

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

Last full review carried out July 2023	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
STARTERS														
Battered King Prawns		*	*	*			?		*				*	*
Bread & Olives		*								?		?		*
Bruschetta		*								*	?	?		
Garlic Bread		*								?		?		
Garlic Bread with Mozzarella		*					*			?		?		
Garlic Mushrooms		*					*			?		?		
Haddock Goujons		*		*	*		*		*				*	*
Halloumi & Chorizo							*							*
Smoked Haddock Fishcakes		*		*	*		*		*				*	*
MAINS														

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	✓✓

Aubergine & Pepper Tagine		*						*	?				
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		*		*		?	*		?		?	*	*
Mushroom & Spinach Stroganoff						*							*
Nut Roast		*		*		*		*	?		*	*	
Sausage & Mash		*				*					*	*	
Scampi		*	*	*				*					
Steak & Ale Pie	?	*		*	*	*		?			?		
Sunday Roast	?	*		*		*		?			*	*	
Surf n Turf Linguini		*	*			?	*						*
Thai Green Chicken Curry			*		*								*
Thai Red Vegetable Curry		*						?	?		*	*	
Vegan Pasta		*				?							*
BURGERS													
Beef Burger		*		*		*		*			*		
Cheese Burger		*		*		*		*			*		

✓✓	✓✓	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	✓✓	✓✓	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	✓✓	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	✓✓

Bacon & Cheese Burger		*		*			*		*				*	
Blue Cheese Burger		*		*			*		*				*	*
Halloumi Burger		*		*			*		*				*	
Hawaiian Burger		*		*			*		*				*	*
Meat Feast Burger		*		*			*		*				*	
Moroccan Bean Burger		*		*			*		*				*	*
Spicy Mexican Chicken Burger		*		*			*		*				*	*
Tennessee Ranch Burger	*	*		*	*		*		*				*	*
SALADS														
Chicken & Bacon Caesar Salad		*		*	*		*		*	?		?		*
Halloumi Caesar Salad		*		*			*		*	?		?		*
Ploughmans		*		*			*		*	?		?		*
Prawn & Pineapple Salad			*		*				*	?	*	?		*
LITE BITES														
BLT Sandwich		*		*			?		*				?	*
BMT Sandwich		*		?			*		*				?	*
Brunch		*		*			*		*				*	*
Cheese & Pickle Sandwich		*		?			*		*				?	*
Ham, Egg & Chips				*										
Posh Fish Finger Sandwich		*		*	*		*		*				*	*
Roast Beef Sandwich	?	*		?			?		*	?		?		*
Roast Ham Sandwich		*		?			?		*				?	*
Sausage Sandwich		*					*		*	?		?		*
Tuna Mayo Sandwich		*		*	*		?		*				?	*

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	??
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	??	✓✓

Kids Haddock		*		?	*		?					*	
Kids Lasagne	?	*		?		?	*		?			*	*
Kids Linguini		*				?			?		?		*
Kids Mac & Cheese		*		*		?	*		?		?	*	*
Kids Sausages		*										*	*

XX	XX	XX	??	✓✓
XX	XX	XX	XX	✓✓
XX	XX	XX	XX	??
XX	XX	XX	XX	??
XX	XX	XX	✓✓	✓✓