

# LAVO



*Using fresh botanicals and locally sourced ingredients, our cocktails have been inspired by the idyllic Italian coastline, creating bold harmonious flavours for our signatures and classics.*



# *Selezione della casa*

## **ITALIAN 75**

*Cygnnet Welsh Dry gin, hibiscus,  
Acqua di Cedro, raspberry,  
Champagne*



19



## *Signatures*

### **LAVO G&T 18**

*Bombay Sapphire Premier Cru Murcian Lemon  
gin, edible olive paint, tonic water*



*Umami, Refreshing, Herbaceous*

### **Cucumber & Apple Mint Sour 16**

*Tanqueray N° TEN gin, Galiano L'authentico,  
aloe vera, cucumber, apple mint, lemon*



*Sour, Herbaceous, Refreshing*

### **Smoked Old Fashioned 19**

*WhistlePig PiggyBack rye 6 yrs, Aperol, Grappa,  
mandarin, orange, a hint of smoke*



*Zesty, Sweet, Smoky*

### **Pineapple Tommy's 22**

*818 blanco tequila, Amaro Santoni, lime,  
grapefruit bitters, agave, pineapple mint*



*Fruity, Sweet, Sour*

### **Negroni Bianco 20**

*Malfy gin, Rinomato Americano Bianco,  
grapefruit bitters, Muyu Chinotto Nero,  
Faude Feine Brände Bergamotte Eau-de-Vie*



*Zesty, Herbaceous, Dry*

# Signatures

## LAVO-LINI 19

*Belvedere vodka, pomelo, peach, lime, aloe vera,  
raspberry & hibiscus caviar*



*Fruity, Floral, Refreshing*

## Maple Americano 16

*Campari, 1757 Vermouth di Torino, rhubarb,  
Koko Kanu, coconut, grapefruit bitters,  
Coast Maple soda*



*Sweet, Bitter, Refreshing*

## Champagne Colada 21

*Bacardi Carta Blanca Rum, Trois Rivieres rum,  
coconut, almond, pineapple juice, Champagne*



*Tropical, Sweet, Fruity*

## Citron Sunset 22

*Campari, Patrón Blanco tequila, yuzu, Italicus,  
sweet vermouth, Saicho sparkling jasmine tea,  
mandarin foam*



*Bitter, Sweet, Zesty*

## Spicy Strawberry Mezcalita 26

*Komos Rosa tequila, Ojo de Dios Hibiscus  
mezcal, strawberry, chilli, soda*

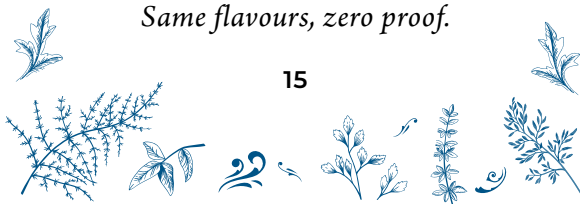


*Spicy, Fruity, Refreshing*

## ZERO-PROOF COCKTAIL

*All of our signature cocktails  
can be made without alcohol.  
Same flavours, zero proof.*

15



## LAVO NEGRONI

*Enjoy a Negroni made just  
the way you like it.*

*Please ask our Negroni specialist for  
your bespoke mixologist card.*

20



## *Italian Classic*

### **Bellini 16**

*peach purée, prosecco*

### **Americano 16**

*Campari, sweet vermouth, soda*

### **Campari Spritz 18**

*Campari, prosecco, soda*

### **Negroni Sbagliato 18**

*Campari, sweet vermouth, prosecco*

### **Aperol Spritz 18**

*Aperol, prosecco, soda*

### **Sgroppino Frosé 24**

*Belvedere vodka, prosecco, lemon sorbet*

## *Zero-Proof Spirit*

<b>CleanCo</b>	<i>Rum, Tequila, Whisky alternatives 0.0%</i>	11
<b>Seedlip</b>	<i>Spice 94, Garden 0.0%</i>	11
<b>Martini</b>	<i>Vibrante, Floreale 0.0%</i>	11
<b>Pentire Coastal Spritz</b>	<i>0.0%</i>	11
<b>Tanqueray 0.0%</b>	<i>0.0%</i>	11

