



# **THE EXCHANGE HOTEL**

## **FULL ALLERGEN MATRIX**

### **Compliance Pack – Version 1.0**

Effective Date: 25 February 2026

Review Every 6 Months or Upon Menu Change



Manager Approval: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 1: LUNCH MENU

Effective Date: 25 February 2026

Legend: C = Contains • MC = May Contain / Cross Contact • O = Optional (GF Available)

Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Lamb Souvlaki	C		C		MC		MC					C
Calamari & Chips + Tartare	C		C		MC		MC				C	MC
Chicken Club Wrap	C		C		C		MC					C
Fish & Chips + Tartare	C		C	C	MC							MC
Veggie Burger (GF bun available)	O		MC				MC					MC
Southern Fried Chicken Burger	C		C		MC		MC					C
Beef Burger (GF bun available)	O				C		MC					C
Steak Sandwich (gfo)	O		C		C							C

All food is prepared in a standard commercial kitchen using shared equipment. Shared fryer applies to crumbed products. While care is taken, we cannot guarantee allergen-free preparation. This matrix is a best-effort guide based on current recipes and commercial ingredient specifications.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 2: STARTERS & SHARING

Effective Date: 25 February 2026

Legend: C = Contains • MC = May Contain / Cross Contact • O = Optional • V = Varies Daily

Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Garlic Bread	C				C							
Cheese & Garlic Pizza (Flatbread)	C				C							
Soup of the Day + Garlic Bread	V	V	V	V	V	V	V	V	V	V	V	V
Pulled Pork Bao Buns (BBQ)	C						MC		MC			MC
Salt & Lemon Pepper Calamari + Tartare	C		C		MC						C	MC
Bruschetta (Sourdough, Feta, Balsamic)	C				C							MC
Duck Spring Rolls + Sweet Chilli	C		MC				MC		MC			MC
Sweet Potato Chips + Aioli	MC		C		MC							
Seasoned Wedges + Sour Cream + Sweet Chilli	MC				C							MC

All food is prepared in a standard commercial kitchen using shared equipment and shared fryers. While care is taken, we cannot guarantee allergen-free preparation. Varies (V) items must be verified daily based on recipe and supplier specifications.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 3: SALADS

Effective Date: 25 February 2026

Legend: C = Contains • MC = May Contain / Cross Contact • O = Optional (Removed on Request) • V = Varies Daily

Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Zucchini Fritters Salad (gf, vegan)							MC					MC
Crispy Pork Belly Salad (gf)					C		MC					MC
Warm Roast Vegetable Salad (gf, vegan option)					O		MC					MC
Add Chicken (grilled)												
Add Prawns (grilled)		C										

All food is prepared in a standard commercial kitchen using shared equipment. While care is taken, we cannot guarantee allergen-free preparation. Commercial glazes and balsamic may contain sulphites and traces of soy.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 4: PASTA / GNOCCHI / RISOTTO

Effective Date: 25 February 2026

Legend: C = Contains • MC = May Contain / Cross Contact • O = Optional (Removed on Request / GF Available) • V = Varies Daily

Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Vegetable Risotto (gf, vegan option)					O							C
Fettuccine Carbonara (GF pasta available)	O		C		C							C
Fettuccine Napoli (vegan option, GF pasta available)	O											C
Pesto Gnocchi (creamy pesto)	C				C			C				C
Burnt Butter & Sage Gnocchi	C				C							C
Napoli Gnocchi (vegan option)	C											C
Bolognese Gnocchi + Parmesan	C				C							C
Add Chicken (grilled)												
Add Prawns (grilled)		C										

All food is prepared in a standard commercial kitchen using shared equipment. Wine is used in sauces where indicated (sulphites apply). While care is taken, we cannot guarantee allergen-free preparation.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 5: EXCHANGE CLASSICS

Effective Date: 25 February 2026

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Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Salt & Lemon Pepper Calamari	C		C		MC		MC				C	MC
Beer Battered Fish	C		C	C	MC							MC
Chicken Parmigiana	C		C		C		MC					C
Chicken Schnitzel + Sauce	C		C		MC							MC
Crumbed Sausages + Mash + Gravy	C		C		MC							MC
Grilled Barramundi + Lemon Butter				C	C							C
300g Scotch Fillet + Sauce			MC		MC							C
250g Eye Fillet + Sauce			MC		MC							C
Salmon + Hollandaise + Balsamic			C	C	C							C
Twice Cooked Pork Belly + Orange Glaze + Cashews							MC	C				C
Stuffed Chicken Breast + Brie + White Wine Sauce					C							C

All food is prepared in a standard commercial kitchen using shared equipment and shared crumb fryers. Fries are cooked in a separate fryer. Wine is used in sauces where indicated (sulphites apply). While care is taken, we cannot guarantee allergen-free preparation.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 6: SAUCES & SIDES

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Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Aioli (commercial)			C				MC					MC
Tartare (house made, no egg)												MC
Rich Gravy	C											MC
Mushroom & Bacon Sauce					C							MC
Pepper Sauce					C							C
Diane Sauce					C							C
Garlic Butter (gf)					C							
Hollandaise (commercial)			C		C							C
Creamy Garlic Sauce (gf)					C							MC
Creamy Garlic Prawn Sauce (gf)		C			C							MC
Chips (gf – separate fryer)												
Mash Potato (gf)					C							
Garden Salad (gf)												
Seasonal Vegetables (gf)												

All food is prepared in a standard commercial kitchen using shared equipment. Chips are cooked in a separate fryer. Commercial sauces may contain sulphites and traces of soy. While care is taken, we cannot guarantee allergen-free preparation.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_



# THE EXCHANGE HOTEL – ALLERGEN MATRIX

## SECTION 7: DESSERTS

Effective Date: 25 February 2026

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Menu Item	Gluten	Crustacea	Egg	Fish	Milk	Peanut	Soy	Tree Nuts	Sesame	Lupin	Mollusc	Sulphites
Sticky Date Pudding + Ice Cream	C		C		C							
Chocolate Pudding + Ice Cream	C		C		C							
Vanilla Ice Cream + Topping					C							
Cakes & Slices (Display – Varies)	V	V	V	V	V	V	V	V	V	V	V	V

All food is prepared in a standard commercial kitchen using shared equipment. Display cabinet items vary by supplier and must be verified daily. While care is taken, we cannot guarantee allergen-free preparation.

Manager Review: \_\_\_\_\_ Date: \_\_\_\_\_