

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
<b>STARTERS</b>														
Battered King Prawns		*	*	*			?		*				*	*
Bread & Olives		*								?		?		*
Bruschetta		*								*	?	?		
Garlic Bread		*								?		?		
Garlic Bread with Mozzarella		*					*			?		?		
Garlic Mushrooms		*					*			?		?		
Haddock Goujons		*		*	*		*		*				*	*
Smoked Haddock Fishcakes		*		*	*		*		*				*	*
<b>MAINS</b>														
Aubergine & Pepper Tagine		*								*	?			

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	XX	??	✓✓
✓✓	✓✓	XX	✓✓	??
✓✓	✓✓	XX	✓✓	XX
✓✓	✓✓	XX	✓✓	??
XX	✓✓	XX	XX	??
XX	✓✓	XX	XX	??
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
✓✓	✓✓	XX	✓✓	XX

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Cajun Chicken							*		*					*
Chicken Stroganoff							*							
Chilli Con Carne	?	*		?		?	?		?				*	*
Chilli Non Carne		*				?							*	*
Fish & Chips		*		*	*		?		*				*	
Gammon														
Gammon with egg				*										
Gammon with pineapple														
Gammon with Egg & Pineapple				*										
Large Yorkshire Pudding	?	*		*			*		?				*	*
Lasagne	?	*				?	*		*	?		?	*	*
Mac & Cheese		*		*		?	*			?		?	*	*

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	✓✓	XX	✓✓
XX	XX	✓✓	XX	✓✓
XX	XX	XX	??	✓✓
✓✓	✓✓	XX	✓✓	✓✓
XX	XX	XX	??	✓✓
XX	XX	✓✓	✓✓	✓✓
XX	XX	✓✓	✓✓	✓✓
XX	XX	✓✓	✓✓	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	??
XX	XX	XX	XX	??

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Mushroom & Spinach Stroganoff							*							*
Nut Roast		*		*			*			*	?		*	*
Scampi		*	*	*					*					
Steak & Ale Pie	?	*		*	*		*		?				?	
Sunday Roast	?	*		*			*		?				*	*
Surf n Turf Linguini		*	*			?	*							*
Thai Green Chicken Curry			*		*									*
Thai Red Vegetable Curry		*								?	?		*	*
Vegan Pasta		*				?								*
<b>BURGERS</b>														
Beef Burger		*		*			*		*				*	

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	✓✓	✓✓	XX	✓✓
XX	✓✓	XX	XX	X
XX	XX	XX	✓✓	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	✓✓	✓✓	✓✓
✓✓	✓✓	XX	✓✓	??
✓✓	✓✓	XX	✓✓	✓✓
XX	XX	XX	XX	✓✓

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Cheese Burger		*		*			*		*				*	
Bacon & Cheese Burger		*		*			*		*				*	
Blue Cheese Burger		*		*			*		*				*	*
Halloumi Burger		*		*			*		*				*	
Hawaiian Burger		*		*			*		*				*	*
Meat Feast Burger		*		*			*		*				*	
Moroccan Bean Burger		*		*			*		*				*	*
Spicy Mexican Chicken Burger		*		*			*		*				*	*
Tennessee Ranch Burger	*	*		*	*		*		*				*	*
<b>SALADS</b>														

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	✓✓	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	✓✓	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Chicken & Bacon Caesar Salad		*		*	*		*		*	?		?		*
Halloumi Caesar Salad		*		*			*		*	?		?		*
Ploughmans		*		*			*		*	?		?		*
Prawn & Pineapple Salad			*		*					*	?	*	?	*
<b>LITE BITES</b>														
BLT Sandwich		*		*			?		*				?	*
BMT Sandwich		*		?			*		*				?	*
Brunch		*		*			*						*	*
Cheese & Pickle Sandwich		*		?			*		*				?	*
Ham, Egg & Chips				*										