## Beer

<b>Noam Lager</b> 340ml 5.2%	8
<b>Ichnusa Lager</b> 330ml 4.7%	7
<b>Volpina Red Ale</b> 500ml 6.5%	14
<b>Peroni Nastro Azzurro</b> 330ml 5.0%	6
<b>Peroni</b> 330ml 0.0%	6

## Soft Drink

<b>Coast Maple Soda</b> 200ml	5
<b>Saicho Sparkling Jasmine Tea</b> 200ml	10
<b>Coca Cola</b> 330ml	5
<b>Coca Cola Diet</b> 330ml	5
<b>Fever-Tree Lemonade</b> 200ml	4
<b>Fever-Tree Soda Water</b> 200ml	4
<b>Fever-Tree Slimline Tonic Water</b> 200ml	4
<b>Fever-Tree Tonic Water</b> 200ml	4
<b>Fever-Tree Ginger Ale</b> 200ml	4
<b>Fentimans Ginger Beer</b> 200ml	5

## Juice

<b>Apple</b>	6
<b>Cranberry</b>	6
<b>Grapefruit</b>	6
<b>Orange</b>	6
<b>Pineapple</b>	6
<b>Tomato</b>	6

## Water

<b>Tau Still</b> 750ml	6
<b>Tau Sparkling</b> 750ml	6

## Aperitivo

<b>1757 Vermouth di Torino Rosso</b>	10
<i>Italy · 50ml · 16%</i>	
<b>Antica Formula</b>	10
<i>Italy · 50ml · 16.5%</i>	
<b>Aperol</b>	10
<i>Italy · 50ml · 11%</i>	
<b>Campari</b>	10
<i>Italy · 50ml · 28%</i>	
<b>Cocchi Americano</b>	10
<i>Italy · 50ml · 16.5%</i>	
<b>Ricard</b>	10
<i>France · 50ml · 45%</i>	
<b>Rinomato Americano Bianco</b>	10
<i>Italy · 50ml · 17%</i>	
<b>Select Aperitivo</b>	10
<i>Italy · 50ml · 17.5%</i>	
<b>Doladira Aperitivo</b>	12
<i>France · 50ml · 22%</i>	

## Digestivo

<b>Amaro Bepi Tosolini</b>	10
<i>Italy · 50ml · 23%</i>	
<b>Cynar</b>	10
<i>Italy · 50ml · 16.5%</i>	
<b>Fernet Branca</b>	10
<i>Italy · 50ml · 39%</i>	
<b>Fernet Branca Menta</b>	10
<i>Italy · 50ml · 28%</i>	
<b>Jägermeister</b>	12
<i>Germany · 50ml · 35%</i>	
<b>Sambuca Ramazotti (White)</b>	12
<i>Italy · 50ml · 38%</i>	

## Liqueur

<b>Disaronno Originale</b>	12
<i>Italy · 50ml · 28%</i>	
<b>Evangelista Limoncello Organic</b>	12
<i>Italy · 50ml · 32%</i>	

# House Spirit

## **Belvedere Vodka**

*Poland · 50ml · 40%*

**13**

*Poland · 700ml · 40%*

**190**

## **Tanqueray N° TEN Gin**

*United Kingdom · 50ml · 47.3%*

**14**

*United Kingdom · 1000ml · 47.3%*

**300**

## **Bacardi Carta Blanca Rum**

*Cuba · 50ml · 37.5%*

**12**

*Cuba · 700ml · 37.5%*

**190**

## **Diplomático Mantuano Rum**

*Venezuela · 50ml · 40%*

**14**

*Venezuela · 700ml · 40%*

**215**

## **Buffalo Trace Bourbon**

*USA · 50ml · 40%*

**12**

*USA · 700ml · 40%*

**190**

## **Johnnie Walker Black Label Whisky**

*Scotland · 50ml · 40%*

**14**

*Scotland · 700ml · 40%*

**190**

## **Patrón Silver Tequila**

*Mexico · 50ml · 40%*

**16**

*Mexico · 700ml · 40%*

**340**

## **Don Julio Reposado Tequila**

*Mexico · 50ml · 38%*

**16**

*Mexico · 700ml · 38%*

**215**

## **Hennessy VSOP Privilege Cognac**

*France · 50ml · 40%*

**14**

*France · 700ml · 40%*

**215**

## **Mixers**

**4**

*Spirits are also available in 25ml measures.  
All spirits by the bottle are served with  
a choice of three mixers (200ml) each*

