Allergen Matrix

C contains · **M** may contain (cross-contamination) · “check” = not on the chart yet, ask the manager. Source: SOUK-ALG-001 v2.4 (menu & Christmas updates, 1 Nov 2026). Highlighted rows changed in this version. Always tell the manager and chef about any allergy.

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Change (v2.3 / v2.4)
Starters & small plates															
Harira soup	C								M						
Briouat: vegetables, feta & mint	C		C				C								
Zaalouk: aubergine									M						
Mutabel: smoked aubergine (V)							C	C			C				
Hummus (VG)								C			C				
Falafel with tahini (VG)	C										C				Sesame M→C (tahini is sesame)
Halloumi cheese (V)							C								Renamed (was “Grilled halloumi”)
Labneh za'atar (V)							C	C			C				
Merguez with tomato sauce	C							M			M				
Deep-fried calamari, tartare	C		C				M							C	
Grilled king prawns, sweet chilli & lime		C													
Mixed mezze for two (V)	C						C	C			C				Tree nuts + sesame added (hummus, labneh)
Pastilla: chicken, almond, honey, filo	C		C					C			C				
Pastilla (large): chicken, roasted almond, cinnamon	C		C					C			C				
Moroccan wraps with chips															
Merguez wrap with chips	*check – not confirmed, ask the manager*														
Saffron chicken wrap with chips	*check – not confirmed, ask the manager*														
Halloumi & falafel wrap with chips (V)	*check – not confirmed, ask the manager*														
Hummus & falafel wrap with chips (VG)	*check – not confirmed, ask the manager*														
Couscous															
Merguez couscous	C							M			M				“Spicy” removed from name
Chicken couscous	C														
Slow-cooked beef couscous (£18.95)	C														Price +£1
Lamb couscous	C														
Royal couscous: beef, chicken, merguez	C							M			M				
Tagine (served with couscous)															
Lamb: prune, apricot, roasted sesame	C										C				
Slow-cooked beef: onion, peas, potatoes (£18.95)	C								M						Price +£1
Kefta beef: minced beef, cumin, tomato, garlic, egg	C		C												NEW – chef to confirm full recipe
Chicken: potatoes, olives, pickled lemon	C														
Chicken: prunes, apricots, sesame	C										C				Sesame M→C (sesame in dish)
Fish tagine: cod, king prawns		C		C											
From the grill (with saffron rice or fries)															

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Change (v2.3 / v2.4)
Grilled sea bass fillet, Moroccan spices				C											
Grilled marinated king prawns		C													
Mixed fish platter: sea bass, prawns, calamari		C		C										C	
Lamb cutlets (4, medium)															
Butterfly chicken grill															Renamed (was “butterfly chicken breast”)
Mixed grill: chicken thigh, lamb cutlet, merguez	C							M			M				Chicken breast → chicken thigh (all menus)
Grilled merguez	C							M			M				
Vegetarian & vegan · Salads															
Vegetable tagine: prunes, apricot, raisin, honey, saffron (V)	C														VG→V (contains honey)
Couscous, root vegetables & chickpea sauce (VG)	C														
Casablanca salad: grilled chicken															Name corrected (was “Marrakech”)
Marrakech salad: falafel, tahini dressing (V)	C										C				Name corrected (was “Casablanca”); sesame M→C
Extra halloumi (salad add-on)							C								Added
Sides															
Steamed couscous	C														Gluten confirmed (wheat); other allergens: check
Saffron veg rice (VG)	*check – not confirmed, ask the manager*														
Fries	*check – not confirmed, ask the manager*														
Mixed / green salad	*check – not confirmed, ask the manager*														
Mixed vegetables in sauce (VG)	*check – not confirmed, ask the manager*														
Olives & pickled pepper	*check – not confirmed, ask the manager*														
Pitta bread	C														Gluten confirmed (wheat); other allergens: check
Desserts															
Baklava & Turkish delight selection	C		M					C			C				
Kanafeh cheese (bought in)	C						C	M							
Kanafeh cheese (made in-house)	C						C	M							
Chocolate cake, rose water cream	C		C				C	M			M				
Fresh fruit salad, orange flower															
Ice cream: vanilla, chocolate or caramel sauce							C								
Whole chocolate cake (12 portions) £39	C		C				C	M			M				
Christmas 2026 feasts															
Xmas chicken tagine: saffron, prunes, roasted sesame	C										C				NEW – chef to confirm full recipe
Xmas mixed grill platter: lamb cutlet, chicken thigh, merguez	C							M			M				NEW – same as mixed grill
Xmas baklava selection (no Turkish delight)	C		M					C			C				NEW – same as baklava row
Set menus only															
Casablanca beef tagine: prunes, raisins, apricots	*check – not confirmed, ask the manager*														Not on chart – chef to confirm

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Change (v2.3 / v2.4)
Marrakesh lamb tagine: chickpeas & cumin	*check – not confirmed, ask the manager*														Not on chart – chef to confirm
Set-menu chicken tagine with saffron	*check – not confirmed, ask the manager*														Not on chart – chef to confirm

Removed: Grilled octopus (removed from menu) · 3 merguez side order (removed from menu)

Souk Restaurant · Allergen Matrix v2.4 · Items marked “check” or “chef to confirm” must be verified by the head chef before the menu is printed.