

***Turn 'n Tender***  
***STEAKHOUSE***

**ALLERGEN REPORT**

September 2019

## Contents

1)	STARTERS.....	3
1.1)	BILTONG STARTERS.....	3
1.2)	STARTERS.....	3
2)	SALADS.....	4
3)	VEG DISHES.....	5
4)	VEGETARIAN 'N VEGAN.....	5
5)	FOUR BROTHERS SPECIAL.....	5
6)	FROM THE GRILL.....	6
5.1)	ARGENTINIAN STEAK (all with 70ml chimichurri sauce).....	6
5.2)	CUT FOR TWO.....	6
5.3)	FROM THE GRILL.....	7
5.4)	SLOW COOKED DISHES.....	10
7)	BURGERS AND STEAK ROLLS.....	11
8)	POULTRY.....	11
9)	SEAFOOD.....	12
10)	COMBO PRESENTATION.....	12
11)	SIDE ORDERS.....	17
12)	SAUCES & STEAK TOPPINGS.....	18
13)	DESSERTS.....	18
14)	EXTRAS ANALYSIS.....	19

## 1) STARTERS

### 1.1) BILTONG STARTERS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Biltong starter			X				
Biltong pâté			X				
Biltong carpaccio			X				
Billy Boy				X			X
Biltong board			X	X			X

### 1.2) STARTERS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Roasted marrow bones	X	X			-	-	
Squid heads (lemon butter)	X	X	X	X			X
Squid heads (sweet chilli)	X	X		X			X
Squid heads (peri peri)	X	X		X			X
Calamari (lemon butter)	X	X	-	-	-		X
Calamari (sweet chilli)	X	X	-	-	-		,
Calamari (peri peri)	X	X	-	-	-		X
Chicken livers plain	X	X	X		-	-	X
Chicken livers peri peri	X	X	X		-	-	X
Focaccia style bread (small, garlic 'n herb)	X	X					X
Focaccia style bread (large, garlic 'n herb)	X	X					X
Focaccia style bread (small, olive oil 'n herb)	X	X					X

Focaccia style bread (large, olive oil 'n herb)	X	X					X
Focaccia style bread (small cheese 'n biltong)	X	X	X	-	-	-	X
Focaccia style bread (large, cheese 'n biltong)	X	X	X	-	-	-	-
Snails	X	X	X				X
Curried prawns	X	X	X				X
Trinchado	X	X	X				X
Steak tartare	X	X	X	X	X		X
Crumbed mushrooms	X	X	X	X	X		X
Lamb tails	X	X	X	X	-		X
Beef rashers							
Fillet Caprese			X		X	X	
Chicken wings	X	X	X	X	X		X
Beef Chorizo n Calamari (lemon butter)			X	X			X
Beef Chorizo n Calamari (peri-peri)				X			X

## 2) SALADS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Side salad French							
Regular French salad							
Large French salad							
Side salad Greek			X				
Regular Greek salad			X				
Large Greek salad			X				
Side salad House			X		X		
Regular House salad			X		X		
Large House salad			X		X		
Side salad Blue cheese	X	X	X	-	-		
Regular Blue cheese salad	X	X	X	-	-		

Large Blue cheese salad	X	X	X	-	-		
Blue cheese dressing (per 100g)			X	X	X		-
Sliced tomato and onion							
Caesar salad (no optional items)	X	X	X	X	X	-	
Caesar salad (chicken included)	X	X	X	X	X	-	-
Caesar salad (egg included)	X	X	X	X	X	-	-
Caesar salad (chicken and egg included)	X	X	X	X	X	-	-
Chicken salad			X				X
Steak 'n rocket salad	X	X	X	X	X		X
Calamari salad	X	X	-	-	-		

### 3) VEG DISHES

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Veg curry	X	X	X				X

### 4) VEGETARIAN 'N VEGAN

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Naked Vegan burger – Vegan Friendly							X
Vegetarian burger – Not Vegan Friendly	X	X		X			X
Vegan biltong salad	X	X		X			

### 5) FOUR BROTHERS SPECIAL

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Steven's sensation (rump)	X	X	X				X

Steven's sensation (sirloin)	X	X	X				X
Steven's sensation (fillet)	X	X	X				X
Howard's howler (rump)	X	X	X	-	-		X
Howard's howler (sirloin)	X	X	X	-	-		X
Howard's howler (fillet)	X	X	X	-	-		X
Brian's bowl over (TNT basting sauce)				X			X
Brian's bowl over (TNT chilli basting)				X			X
Ribeye on the bone salt and butter			X				
Mervyn's magic			X				

