

ALLERGEN MENU

STARTERS

WINTER VEGETABLE SOUP

CONTAINS: celery/gluten(wheat,rye,barley)/lupin/nut traces/sesame/soya/Sulphur dioxide

HUMMUS & OLIVES

CONTAINS: celery/gluten(wheat,rye,barley)/lupin/milk/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

FETA STUFFED PEPPERS

CONTAINS: celery/milk/mustard/nut traces/pine nuts/sesame/soya/Sulphur dioxide

DUCK & ORANGE PARFAIT

CONTAINS: celery/gluten(wheat,rye,barley)/eggs/lupin/milk/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

BBQ BORLOTTI PORK

CONTAINS: celery/gluten (wheat, oats,rye,barley)/milk/mustard/nut traces/sesame/soya/Sulphur dioxide

OAK SMOKED SALMON & GOATS CHEESE

CONTAINS: celery/gluten(wheat,rye,barley)/fish/milk/mustard/nut traces/sesame/soya/Sulphur dioxide

SPICED COD & PRAWN FISHCAKES (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/crustaceans/eggs/fish/milk/mollusc/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

SALADS

PEACH & GOATS CHEESE SALAD

CONTAINS: celery/gluten traces/eggs/milk/mustard/nuts (almonds)/soya/Sulphur dioxide

SPICED COD & PRAWN FISHCAKE SALAD (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/crustaceans/eggs/fish/milk/mollusc/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

MAINS

BEER BATTERED FISH & CHIPS (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/crustaceans/eggs/fish/milk/mollusc/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

MOULES MARINIERE (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/crustaceans/fish/milk/mollusc/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

CHICKEN & CHORIZO LINGUINE

CONTAINS: celery/gluten(wheat)/eggs/milk/soya/sulphur dioxide

KASHMIRI CHICKEN

CONTAINS: celery/gluten (wheat, oats,rye,barley)/milk/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide/crustacean/mollusc

CIDER BRAISED PORK BELLY

CONTAINS: celery/milk/mustard/sulphur dioxide

STEAK PIE

CONTAINS: celery/gluten (wheat, barley)/egg/lupin/milk

CHICKEN & HAM PIE

CONTAINS: celery celery/gluten (wheat, barley)/egg/lupin/milk

THE RAINBOW BURGER (DEEP FRIED ITEMS)

CONTAINS: gluten(wheat, rye, barley)/eggs/lupin/milk/mustard/sesame/sulphur dioxide dioxide

SMOKED HADDOCK, CAULIFLOWER & CELERIAC GRATIN

CONTAINS: gluten(wheat, rye, barley)/lupin/celery/milk/sulphur dioxide

BOURBON GLAZED PORK RIBEYE (DEEP FRIED ITEMS)

CONTAINS: milk/sulphur dioxide

8OZ RIBEYE STEAK (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/milk/mustard/Sulphur dioxide

PLANT BASED SHERHERDS PIE

CONTAINS: celery/soya/Sulphur dioxide

MEAT FREE MOVING MOUNTAIN BURGER (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/eggs/milk/mustard/nut traces/sesame/soya/Sulphur dioxide

BUTTERNUT SQUASH & GOATS CHEESE RISOTTO

CONTAINS: celery/milk/mustard/nut traces/pine nuts/sesame/soya/Sulphur dioxide

BAGUETTES

OAKED SMOKED SALMON (DEEP FRIED ITEMS IF ADDING CHIPS)

CONTAINS: gluten (wheat, oats,rye,barley)/lupin/crustaceans/eggs/fish/milk/mollusc/mustard/soya/Sulphur dioxide

LINCOLNSHIRE SAUSAGE (DEEP FRIED ITEMS IF ADDING CHIPS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/eggs/milk/mustard/soya/Sulphur dioxide

CHICKEN CLUB (DEEP FRIED ITEMS IF ADDING CHIPS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/eggs/milk/mustard/soya/Sulphur dioxide

POACHER CHEESE & CHUTNEY (DEEP FRIED ITEMS IF ADDING CHIPS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/milk/mustard/nut traces/soya/Sulphur dioxide

SUNDAY ROAST MAINS

BRITISH BEEF SILVERSIDE (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley) /eggs /milk /nut traces /soya/Sulphur dioxide

GARLIC & THYME CHICKEN SUPREME (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley) /eggs /milk /nut traces /soya/Sulphur dioxide

PORK BELLY & CRACKLING (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley) /eggs /milk /nut traces /soya/Sulphur dioxide

MINT & ROSEMARY ROASTED LAMB (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley) /eggs /milk /nut traces /soya/Sulphur dioxide

VEGETARIAN WELLINGTON

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/eggs/fish/milk/mustard/nuts (almond,cashew,chestnuts)/peanut traces/sesame/soya/Sulphur dioxide

DESSERTS

APPLE & BERRY CRUMBLE

CONTAINS: gluten (wheat, oats,rye,barley/ lupin/dairy/eggs/sulphur dioxide

DOUBLE CHOCOLATE BROWNIE

CONTAINS: gluten (wheat, barley)/eggs/lupin/milk/nut traces/peanuts/sesame

ETON MESS

CONTAINS: eggs/milk/nut traces/peanuts/sesame

STICKY TOFFEE PUDDING

CONTAINS:gluten,
eggs/milk/nut traces/peanuts/sesame

SIDES

GARLIC BREAD

CONTAINS: gluten(wheat,rye,barley)/lupin/milk/nut traces/peanuts/sesame/sulphur dioxide

GARLIC BREAD & CHEESE

CONTAINS: gluten(wheat,rye,barley)/lupin/milk/nut traces/peanuts/sesame/sulphur dioxide

RUSTIC SEASONED CHIPS (DEEP FRIED ITEMS)

MARINATED OLIVES

CONTAINS: celery/soya/Sulphur dioxide

ONION RINGS (DEEP FRIED ITEMS)

CONTAINS: gluten(wheat,oats,rye,barley)

SEASONAL VEGETABLES

CONTAINS: milk

KIDS

BATTERED FISH GOUJONS & CHIPS (DEEP FRIED ITEMS)

CONTAINS: celery/gluten(wheat, barley)/fish/lupin

BEEF BURGER (DEEP FRIED ITEMS)

CONTAINS: gluten(wheat,oats,rye,barley)/lupin/milk/mustard/sesame/Sulphur dioxide

PLANT BASED BURGER (DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/milk/mustard/sesame/soya

CHEESE PASTA & GARLIC BREAD

CONTAINS: celery/gluten(wheat,rye,barley)/eggs/milk)

OUR ALLERGEN MENU PROVIDES PRODUCT INFORMATION REGARDING ALLERGENS IN EACH DISH, OUR KITCHEN TEAMS ARE TRAINED TO ADHERE TO THIS ALLERGEN INFORMATION. DUE TO THE NATURE OF OUR FOOD PRODUCTION ENVIRONMENT, WE CANNOT GUARANTEE WITH 100% CERTAINTY THAT TRACES OF THE MAJOR 14 ALLERGENS MAY NOT BE PRESENT IN YOUR DISH. HOWEVER, WE TRY TO ENSURE LEVELS ARE ADEQUATELY CONTROLLED TO THE BEST OF OUR ABILITY.

*SOME ITEMS USE THE SAME DEEP FAT FRYER AND MAY CONTAIN TRACES OF ALL ALLERGENS; THIS IS SHOWN WITH:
(DEEP FRIED ITEMS)