Allergen Information

Menu Update: Effective June 2026, with subsequent in-house reviews every four weeks.

Please read our allergen disclaimer below:

This table highlights the food items we sell that contain allergens. Our ingredients and product specifications can change. Even if you have dined with us before, you must inform our staff of your allergen or intolerance needs before placing any orders. Information in this document identifies the 14 major allergens, which relate only to the menu's ingredients, and does not consider any customisation or requests made.

Please remember that our staff are trained to adhere to this document. Any changes the customer makes will be done so at their own risk.

Unfortunately we cannot guarantee an allergen-free kitchen environment because our internal food production processes and source ingredients may have been produced in environments that handle additional allergens. While we have strong procedures for separating our food during it's preparation & cooking, sometimes this may involve shared equipment - such as deep-fat fryers and food preparation/cooking areas.

✓ **Tick = Contains Allergen**

✓ **Tick = May Contain Allergen** (stated on supplier product label)

✓ **Tick = Deep Fried Item** Food items share the same deep-fat fryers. Therefore elements of the 14 allergens are present. Please ask a member of staff for more information

	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Starters																	
King Oyster Mushroom Bruschetta (GLUTEN-FREE BREAD AVAILABLE)	☐	✓	Wheat	✓	✓	✓	✓	☐	✓	✓	☐	✓	✓	Almond, Pine Nuts (traces of other tree nuts)	☐	☐	☐
Chicken & Apricot Terrine (GLUTEN-FREE BREAD AVAILABLE)	☐	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Masala Scotch Egg	✓	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Salmon & Lemongrass Fishcake	✓	✓	Wheat	✓	☐	☐	✓	✓	✓	✓	☐	☐	☐		☐	✓	☐
Gambas Al Ajillo (GLUTEN-FREE BREAD AVAILABLE)	☐	✓	Wheat	✓	☐	✓	✓	☐	✓	☐	☐	☐	☐		✓	☐	☐

Orange & Saffron Cured Pear	☐	☐		✓	☐	✓	☐	☐	✓	✓	☐	☐	✓	Cashew (traces of other tree nuts)	☐	☐	☐
Whitebait & Tartare Sauce	✓	✓	Wheat	✓	☐	☐	☐	✓	✓	✓	☐	☐	☐		☐	✓	☐
Mains	**Deep Fried Item**	**Cereals containing Gluten, Eg, Wheat**		**Soya**	**Lupin**	**Celery**	**Milk**	**Egg**	**Sulphites**	**Mustard**	**Sesame**	**Peanuts**	**Nuts Eg, Walnuts, Cashew**		**Crustaceans**	**Fish**	**Molluscs**
Bacon Tomahawk & Duck Egg (GLUTEN-FREE POTATO OPTION AVAILABLE) (DAIRY FREE OPTION AVAILABLE)	✓	☐		☐	☐	☐	✓	✓	☐	☐	☐	☐	☐		☐	☐	☐
Lemon Chicken Salsa Verde	☐	☐		✓	☐	✓	☐	☐	✓	☐	☐	☐	☐		☐	☐	☐
Chicken & Chorizo Rigatoni	☐	✓	Wheat	✓	☐	✓	✓	✓	✓	☐	☐	☐	✓	Traces of Tree Nuts	☐	☐	☐
Heliburger	✓	✓	Wheat	☐	☐	☐	✓	✓	✓	✓	☐	☐	✓	Traces of Tree Nuts	☐	☐	☐
Wildflower Honey & Thyme Glazed Duck (DAIRY FREE OPTION AVAILABLE)	✓	☐		✓	☐	✓	✓	☐	✓	☐	✓	☐	☐		☐	☐	☐
Makhani Lamb Shank (DAIRY FREE OPTION AVAILABLE)	☐	✓	Wheat	✓	☐	✓	✓	☐	✓	✓	☐	☐	☐		☐	☐	☐
Steak & Ale Pie	✓	✓	Wheat, Barley	✓	☐	✓	✓	☐	✓	☐	☐	☐	☐		☐	☐	☐
Walnut Tortellini	☐	✓	Wheat	✓	☐	☐	✓	✓	✓	✓	☐	☐	✓	Walnuts & Traces of Tree Nuts	☐	☐	☐
Ribeye Steak (DAIRY FREE OPTION AVAILABLE)	✓	✓	Wheat	☐	☐	☐	✓	☐	✓	☐	☐	☐	☐		☐	☐	☐
Sausage & Mash	☐	✓		✓	☐	✓	✓	☐	✓	✓	☐	☐	☐		☐	☐	☐
Fish & Chips	✓	✓	Wheat, Barley	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐		☐	✓	☐