## 6) FROM THE GRILL

### 5.1) ARGENTINIAN STEAK (all with 70ml chimichurri sauce)

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Argentinian topping (200g fillet)							X
Argentinian topping (300g fillet)							X
Argentinian topping (400g fillet)							X
Argentinian topping (200g sirloin)							X
Argentinian topping (300g sirloin)							X
Argentinian topping (400g sirloin)							X
Argentinian topping (200g rump)							X
Argentinian topping (300g rump)							X
Argentinian topping (400g rump)							X

### 5.2) CUT FOR TWO

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
-------------	--------	-------	-----------	------	-----	------	-----------

Cut for two (rump, TNT basting)				X			X
Cut for two (rump, chilli basting)				X			X
Cut for two (rump, plain grilled)							
Cut for two (rump with fat, TNT basting)				X			X
Cut for two (rump with fat, chilli basting)				X			X
Cut for two (rump with fat, plain grilled)							
Cut for two (long cut sirloin, TNT basting)				X			X
Cut for two (long cut sirloin, chilli basting)				X			X
Cut for two (long cut sirloin, plain grilled)							
Cut for two (fillet, TNT basting)				X			X
Cut for two (fillet, chilli basting)				X			X
Cut for two (fillet, plain grilled)							
Deboned lamb	X	X	X	X	X		-

### 5.3) FROM THE GRILL

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
The Boss	-	-	X	-	-		X
Rump n Beef Chorizo Espetada	X	X	X	X	X		-
Lamb loin chops (TNT basting sauce)				X			X
Lamb loin chops (chilli basting)				X			X
Lamb loin chops (dry pepper marinade)							X
Lamb loin chops half (TNT basting sauce)				X			X

Lamb loin chops half (chilli basting)				X			X
Lamb loin chops half (dry pepper marinade)							X
Boerewors platter	X	X					X
Entrecôte steak (TNT basting sauce)				X			X
Entrecôte steak (chilli basting)				X			X
Entrecôte steak (dry pepper marinade)							X
Ostrich fillets (TNT basting sauce)				X			X
Ostrich fillets (chilli basting)				X			X
Ostrich fillets (dry pepper marinade)							X
Steak with fat (sirloin 200g, TNT basting sauce)				X			X
Steak with fat (sirloin 200g, chilli basting)				X			X
Steak with fat (sirloin 200g, dry pepper marinade)							X
Steak with fat (sirloin 300g, TNT basting sauce)				X			X
Steak with fat (sirloin 300g, chilli basting)				X			X
Steak with fat (sirloin 300g, dry pepper marinade)							X
Steak with fat (sirloin 400g, TNT basting sauce)				X			X
Steak with fat (sirloin 400g, chilli basting)				X			X
Steak with fat (sirloin 400g, dry pepper marinade)							X
Steak with fat (rump with fat 200g, TNT basting sauce)				X			X
Steak with fat (rump with fat 200g, chilli basting)				X			X
Steak with fat (rump with fat 200g,							X



dry pepper marinade)							
Steak with fat (point rump 300g, TNT basting sauce)				X			X
Steak with fat (point rump 300g, chilli basting)				X			X
Steak with fat (point rump 300g, dry pepper marinade)							X
Steak with fat (point rump 400g, TNT basting sauce)				X			X
Steak with fat (point rump 400g, chilli basting)				X			X
Steak with fat (point rump 400g, dry pepper marinade)							X
Steak with no fat (fillet 200g, TNT basting sauce)				X			X
Steak with no fat (fillet 200g, chilli basting)				X			X
Steak with no fat (fillet 200g, dry pepper marinade)							X
Steak with no fat (fillet 300g, TNT basting sauce)				X			X
Steak with no fat (fillet 300g, chilli basting)				X			X
Steak with no fat (fillet 300g, dry pepper marinade)							X
Steak with no fat (fillet 400g, TNT basting sauce)				X			X
Steak with no fat (fillet 400g, chilli basting)				X			X
Steak with no fat (fillet 400g, dry pepper marinade)							X
Steak with no fat (tunnel rump 200g, TNT basting sauce)				X			X

