

Barouche — Allergens

List as provided by our kitchen, September 2026 · [barouche.eu/allergens](#)

We cook with fresh ingredients and our recipes change with them. Our kitchens are small and busy, so traces of an allergen that isn't listed for a dish cannot be ruled out. Always tell the person taking your order.

BREAD & DIP

Pocket bread	Gluten	wheat				
Hummus	Celery	Sesame	Sulphites			

HOUSE FAVOURITE — PITA

BarBacon	Egg	Gluten	wheat	Milk	Sulphites	
Chick(p)ita	Egg	Gluten	wheat	Milk	Mustard	Sulphites
Berlouni	Egg	Gluten	wheat	Milk	Mustard	Sulphites
Fal-a-fête	Gluten	wheat	Mustard	Soy	Sulphites	
Cheesy Chicken	Egg	Gluten	wheat	Milk	Mustard	Sulphites
Rainbow Pita	Egg	Gluten	wheat	Milk	Mustard	Sulphites

HOUSE FAVOURITE — BOWL

BarBacon

Egg

Gluten

wheat

Milk

Mustard

if you choose the vegan sauce

Celery

if you add hummus

Sesame

if you add hummus

Soy

if you choose the vegan sauce

Sulphites

Chick(p)ita

Egg

Gluten

wheat

Milk

Mustard

Celery

if you add hummus

Sesame

if you add hummus

Soy

if you choose the vegan sauce

Sulphites

Cheesy Chicken

Egg

Gluten

wheat

Milk

Mustard

Celery

if you add hummus

Sesame

if you add hummus

Sulphites

Berlouni

Egg

Gluten

wheat

Milk

Mustard

Celery

if you add hummus

Sesame

if you add hummus

Soy

if you choose the vegan sauce

Sulphites

Fal-a-fête

Gluten

wheat

Mustard

Celery

if you add hummus

Sesame

if you add hummus

Soy

if you choose the vegan sauce

Sulphites

if you add hummus

Rainbow Bowl

Egg

Gluten

wheat

Milk

Mustard

Celery

if you add hummus

Sesame

if you add hummus

Soy

if you choose the vegan sauce

Sulphites

if you choose the vegan sauce

SIDES

Sweet potato

Egg *if you choose the Barouche Signature sauce* **Gluten** *wheat, from the spice mix*

Milk *if you choose the Barouche Signature sauce* **Mustard** *if you choose the Barouche Signature sauce*

Sulphites *if you choose the Barouche Signature sauce*

Falafel **Gluten** *wheat* **Mustard** *if you choose the vegan sauce* **Soy** *if you choose the vegan sauce*

Berloumi bites **Milk**

SAUCES

Barouche Signature **Egg** **Milk** **Mustard** **Sulphites**

Curry Mango **Egg** **Milk** **Mustard** **Sulphites**

Yoghurt Garlic **Egg** **Milk** **Mustard** **Sulphites**

Vegan sauce **Soy**

TOPPINGS

Chilli flakes **Sulphites**

Crispy onion **Gluten**

Pickled jalapeño *No listed allergens*

Sweet corn *No listed allergens*

Sun-dried tomato *No listed allergens*

Feta **Milk**

PROTEINS

Marinated chicken *No listed allergens*

Marinated bacon *No listed allergens*

Falafel **Gluten**

Belgian halloumi **Milk**

DESSERT

Cookie **Egg** **Gluten** **Milk** **Soy**