## Cognac

<b>Hennessy VSOP</b>	14
<i>France · 50ml · 40%</i>	
<b>Hennessy XO</b>	42
<i>France · 50ml · 40%</i>	
<b>Martell Cordon Bleu Grand National</b>	42
<i>France · 50ml · 40%</i>	
<b>Rémy Martin XO</b>	40
<i>France · 50ml · 40%</i>	
<b>Rémy Martin Louis XIII</b>	350
<i>France · 50ml · 40%</i>	
<b>Seven Tails XO</b>	12
<i>France · 50ml · 41.8%</i>	

## Calvados

<b>Adrien Camut Pays D'Auge 6 yrs</b>	16
<i>France · 50ml · 41%</i>	
<b>Château du Breuil VSOP</b>	10
<i>France · 50ml · 40%</i>	

## Armagnac

<b>Baron de Sigognac 20 yrs</b>	18
<i>France · 50ml · 40%</i>	
<b>Darroze Les Grands Assemblages 30 yrs</b>	24
<i>France · 50ml · 40%</i>	

## Grapa

<b>Cividina Tipica Bepi Tosolini</b>	13
<i>Italy · 50ml · 40%</i>	
<b>Romano Levi Barbaresco</b>	18
<i>Italy · 50ml · 42%</i>	
<b>Romano Levi Barolo</b>	18
<i>Italy · 50ml · 42%</i>	
<b>Gaja di Ross Bass</b>	13
<i>Italy · 50ml · 42%</i>	
<b>Gaja Ca'Marcanda di Magari</b>	14
<i>Italy · 50ml · 45%</i>	
<b>Gaja di Nebbiolo Sperss</b>	18
<i>Italy · 50ml · 45%</i>	



## Gin

<b>Bombay Sapphire Premier Cru Murcian Lemon</b>	16
<i>United Kingdom · 50ml · 47%</i>	
<b>Cygnets 22</b>	25
<i>Wales · 50ml · 44%</i>	
<b>Cygnets Welsh</b>	20
<i>Wales · 50ml · 40%</i>	
<b>Hendrick's</b>	14
<i>United Kingdom · 50ml · 41%</i>	
<b>Malfy</b>	12
<i>Italy · 50ml · 41%</i>	
<b>Mirabeau Rosé</b>	14
<i>France · 50ml · 43%</i>	
<b>Monkey 47</b>	18
<i>Germany · 50ml · 47%</i>	
<b>Sipsmith</b>	14
<i>United Kingdom · 50ml · 41.6%</i>	
<b>Suntory Roku</b>	14
<i>Japan · 50ml · 43%</i>	
<b>Seventy One</b>	38
<i>United Kingdom · 50ml · 40%</i>	
<b>Tanqueray N° TEN</b>	14
<i>United Kingdom · 50ml · 47%</i>	

## Vodka

<b>Belvedere</b>	13
<i>Poland · 50ml · 40%</i>	
<b>Boatyard</b>	12
<i>United Kingdom · 50ml · 40%</i>	
<b>Grey Goose</b>	14
<i>France · 50ml · 40%</i>	
<b>Ketel One</b>	10
<i>The Netherlands · 50ml · 40%</i>	
<b>Ketel One Citron</b>	10
<i>The Netherlands · 50ml · 40%</i>	
<b>Konik's Tail</b>	14
<i>Poland · 50ml · 40%</i>	
<b>Sauvella</b>	15
<i>France · 50ml · 40%</i>	
<b>Suntory Haku</b>	15
<i>Japan · 50ml · 40%</i>	
<b>Tito</b>	16
<i>USA · 50ml · 40%</i>	

