



Welcome to your staples pantry

We've provided for your personal use complimentary items for you to enjoy. They are all the items that are in the KITCHEN CUPBOARDS and on the CLEAR shelf in the fridge. These include:

- Cornflakes & Shreddies
- Quick cook white rice, pasta, spaghetti, vermicelli noodles
- Ketchup, mayonnaise, sweet chilli sauce, mustard (all Heinz)
- White flour, Stock cubes (meat & vegetable) & gravy granules
- Salt, pepper, mixed herbs, garlic, dried chillies, Olive Oil
- Black + green tea bags, assortment of infusion teas
- Instant & ground coffee, hot chocolate
- Selection of jams, marmalade & honey
- Fresh Bread
- Smoked back bacon (4 rashers)
- Tomatoes / Mushrooms
- 2 x free range hen eggs
- 1 can baked beans
- semi skimmed milk
- portions of salted butter
- tipple of Gin & Whiskey
- Washing up liquid & Kitchen cleaner
- Tea towel, Dishwasher tabs, Eco cleaning sponge, toilet roll
- Bath & shower wash, shampoo, conditioner, hand & body lotion
- Cotton pads & cotton buds
- Women's personal care

FOOD ALLERGY WARNING:

Please be advised that food & drink at Bethnal&Bec may contain the following ingredients:

Peanuts, eggs, milk, wheat, tree nuts, soybean, fish, shellfish, mustard, celery, gluten, lupin, sesame seed & sulphur dioxide.

This includes but is not limited to the complimentary staples pantry, the Artisan Pantry, the Dine In Menu & any add on packages.