Steak with no fat (tunnel rump 200g, chilli basting)				X			X
Steak with no fat (tunnel rump 200g, dry pepper marinade)							X
Steak with no fat (tunnel rump 300g, TNT basting sauce)				X			X
Steak with no fat (tunnel rump 300g, chilli basting)				X			X
Steak with no fat (tunnel rump 300g, dry pepper marinade)							X
Steak with no fat (tunnel rump 400g, TNT basting sauce)				X			X
Steak with no fat (tunnel rump 400g, chilli basting)				X			X
Steak with no fat (tunnel rump 400g, dry pepper marinade)							X
Beef ribs full portion (TNT basting sauce)				X			X
Beef ribs full portion (chilli basting)				X			X
Beef ribs half portion (TNT basting sauce)				X			X
Beef ribs half portion (chilli basting)				X			X
Pork ribs full portion (TNT basting sauce)				X			X
Pork ribs full portion (chilli basting)				X			X
Pork ribs half portion (TNT basting sauce)				X			X
Pork ribs half portion (chilli basting)				X			X

#### 5.4) SLOW COOKED DISHES

DESCRIPTION	GLUTEN	WHEAT	COWS	SOYA	EGG	NUTS	SULPHATES
-------------	--------	-------	------	------	-----	------	-----------

			MILK				
Lamb gigot	X	X	X	X	-		X
Lamb potjie	X	X	X	X	-		X
Oxtail potjie	X	X	X	X	-		X

## 7) BURGERS AND STEAK ROLLS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Classic burger	X	X	X	X	X		X
Cheese burger	X	X	X	X	X		X
Mushroom burger	X	X	X	X	X		X
Pepper burger	X	X	X	X	X		X
Steak roll	X	X		X	-	-	X
Argentinian steak roll	X	X			-	-	X

## 8) POULTRY

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Chicken schnitzel	X	X	X		X		X
Chicken breast (lemon & herb)							
Chicken breast (peri peri)							X
Chicken breast (BBQ)	X	-		-	-		X
Chicken breast (sweet chilli)							
Chicken deboned (lemon & herb)							
Chicken deboned peri peri (peri peri)							X
Chicken deboned (BBQ)	X	-		-	-		X
Chicken deboned (sweet chilli)							
Chicken spring (lemon & herb)							
Chicken spring (peri peri)							X
Chicken spring (BBQ)	X	-		-	-		X
Chicken spring (sweet chilli)							

Chicken spring half (lemon & herb)							
Chicken spring half (peri peri)							X
Chicken spring half (BBQ)	X	-		-	-		X
Chicken spring half (sweet chilli)							
Duck leg	X	X		-			-

## 9) SEAFOOD

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Grilled hake	X	X	X	X	X		X
Battered hake	X	X	-	X	X		X
Calamari (lemon butter)	X	X	X	X	X		X
Calamari (peri peri)	X	X	-	-	-		X
Calamari (sweet chilli)	X	X	-	-	-		,
Kingklip plain grilled	X	X	-	X	X		X
Kingklip lemon butter	X	X	X	X	X		X
Scottish salmon plain grilled				X	X		-
Scottish salmon soya sesame	-	-	-	X	-		X
Queen prawns x6	X	X	X	-	-		X
Queen prawns x12	X	X	X	-	-		X
King prawns x6	X	X	X	-	-		X
King prawns x12	X	X	X	-	-		X

## 10) COMBO PRESENTATION

All of the food items below (blue line) exclude marinades thus need to be added, the marinade options are bolded below the food items (orange line) to then be added to get the total nutritional values.

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
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Rib's n boerewors (without marinade)							
Ribs 'n boerewors (beef ribs)	X	X					X
Ribs 'n boerewors (pork ribs)	X	X					X
Rib marinades to add							
Rib marinade: TnT basting				X			X
Rib marinade: Chilli basting				X			X
Ribs 'n chops (without marinades for both ribs and chops)							
Ribs 'n chops (beef ribs)							
Ribs 'n chops (pork ribs)							
Rib marinade to add							
Rib marinade: TnT basting				X			X
Rib marinade: Chilli basting				X			X
Chop marinade to add							
Chop marinade: TnT basting				X			X
Chop marinade: Chilli basting				X			X
Chop marinade: Dry pepper							X
Ribs 'n calamari (without rib marinade)							
Ribs 'n calamari (beef ribs + lemon butter marinade for calamari)	X	X	X	-	-		X
Ribs 'n calamari (pork ribs + lemon butter marinade for calamari)	X	X	X	-	-		X
Ribs 'n calamari (beef ribs + sweet chilli marinade for calamari)	X	X	X	-	-		
Ribs 'n calamari (pork ribs + sweet chilli marinade for calamari)	X	X	X	-	-		
Ribs 'n calamari (beef ribs + peri peri marinade for calamari)	X	X	X	-	-		X
Ribs 'n calamari (pork ribs + peri peri marinade for calamari)	X	X	X	-	-		X
Rib marinade to add							
Rib marinade: TnT basting				X			X
Rib marinade: Chilli basting				X			X