# Tequila

<b>818 Blanco</b>	14
<i>Mexico · 50ml · 40%</i>	
<b>818 Reposado</b>	16
<i>Mexico · 50ml · 40%</i>	
<b>818 Añejo</b>	20
<i>Mexico · 50ml · 40%</i>	
<b>Casa Dragones Joven</b>	80
<i>Mexico · 50ml · 40%</i>	
<b>Casamigos Blanco</b>	14
<i>Mexico · 50ml · 40%</i>	
<b>Casamigos Reposado</b>	16
<i>Mexico · 50ml · 40%</i>	
<b>Casamigos Añejo</b>	18
<i>Mexico · 50ml · 40%</i>	
<b>Clase Azul Reposado</b>	48
<i>Mexico · 50ml · 40%</i>	
<b>Clase Azul Ultra Extra Añejo</b>	440
<i>Mexico · 50ml · 40%</i>	
<b>Don Julio Blanco</b>	14
<i>Mexico · 50ml · 38%</i>	
<b>Don Julio Reposado</b>	16
<i>Mexico · 50ml · 38%</i>	
<b>Don Julio Añejo</b>	18
<i>Mexico · 50ml · 38%</i>	
<b>Don Julio 1942</b>	48
<i>Mexico · 50ml · 38%</i>	
<b>Komos Cristalino</b>	30
<i>Mexico · 50ml · 40%</i>	
<b>Komos Extra Añejo</b>	75
<i>Mexico · 50ml · 40%</i>	
<b>Komos Rosa Reposado</b>	30
<i>Mexico · 50ml · 40%</i>	
<b>Patrón Silver</b>	16
<i>Mexico · 50ml · 40%</i>	
<b>Patrón Reposado</b>	17
<i>Mexico · 50ml · 40%</i>	
<b>Patrón Añejo</b>	18
<i>Mexico · 50ml · 40%</i>	

# Tequila

<b>Patrón El Cielo</b>	40
<i>Mexico · 50ml · 40%</i>	
<b>José Cuervo Reserva de la Familia</b>	35
<i>Mexico · 50ml · 38%</i>	
<b>Volcán De Mi Tierra X.A</b>	40
<i>Mexico · 50ml · 40%</i>	
<b>Casa Dragones Reposado Mizunara</b>	50
<i>Mexico · 50ml · 40%</i>	

# Mezcal

<b>Casamigos</b>	15
<i>Mexico · 50ml · 40%</i>	
<b>Clase Azul Durango</b>	60
<i>Mexico · 50ml · 44%</i>	
<b>Clase Azul Guerrero</b>	60
<i>Mexico · 50ml · 48%</i>	
<b>Del Maguey Chichicapa</b>	16
<i>Mexico · 50ml · 48%</i>	
<b>Koch Elemental</b>	14
<i>Mexico · 50ml · 47%</i>	
<b>Montelobos Espadín Joven</b>	14
<i>Mexico · 50ml · 43.2%</i>	
<b>Ojo de Dios Joven</b>	14
<i>Mexico · 50ml · 42%</i>	
<b>Ojo de Dios Hibiscus</b>	14
<i>Mexico · 50ml · 42%</i>	
<b>Ojo de Dios ODD café</b>	14
<i>Mexico · 50ml · 35%</i>	
<b>Amores Cupreata</b>	20
<i>Mexico · 50ml · 41%</i>	
<b>Amores Espadin</b>	18
<i>Mexico · 50ml · 41%</i>	

# Scotch Single Malt

<b>Aberfeldy 12 yrs</b> <i>Highland · 50ml · 40%</i>	12
<b>Ardbeg 10 yrs</b> <i>Islay · 50ml · 46%</i>	12
<b>Balvenie PortWood 21 yrs</b> <i>Speyside · 50ml · 40%</i>	40
<b>Bowmore 18 yrs</b> <i>Islay · 50ml · 43%</i>	18
<b>Glenfarclas 15 yrs</b> <i>Speyside · 50ml · 46%</i>	18
<b>Glenlivet 18 yrs</b> <i>Speyside · 50ml · 40%</i>	24
<b>Glenmorangie 18 yrs</b> <i>Highland · 50ml · 43%</i>	30
<b>Glenmorangie Signet</b> <i>Highland · 50ml · 46%</i>	36
<b>Highland Park 18 yrs</b> <i>Island · 50ml · 43%</i>	30
<b>Lagavulin 16 yrs</b> <i>Islay · 50ml · 43%</i>	19
<b>Laphroaig 10 yrs</b> <i>Islay · 50ml · 40%</i>	13
<b>Macallan Sherry Oak 12 yrs</b> <i>Highland · 50ml · 40%</i>	19
<b>Macallan Sherry Oak 18 yrs (2022 Release)</b> <i>Highland · 50ml · 43%</i>	48
<b>Macallan Sherry Oak 25 yrs (2022 Release)</b> <i>Highland · 50ml · 43%</i>	350
<b>Oban 14 yrs</b> <i>Highland · 50ml · 43%</i>	14

# English Whisky

<b>The Whiskymaker's Editions Mosaic</b> <i>Lake District · 50ml · 46.6%</i>	27
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## Scotch Blended

