



Allergies & Intolerances



For more detailed information on the ingredients in our menu items please ask a member of staff for the Baron Allergen Information Card prior to placing your order.

Allergen Information

Please note that we bake our own bread on the premises and use nuts in many of our dishes. Despite efforts to avoid cross contamination, we routinely handle a number of high risk allergens in our kitchens. These include wheat flour (gluten), nuts and sesame seeds. It is therefore possible that traces of gluten, nuts and sesame may be found in any of our dishes. Please refer to the list of allergenic ingredients contained in our menu items below.

- 1) Zeytun Parvardeh: Walnuts (Tree Nuts)
- 2) Salad-e Olivieh: Mayonnaise (Egg), Hardboiled Whole Egg (Egg)
- 3) Kashk-e- Bademjan: Trace of Wheat Flour (Gluten), Walnuts (Tree Nuts), Kashk (Milk)
- 4) Mirza Ghasemi: Trace of Wheat Flour (Gluten), Egg (Egg)
- 5) Sabzi -Khordan: Feta Cheese (Milk), Walnuts (Tree Nuts)
- 6) Torshi: Celery (Celery), Malt Vinegar, Barley (Trace of Gluten)
- 7) Mast-o Khair: Yogurt (Milk)
- 8) Mast-o Mousir: Yogurt (Milk)
- 9) Vegetarian Ghorme Sabzi: Trace of Wheat Flour (Gluten), Sun-dried Lime Sulphites (Sulphur Dioxide), Red Kidney Beans (Legumes)
- 10) Vegetarian Bademjan: Trace of Wheat Flour (Gluten)
- 11) Lamb Gheimeh: Sun-dried Lime Sulphites (Sulphur Dioxide), Yellow Split Peas (Legumes)
- 12) Lamb Gheimeh Bademjan: Sun-dried Lime Sulphites (Sulphur Dioxide), Yellow Split Peas (Legumes)
- 13) Lamb or Chicken Ghormeh Sabzi: Trace of Wheat Flour (Gluten), Sun-dried Lime Sulphites (Sulphur Dioxide), Red Kidney Beans (Legumes)
- 14) Lamb or Chicken Bademjan: Trace of Wheat Flour (Gluten)
- 15) Grilled Salmon: Fish (Fish)
- 16) Pan-Fried Sea Bass: Fish (Fish), Wheat Flour (Gluten) Main Courses Allergen Information

Allergen Information

Zereshk: Contains: Almonds, Pistachios (Tree Nuts), Butter (Milk), Wild Barberries Sulphites (Sulphur Dioxide) Persian Bread: Wheat Flour (Gluten), Sesame Seeds (Sesame).

Special Rice Dishes

Zereshk Polow: Contains: Almonds, Pistachios (Tree Nuts), Wild Barberries Sulphites (Sulphur Dioxide), Butter (Milk)
Baghali Polow: Broad Beans (Legumes), Clarified Butter (Milk)
Doogh: Contains Yogurt (Milk)