Ribs 'n squid heads (beef ribs + lemon butter dipping sauce for squid heads)	X	X	X	X			X
Ribs 'n squid heads (pork ribs + lemon butter dipping sauce for squid heads)	X	X	X	X			X
Ribs 'n squid heads (beef ribs + peri peri dipping sauce for squid heads)	X	X		X			X
Ribs 'n squid heads (pork ribs + peri peri dipping sauce for squid heads)	X	X		X			X
Ribs 'n squid heads (beef ribs + sweet chilli dipping sauce for squid heads)	X	X		X			X
Ribs 'n squid heads (pork ribs + sweet chilli dipping sauce for squid heads)	X	X		X			X
<b>Rib marinade to add</b>							
<b>Rib marinade: TnT basting</b>				X			X
<b>Rib marinade: Chilli basting</b>				X			X
<b>Ribs 'n chicken (without rib marinade and chicken marinade)</b>							
Ribs 'n chicken (beef ribs)							
Ribs 'n chicken (pork ribs)							
<b>Rib marinade to add</b>							
<b>Rib marinade: TnT basting</b>				X			X
<b>Rib marinade: Chilli basting</b>				X			X
<b>Chicken marinade to add</b>							
<b>Chicken marinade: Lemon and herb</b>							
<b>Chicken marinade: Peri peri</b>							X
<b>Chicken marinade: BBQ</b>	X	-		-	-		X
<b>Chicken marinade: Sweet chilli</b>							
<b>Rib's n mini tenders (without rib marinade and meat marinade)</b>							
Ribs 'n mini tenders (beef ribs + rump)							
Ribs 'n mini tenders (beef ribs + sirloin)							
Ribs 'n mini tenders (beef ribs + fillet)							
Ribs 'n mini tenders (pork ribs + rump)							
Ribs 'n mini tenders (pork ribs +							

sirloin)							
Ribs 'n mini tenders (pork ribs + fillet)							
<b>Rib marinade to add</b>							
<b>Rib marinade: TnT basting</b>				X			X
<b>Rib marinade: Chilli basting</b>				X			X
<b>Mini tender marinade</b>							
<b>Meat marinade: TnT basting</b>				X			X
<b>Meat marinade: Chilli basting</b>				X			X
<b>Meat marinade: Dry pepper</b>							X
<b>Mini tender 'n boerewors (without mini tender marinade)</b>							
Mini tender 'n boerewors (rump)	X	X					X
Mini tender 'n boerewors (sirloin)	X	X					X
Mini tender 'n boerewors (fillet)	X	X					X
<b>Mini tender marinade</b>							
<b>Meat marinade: TnT basting</b>				X			X
<b>Meat marinade: Chilli basting</b>				X			X
<b>Meat marinade: Dry pepper</b>							X
<b>Mini tender 'n chops (without mini tender marinade or chop marinade)</b>							
Mini tender 'n chops (rump)							
Mini tender 'n chops (sirloin)							
Mini tender 'n chops (fillet)							
<b>Mini tender marinade</b>							
<b>Meat marinade: TnT basting</b>				X			X
<b>Meat marinade: Chilli basting</b>				X			X
<b>Meat marinade: Dry pepper</b>							X
<b>Chop marinade to add</b>							
<b>Chop marinade: TnT basting</b>				X			X
<b>Chop marinade: Chilli basting</b>				X			X
<b>Chop marinade: Dry pepper</b>							X
<b>Mini tender 'n calamari (without mini tender marinade)</b>							
Mini tender 'n calamari (rump + lemon butter marinade for calamari)	X	X	X	-	-		X
Mini tender 'n calamari (sirloin +	X	X	X	-	-		X

lemon butter marinade for calamari)							
Mini tender 'n calamari (fillet + lemon butter marinade for calamari)	X	X	X	-	-		X
Mini tender 'n calamari (rump + peri peri marinade for calamari)	X	X	X	-	-		X
Mini tender 'n calamari (sirloin + peri peri marinade for calamari)	X	X	X	-	-		X
Mini tender 'n calamari (fillet + peri peri marinade for calamari)	X	X	X	-	-		X
Mini tender 'n calamari (rump + sweet chilli marinade for calamari)	X	X	X	-	-		
Mini tender 'n calamari (sirloin + sweet chilli marinade for calamari)	X	X	X	-	-		
Mini tender 'n calamari (fillet + sweet chilli marinade for calamari)	X	X	X	-	-		
<b>Mini tender marinade</b>							
<b>Meat marinade: TnT basting</b>				X			X
<b>Meat marinade: Chilli basting</b>				X			X
<b>Meat marinade: Dry pepper</b>							X
<b>Mini tender 'n squid heads (without mini tender marinade)</b>							
Mini tender 'n squid heads (rump + lemon butter dipping sauce)	X	X	X	X			X
Mini tender 'n squid heads (sirloin + lemon butter dipping sauce)	X	X	X	X			X
Mini tender 'n squid heads (fillet + lemon butter dipping sauce)	X	X	X	X			X
Mini tender 'n squid heads (rump + peri peri dipping sauce)	X	X		X			X
Mini tender 'n squid heads (sirloin + peri peri dipping sauce)	X	X		X			X
Mini tender 'n squid heads (fillet + peri peri dipping sauce)	X	X		X			X
Mini tender 'n squid heads (rump +	X	X		X			X