<b>Johnnie Walker Black Label</b>	14
<i>Scotland · 50ml · 40%</i>	
<b>Johnnie Walker Blue Label</b>	45
<i>Scotland · 50ml · 40%</i>	
<b>Chivas Regal 18 yrs</b>	25
<i>Scotland · 50ml · 40%</i>	

## Irish Whiskey

<b>Green Spot</b>	15
<i>Ireland · 50ml · 40%</i>	
<b>Redbreast 12 yrs</b>	18
<i>Ireland · 50ml · 46%</i>	
<b>Jameson</b>	11
<i>Ireland · 50ml · 43%</i>	

## Asian Whisky

<b>Chichibu London Edition 2018</b>	150
<i>Japan · 50ml · 56.5%</i>	
<b>Hakushu 12 yrs</b>	23
<i>Japan · 50ml · 46%</i>	
<b>Hakushu 18 yrs</b>	125
<i>Japan · 50ml · 43%</i>	
<b>Hakushu Distiller's Reserve</b>	20
<i>Japan · 50ml · 43%</i>	
<b>Hibiki 21 yrs</b>	220
<i>Japan · 50ml · 43%</i>	
<b>Hibiki Harmony</b>	18
<i>Japan · 50ml · 43%</i>	
<b>Kavalan Sherry Cask</b>	28
<i>Taiwan · 50ml · 57%</i>	
<b>Nikka from the Barrel</b>	15
<i>Japan · 50ml · 51%</i>	
<b>Yamazaki 12 yrs</b>	28
<i>Japan · 50ml · 43%</i>	
<b>Yamazaki 18 yrs</b>	95
<i>Japan · 50ml · 43%</i>	

## Bourbon Whiskey

<b>Buffalo Trace</b>	12
<i>USA · 50ml · 40%</i>	
<b>Blanton's Straight From The Barrel</b>	16
<i>USA · 50ml · 63.1%</i>	
<b>Eagle Rare 10 yrs</b>	14
<i>USA · 50ml · 45%</i>	
<b>George T. Stagg 15 yrs</b>	55
<i>USA · 50ml · 65%</i>	
<b>Maker's Mark 46</b>	13
<i>USA · 50ml · 47%</i>	
<b>Pappy Van Winkle 10 yrs</b>	40
<i>USA · 50ml · 53.5%</i>	
<b>Pappy Van Winkle 12 yrs</b>	60
<i>USA · 50ml · 45.2%</i>	
<b>Pappy Van Winkle 15 yrs</b>	80
<i>USA · 50ml · 53.5%</i>	
<b>Pappy Van Winkle 20 yrs</b>	120
<i>USA · 50ml · 45.2%</i>	
<b>Pappy Van Winkle 23 yrs</b>	150
<i>USA · 50ml · 47.8%</i>	
<b>William Larue Weller 2010 Release (Bottled 2022) 12 yrs</b>	150
<i>USA · 50ml · 62.35%</i>	
<b>Woodford Reserve</b>	15
<i>USA · 50ml · 45%</i>	
<b>Wild Turkey 101</b>	14
<i>USA · 50ml · 50.5%</i>	

## Small Batch Whiskey

<b>Michter's US*1 Sour Mash</b>	20
<i>USA · 50ml · 43%</i>	

## Tennessee Whiskey

<b>Jack Daniel's Single Barrel</b>	13
<i>USA · 50ml · 45%</i>	

# Rye Whiskey

<b>Pappy Van Winkle 13 yrs</b> <i>USA · 50ml · 40%</i>	<b>70</b>
<b>Michter's US*1 Straight Rye</b> <i>USA · 50ml · 46%</i>	<b>18</b>
<b>Michter's Rye 10 yrs</b> <i>USA · 50ml · 46.4%</i>	<b>68</b>
<b>Sazerac Rye 18 yrs</b> <i>USA · 50ml · 63.1%</i>	<b>56</b>
<b>Thomas H Handy Sazerac 6 yrs</b> <i>USA · 50ml · 45%</i>	<b>50</b>
<b>WhistlePig PiggyBack Rye 6 yrs</b> <i>USA · 50ml · 65%</i>	<b>14</b>
<b>WhistlePig Rye 10 yrs</b> <i>USA · 50ml · 47%</i>	<b>20</b>
<b>WhistlePig Rye 15 yrs</b> <i>USA · 50ml · 45.6%</i>	<b>40</b>

