

With the rise in allergies and the risk they pose to both customers and businesses, we would like to give more information to help you understand our position.

We hand make all our food in our kitchen from an extensive supply of ingredients in all forms, and so all known allergens are present in EL Tico. Human error and or cross contamination is always a risk at any level; from a missed ingredient, a misunderstood instruction, or simply the slightest trace of an allergen on a chopping board, knife or saucepan. We simply do not know the sensitivity or severity of the allergy a customer may have, and it would be irresponsible of us to make a declaration as to the safety of a product, if the outcome may involve severe discomfort or worse.

The safety and welfare of our customers is our absolute priority. Because of the way we make our food, we unfortunately, really have no choice but to say, that if your allergy is so severe as to cause you harm, please do not eat any of our food, as we cannot guarantee that the product you ordered is free from allergens.

Some may say we are avoiding our responsibility. But we say we are being very responsible and super cautious by making our customers fully aware of our position, and not taking a risk with someone's health or welfare. We hope you agree.

Stay safe and if you have a doubt about what is in your food, please do not take the risk.

If you have any comments or would like to discuss this with us, then please get in touch. We would love to hear from you @ comments@elticojersey.com

ALLERGENS CHART

ALLERGENS

Please note that nuts, gluten, dairy, shellfish and other allergens are present in our kitchen.

We cannot guarantee that they are not present in any of the food we cook.

IF YOUR ALLERGY IS SO SEVERE AS TO CAUSE YOU DISCOMFORT OR HARM, PLEASE DO NOT EAT OUR FOOD.

DIETS

If you are following a particular diet, through either a specific health or conscientious choice, then our Menu Guide is designed to help you choose your food. Our kitchen is very busy cooking a wide and varied range of fresh food and unfortunately we are unable to alter our menu or make individual changes to the food we cook. It is simply impossible for us to cook to each person's individual taste. The dishes on our menu are the dishes we cook.

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EL TICO
Beach cantina