sweet chilli dipping sauce)							
Mini tender 'n squid heads (sirloin + sweet chilli dipping sauce)	X	X		X			X
Mini tender 'n squid heads (fillet + sweet chilli dipping sauce)	X	X		X			X
<b>Mini tender marinade</b>							
<b>Meat marinade: TnT basting</b>				X			X
<b>Meat marinade: Chilli basting</b>				X			X
<b>Meat marinade: Dry pepper</b>							X

## 11) SIDE ORDERS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Mashed potato			X				X
Rice							
Onion rings	X	X					
Pan fried onions							X
Chips							
Pap 'n gravy							X
Stir fry veg	X	X					X
Steamed veg	X	X					X
Side grilled mushrooms			X				X
Side Chimchurri mushrooms			X				X
Chips 'n veg	X	X	X	-	-		X
Chips 'n stir fry veg							,
Pap 'n veg	X	X	X	-	-		X
Rice n' veg	X	X	X	-	-		X
Mash 'n veg	X	X	X	-	-		X
Baked potato 'n veg	X	X	X	-	-		X
Grilled sweet potato			X				X
Vegetables	X	X	X	-	-		X

Side Boerewors	X	X					X
Steak 'n salad (side salad French)							
Steak 'n salad (side salad house)			X		X		
Steak 'n salad (side salad Greek)			X				
Steak 'n salad (side salad blue cheese)	X	X	X	-	-		

## 12) SAUCES & STEAK TOPPINGS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Bordelaise sauce with bone marrows	X	X	X	X	-		X
Mushroom 'n feta			X				
Snail 'n brandy	X	X	X				X
Mussel 'n white wine	X	X	X				X
Cheese 'n biltong	X	X	X	-	-	-	-
Tartar sauce				X	X		X
Blue cheese sauce	X	X	X	-	-		
Cheese sauce	X	X	X	-	-		
Pepper sauce	X	X	X	-	-		X
Mushroom sauce	X	X	X	-	-		X
Madagascar sauce	X	X	X	-	-		
Chimichurri sauce							X
Garlic sauce	X	X	X	-	-		X
Lemon butter			X				X
Wasabi mayo				X	X		-

## 13) DESSERTS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Ice cream and Bar-One sauce	X	X	X	X	X	-	
Sorbet							
Plain cheesecake	X	X	X	X	X		X

Bar one cheesecake	X	X	X	X	X	-	X
Crème brûlée			X		X		X
Specialty coffee (Kahlua)	-	-	X				
Specialty coffee (Jameson)			X				
Dom Pedro (Kahlua)	-	-	X				
Dom Pedro (Cape Velvet)			X	X			
Dom Pedro (Frangelico)			X			-	
Dom Pedro (Jameson)			X				
Milkshake: strawberry, banana, lime 'n bubblegum			X				
Milkshake: Barone	-	-	X	-	X	-	

#### 14) EXTRAS ANALYSIS

DESCRIPTION	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES
Tomato slice (avg 5g per slice)							
Lemon star (80g)							
Lemon (100g)							
Parsley (2g)							
Parsley (0,2g)							
Chives (2g)							
Chives (0,2g)							
Rocket leaves (2g)							
Rocket leaves (0,2g)							
Biltong powder (10g)	X	X	X	X	X	X	X
Olive oil (10ml)							
Balsamic vinegar (10ml)							X
Black pepper (1g)							
Fine salt (1g)							
Salted butter (5g mini butter tub)			X				
Salted butter (10g mini butter tub)			X				

Red tobacco (1ml)							
Mint Jelly (10g)							-
Sour cream (40ml)			X				
All gold tomato sauce (10ml)							

**DOCUMENT KEY:**

Everything marked with an "X" is present in the meal.

Everything marked with a "-" may be present in the meal.