	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Moules Mariniere (GLUTEN-FREE BREAD & POTATO OPTION AVAILABLE)	✓	✓	Wheat	✓	✓		✓		✓				✓	Traces of Tree Nuts			✓
Curried Cauliflower & Spinach Pie		✓	Wheat	✓		✓			✓	✓							
Signature Plant-Based Burger		✓	Wheat	✓	✓	✓		✓	✓	✓	✓	✓	✓				
Lincolnshire Sausages and Mash		✓		✓		✓	✓		✓	✓							

Salads	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Lebanese Arnabeet				✓		✓			✓	✓		✓	✓	Pistachio, Walnut, Almond (traces of other tree nuts)			
Smoked Chicken & Herb Gremolata				✓		✓			✓								
Seabass & Salsa Roja				✓		✓			✓	✓			✓	Almond (traces of other tree nuts)		✓	

Salads	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Middle Eastern Platter	✓	✓	Wheat	✓	✓	✓			✓	✓	✓	✓					
Antipasti Board		✓	Wheat	✓		✓	✓		✓	✓		✓	✓	Pine Nuts (traces of other tree nuts)			

Desserts	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs

Chocolate Brownie	☐	☐		✓	☐	☐	✓	☐	✓	☐	☐	☐	☐		☐	☐	☐
White Chocolate & Raspberry Panna Cotta	☐	☐		☐	☐	☐	✓	☐	☐	☐	☐	☐	☐		☐	☐	☐
Sticky Toffee Pudding	☐	✓	Wheat	✓	☐	☐	✓	✓	✓	☐	☐	☐	☐		☐	☐	☐
Great British Cheese Board	☐	✓	Wheat, Rye. Oat, Barley	✓	✓	✓	✓	☐	✓	✓	☐	☐	✓	Walnuts, Almonds & Traces of Other Tree Nuts	☐	☐	☐
Elderflower & Limoncello Posset	☐	✓	Wheat	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐		☐	☐	☐
Ice Cream Selection	☐	☐		✓	☐	☐	✓	☐	☐	☐	☐	☐	☐		☐	☐	☐
Sunday Roasts (including Childrens)	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Roast Beef (GLUTEN-FREE = NO YORKIE & STUFFING) (DAIRY FREE OPTION AVAILABLE)	✓	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Garlic & Thyme Chicken (GLUTEN-FREE = NO YORKIE & STUFFING) (DAIRY FREE OPTION AVAILABLE)	✓	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Pork Belly & Crackling (GLUTEN-FREE = NO YORKIE & STUFFING) (DAIRY FREE OPTION AVAILABLE)	✓	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Slow Roasted Lamb Shank (GLUTEN-FREE = NO YORKIE & STUFFING) (DAIRY FREE OPTION AVAILABLE)	✓	✓	Wheat	✓	☐	✓	✓	✓	✓	✓	☐	☐	☐		☐	☐	☐
Vegetarian Wellington / Cashew, Squash & Sage Nut Roast	☐	✓	Wheat, Oats	✓	☐	✓	✓	✓	✓	✓	☐	☐	✓	Almond & Cashew (also traces of other tree nuts)	☐	☐	☐

