
goat cheese pizza - 1 Serving	1060Kcal	 WHEAT	 MILK	 SULPHITES		 VEGETARIAN
Sides						
2022 EVO cheese fries - 1 Serving	692Kcal		 MILK	 SOYA		 VEGETARIAN
2022 EVO Slaw Side - 1 Serving	371Kcal		 EGGS			 VEGETARIAN
evo onion rings 2022 - 1 Serving	486Kcal	 WHEAT				 VEGETARIAN  VEGAN
evo side salad - 1 Serving	33Kcal					
Halloumi fries - 1 Serving	490Kcal	 WHEAT	 MILK		 CELERY  SOYA	 MUSTARD  VEGETARIAN
2022 sweetpot fries - 1 Serving	371Kcal					 VEGETARIAN  VEGAN
EVO Fries as Side - 1 Serving	674Kcal					 VEGETARIAN  VEGAN