# Rum

<b>Appleton Estate 21 yrs</b> <i>Jamaica · 50ml · 43%</i>	<b>45</b>
<b>Bacardí Superior Carta Blanca</b> <i>Puerto Rico · 50ml · 37.5%</i>	<b>12</b>
<b>Bacardí Reserva Ocho</b> <i>Puerto Rico · 50ml · 40%</i>	<b>14</b>
<b>Bacardí Caribbean Spiced</b> <i>Puerto Rico · 50ml · 40%</i>	<b>12</b>
<b>Diplomático Mantuano</b> <i>Venezuela · 50ml · 40%</i>	<b>14</b>
<b>El Dorado 15 yrs</b> <i>Guyana · 50ml · 43%</i>	<b>16</b>
<b>Eminente Reserva 7 yrs</b> <i>Cuba · 50ml · 41.3%</i>	<b>16</b>
<b>Gosling's Family Reserve</b> <i>Bermuda · 50ml · 40%</i>	<b>18</b>
<b>Koko Kanu</b> <i>Jamaica · 50ml · 37.5%</i>	<b>12</b>
<b>Plantation Pineapple</b> <i>Trinidad &amp; Tobago · 50ml · 40%</i>	<b>14</b>
<b>Ron Zacapa Centenario Sistema Solera 23 yrs</b> <i>Guatemala · 50ml · 40%</i>	<b>15</b>
<b>Ron Zacapa Centenario XO Solera Gran Reserva Especial</b> <i>Guatemala · 50ml · 40%</i>	<b>29</b>



# Tea

## **Imperial Earl Grey 6**

*This wonderful tale of east meets west is a blend of black and oolong tea leaves, the finest bergamot and blue cornflowers.*

  
Black & Oolong

## **Mint After Dark 6**

*This calming blend of chamomile, mint and dark chocolate is a not-so-naughty treat after dinner.*

  
Botanical & Caffeine Free

## **Organic Sencha Leaf 6**

*Exceptional green tea from the Anhui Province of Eastern China. The liquor is emerald green with a nutty and slightly vegetal character.*

  
Grassy & Nutty

## **Amalfi Sunset 6**

*This lush and zestful rooibos with notes of herbs and citrus, reminisce the Italian countryside and turquoise waters of the Mediterranean coast.*

  
Rooibos

## **Jasmine Chung Hao 6**

*Historically reserved for the Chinese Emperor's Imperial Court, the silvery buds bring a delicate aroma of freshly picked Jasmine blossoms.*

  
Green

## **Signature Breakfast 6**

*A harmonious blend of Assam and Kenyan black tea leaves that brings a boost at sunrise or any time of the day. Makes a richer, deeper cup.*

  
Bold & Rich

# Tea

## Liquid Lullaby 6

*Camomile gets the quintessential treatment; feel good dreams are created with this blend of oat herbs, valerian root and lavender.*

  
*Botanical*

# Chai

Chai by Mira Classic	6
Chai by Mira Chocolate	6

## Coffee

<b>Espresso</b>	6
<b>Double Espresso</b>	6
<b>Americano</b>	6
<b>Cappuccino</b>	6
<b>Flat White</b>	6
<b>Macchiato</b>	6
<b>Double Macchiato</b>	6
<b>Latte</b>	6
<b>Hot Chocolate</b>	6

## Liqueur Coffee

<b>Irish Coffee</b>	12
<i>Jameson whiskey</i>	
<b>Spiced Coffee</b>	12
<i>Bacardí Caribbean Spiced rum</i>	
<b>Hazelnut Coffee</b>	12
<i>Frangelico liqueur</i>	
<b>Tuscan Coffee</b>	12
<i>Tuaca liqueur</i>	
<b>Baileys Coffee</b>	12
<i>Baileys liqueur</i>	

# LAVO



*All prices are inclusive of VAT.*

*A discretionary 13.5% service charge will be added to your bill.*

*We ask our guests with allergies or intolerances to make a member of the team aware before placing an order for food or beverages.*

*For any of our guests with severe allergies or intolerances, please be aware that although all due care is taken to prevent cross-contamination, there is a risk that allergen ingredients may be present.*

*Please note, any bespoke orders requested cannot be guaranteed as entirely allergen free and will be consumed at your own risk.*

*The recommended daily calorie intake is 2000 calories a day for women and 2500 for men.*

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