Sides & Sunday Sides	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Cauliflower Cheese	☐	☑	Wheat	☐	☐	☐	☑	☐	☑	☑	☐	☐	☐		☐	☐	☐
Thyme & Sea Salt Roasted Potatoes	☐	☐		☐	☐	☐	☐	☐	☑	☐	☐	☐	☐		☐	☐	☐
Shallot & Sausage Meat Stuffing	☐	☑	Wheat	☑	☐	☐	☐	☐	☑	☐	☑	☐	☐		☐	☐	☐
Seasonal Vegetables	☐	☐		☐	☐	☐	☑	☐	☐	☐	☐	☐	☐		☐	☐	☐
Yorkshire Pudding & Gravy	☐	☑	Wheat	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
Baked Garlic Bread	☐	☑	Wheat	☑	☐	☐	☑	☐	☑	☐	☐	☐	☐		☐	☐	☐
Cheesy Garlic Bread	☐	☑	Wheat	☑	☐	☐	☑	☐	☑	☐	☐	☐	☐		☐	☐	☐
Rustic Chips (GLUTEN-FREE POTATO OPTION AVAILABLE)	☑	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
Beer Battered Onion Rings	☑	☑	Wheat, Barley	☑	☐	☐	☐	☐	☐	☐	☐	☑	☑		☐	☐	☐
Baguettes	**Deep Fried Item**	**Cereals containing Gluten, Eg, Wheat**		**Soya**	**Lupin**	**Celery**	**Milk**	**Egg**	**Sulphites**	**Mustard**	**Sesame**	**Peanuts**	**Nuts Eg, Walnuts,**		**Crustaceans**	**Fish**	**Molluscs**
Lincolnshire Sausage & Onion	☑	☑	Wheat, Rye	☐	☐	☑	☑	☐	☑	☑	☑	☐	☑	Traces of Tree Nuts	☐	☐	☐
Lemon Sole Goujons	☑	☑	Wheat, Rye	☑	☑	☐	☑	☑	☑	☑	☑	☐	☑	Traces of Tree Nuts	☐	☑	☐

	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Chicken Club & Chipotle	✓	✓	Wheat, Rye	✓		✓	✓	✓	✓	✓	✓		✓	Traces of Tree Nuts			
Bourbon BBQ Pulled Pork	✓	✓	Wheat, Rye	✓		✓	✓		✓	✓	✓		✓	Traces of Tree Nuts			
Buffalo Mozzarella & Pesto	✓	✓	Wheat, Rye	✓			✓		✓		✓	✓	✓	Pine Nut & Traces of Tree Nuts			
Childrens Menu (see main dessert section for dessert allergen info)	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
Chicken & Chorizo Rigatoni		✓	Wheat				✓		✓	✓							
Salmon Fishcake	✓	✓	Wheat	✓		✓	✓	✓	✓	✓						✓	
Breaded Fish Goujons	✓	✓	Wheat	✓		✓	✓	✓	✓							✓	
Roicotta & Spinach Tortelloni		✓	Wheat	✓		✓	✓	✓	✓	✓			✓	Traces of tree Nuts			
Mini Moules Mariniere (GLUTEN-FREE BREAD & POTATO OPTION AVAILABLE)	✓	✓	Wheat	✓			✓		✓				✓	Traces of Tree nuts			✓
Lincolnshire Sausages and Mash		✓		✓		✓	✓		✓	✓							
Cheese Burger	✓	✓	Wheat				✓		✓	✓	✓	✓	✓	Traces of Tree Nuts			
Hunters Chicken Burger	✓	✓	Wheat	✓		✓	✓		✓		✓	✓	✓	Traces of Tree Nuts			
Plant-Based Burger		✓	Wheat	✓	✓	✓			✓	✓	✓	✓	✓	Traces of Tree Nuts			
Breakfast	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs

Traditional English Breakfast	✓	✓	Wheat, Barley, Oats	✓			✓	✓	✓		✓		✓	Traces of Tree Nuts			
Large English Breakfast	✓	✓	Wheat, Barley, Oats	✓			✓	✓	✓		✓		✓	Traces of Tree Nuts			
Veggie Breakfast	✓	✓	Wheat	✓			✓	✓	✓		✓		✓	Traces of Tree Nuts			
Pancakes Inc Bacon, Maple & Blueberries		✓	Wheat, Rye, Barley, Oats, Spelt				✓	✓	✓								
Shakshuka (GLUTEN-FREE BREAD AVAILABLE)		✓	Wheat	✓			✓	✓	✓		✓		✓	Traces of Tree Nuts			
Eggs Florentine (GLUTEN-FREE BREAD AVAILABLE)		✓	Wheat	✓			✓	✓			✓		✓	Traces of Tree Nuts			
Eggs Royale (GLUTEN-FREE BREAD AVAILABLE)		✓	Wheat	✓			✓	✓			✓		✓	Traces of Tree Nuts			
Scrambled Eggs on Sourdough Toast (GLUTEN-FREE BREAD AVAILABLE)		✓	Wheat	✓			✓	✓			✓		✓	Traces of Tree Nuts			
Sausage & Bacon Roll (GLUTEN-FREE BREAD AVAILABLE)		✓	Wheat	✓			✓	✓	✓	✓	✓		✓	Traces of Tree Nuts			