

ALLERGEN MENU

STARTERS

ROAST TOMATO & RED PEPPER SOUP

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

CHICKEN LIVER PATE

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

HUMMUS & OLIVES

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

SALT & PEPPER SQUID (DEEP FRIED ITEMS)

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

GRILLED HALLOUMI

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

MEXICAN CHICKEN GOUJONS (DEEP FRIED ITEMS)

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

SALADS

GRILLED HALLOUMI SALAD

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

CHICKEN CAESAR SALAD

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

SNACKS & SHARERS

FISHERMANS BASKET (DEEP FRIED ITEMS)

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

CHIPS & DIPS (DEEP FRIED ITEMS)

CONTAINS: celery/gluten traces/ eggs/ milk/ mustard/nut traces/ sesame/soya/Sulphur dioxide

CHEESY CHIPS & DIPS (DEEP FRIED ITEMS)

: celery/gluten traces/ eggs/ milk/ mustard/nut traces/ sesame/soya/Sulphur dioxide

MAINS

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

BREADED WHOLETAIL SCAMPI (DEEP FRIED ITEMS)

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

SLOW COOKED BEEF CHILLI

CONTAINS: celery/milk /nut traces/peanuts/sesame/soya/Sulphur dioxide

HONEY GLAZED HAM & EGGS (DEEP FRIED ITEMS)

CONTAINS: celery/gluten traces/eggs /milk/ mustard/soya/Sulphur dioxide

CHICKPEA & COCONUT CURRY

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

LEMON & THYME CHICKEN SUPREME

CONTAINS: celery/gluten traces/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

PLANT BASED BURGER (DEEP FRIED ITEMS)

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

BAGUETTES

MATURE CHEDDAR CHEESE & CHUTNEY (DEEP FRIED ITEMS)

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

BBQ CHICKEN, BACON & CHEESE (DEEP FRIED ITEMS)

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

BATTERED FISH GOUJONS (DEEP FRIED ITEMS)

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

TUNA MAYO (DEEP FRIED ITEMS)

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

HONEY GLAZED HAM (DEEP FRIED ITEMS)

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

BURRITOS

SLOW COOKED BEEF CHILLI (DEEP FRIED ITEMS)

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

SPICY CHICKEN & FIRE ROASTED PEPPERS (DEEP FRIED ITEMS)

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

SPICED HALLOUMI & RED PEPPER (DEEP FRIED ITEMS)

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

SUNDAY ROAST MAINS

ROAST BRITISH BEEF

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

GARLIC & THYME CHICKEN SUPREME

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

ROAST PORK & CRACKLING

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

VEGETARIAN NUTROAST

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

DESSERTS

DOUBLE CHOCOLATE BROWNIE

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

STICKY TOFFEE PUDDING

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

APPLE & BLACKBERRY CRUMBLE

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

BAKED NEW YORK CHEESECAKE

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

ICE CREAM POTS

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

SIDED

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)

ONION RINGS(DEEP FRIED ITEMS)

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

KIDS

BATTERED FISH & CHIPS((DEEP FRIED ITEMS)

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

BREADED WHOLETAIL SCAMPI (DEEP FRIED ITEMS)

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

HONEY GLAZED HAM & EGGS (DEEP FRIED ITEMS)

CONTAINS: celery/gluten traces/eggs /milk/ mustard/soya/Sulphur dioxide

HALLOUMI & RED PEPPER (DEEP FRIED ITEMS)

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

PLANT BASED BURGER((DEEP FRIED ITEMS)

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

RAINBOW BURGER(DEEP FRIED ITEMS)

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

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)