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	XX	XX	??
XX	✓✓	XX	XX	??
XX	XX	XX	XX	??
XX	XX	✓✓	✓✓	XX
XX	XX	XX	??	✓✓
XX	XX	XX	✓✓	✓✓
XX	XX	XX	XX	✓✓
XX	✓✓	XX	XX	✓✓
XX	XX	✓✓	✓✓	✓✓

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Posh Fish Finger Sandwich		*		*	*		*		*				*	*
Roast Beef Sandwich	?	*		?			?		*	?		?		*
Roast Ham Sandwich		*		?			?		*				?	*
Sausage Sandwich		*					*		*	?		?		*
Tuna Mayo Sandwich		*		*	*		?		*				?	*
<b>DESSERTS</b>														
Affagato		*		*			*			*			?	
Baileys Affagato		*		*			*			*			?	
Apple & Raspberry Crumble		*					*			*	?		?	

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	XX	XX	✓✓
XX	XX	XX	??	??
XX	XX	XX	??	✓✓
XX	XX	XX	XX	??
XX	XX	XX	??	✓✓
XX	✓✓	XX	XX	XX
XX	✓✓	XX	XX	XX
XX	✓✓	XX	XX	XX

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Cheesecake base only <i>*please check allergens in cheesecake of the day flavouring</i>		*					*			?				
Chocolate Brownie Sundae		*		*			*						*	
Eton Mess Sundae		*		*			*						*	
Hot Chocolate Fudge Cake		*		*			*			?			*	
Ice Cream (except Salted Caramel)		*		*			*						*	
Ice Cream (Salted Caramel)		*		*			*						*	
Lemon Meringue Pie		*		*			*			?				

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
xx	✓✓	xx	xx	??
xx	✓✓	xx	xx	✓✓
xx	✓✓	xx	xx	✓✓
xx	✓✓	xx	xx	??
xx	✓✓	xx	xx	✓✓
xx	✓✓	xx	xx	✓✓
xx	✓✓	xx	xx	??

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
<b>SIDES</b>														
Bread & Butter		*		?			*						?	
Cauliflower Cheese		*					*						?	
Cheesy Chips							*							
Chips / Fries / Sweet Potato Fries														
Onion Rings		*		?			?						*	
Salad portion									*					*
Vegetable portion														
<b>KIDS MEALS</b>														
Kids Burger		*		*			*						*	
Kids Cheese Burger		*		*			*						*	
Kids Chicken Nuggets		*		*			*						*	

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	✓✓	XX	XX	✓✓
XX	✓✓	XX	XX	✓✓
XX	✓✓	✓✓	XX	✓✓
✓✓	✓✓	✓✓	✓✓	✓✓
XX	✓✓	XX	??	✓✓
✓✓	✓✓	✓✓	✓✓	✓✓
✓✓	✓✓	✓✓	✓✓	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓

**KEY**

\* - contains the allergen

? - may contain the allergen as advised by manufacturer

✓✓ - suitable for that particular allergy / lifestyle group

?? - may be suitable for that particular allergy / lifestyle group but with caution

xx - not suitable for that particular allergy / lifestyle group

**NB: FOR ALLERGENS IN THE CHEFS SPECIALS PLEASE CALL US OR SPEAK TO A MANAGER ON SITE**  
**NB: ALL MEALS ARE PREPARED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT SO, WHILST THE UTMOST CARE IS TAKEN, CROSS CONTAMINATION IS POSSIBLE.**  
**NB: SOME MEALS MAY BE ABLE TO BE ADAPTED TO REMOVE SOME ALLERGENS - PLEASE ASK FOR FURTHER ADVICE**

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Kids Haddock		*		?	*		?						*	
Kids Lasagne	?	*		?		?	*		?				*	*
Kids Linguini		*				?				?		?		*
Kids Mac & Cheese		*		*		?	*			?		?	*	*
Kids Sausages		*											*	*

SUITABLE FOR				
Vegans	Vegetarians	Coeliacs / People with gluten Intolerance	People with Lactose/Dairy Allergy or Intolerance	People with Nut Allergy or intolerance
XX	XX	XX	??	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	??
XX	XX	XX	XX	??
XX	XX	XX	✓✓	✓✓