

Allergen Information

Menu Update: Effective September 30th 2025, 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 = May Contain Allergen (stated by supplier)													
		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															
Focaccia & Olives		 wheat													
Chicken & Chorizo Croquettes		 Wheat													
Salmon Fishcakes & Sweet Chilli		 Wheat													
Whitebait & Aioli		 Wheat													
Pea & Spinach Soup		 Wheat													
Mains & 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

Grilled Chicken Caesar & Pancetta	☐	☒	Wheat	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pinto Black Bean Chilli	☐	☒	Wheat	☒	☐	☒	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Porcini Mushroom & Lentil Lasagne	☐	☒	Wheat	☒	☐	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐
Habanero Chilli Beef	☐	☐		☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mushroom, Spinach & White Truffle Pie	☒	☒	Wheat	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Steak & Ale Pie	☒	☒	Wheat & Barley	☒	☐	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Lincolnshire Sausage & Mash	☐	☒	Wheat & Barley	☒	☐	☒	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Breaded Wholetail Scampi	☒	☒	Wheat	☐	☐	☐	☐	☒	☒	☒	☒	☐	☐	☐	☒	☐	☒	☐
Great British Fish & Chips	☒	☒	Wheat	☐	☐	☐	☐	☒	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Crispy Belly Pork & Blue Chese Sauce	☐	☐		☐	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Burgers	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts		Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
The Heliburger	☒	☒	Wheat & Barley & Rye	☐	☐	☐	☒	☐	☒	☐	☒	☐	☐			☐	☐	☐
Garden Pesto	☐	☒	Wheat & Barley & Rye	☐	☐	☐	☐	☐	☒	☐	☒	☐	☐			☐	☐	☐
Buttermilk Hunters Chicken	☒	☒	Wheat & Barley & Rye	☐	☐	☐	☒	☐	☒	☒	☒	☐	☐			☐	☐	☐
Pitmaster Stack	☒	☒	Wheat & Barley & Rye	☐	☐	☐	☒	☐	☒	☐	☒	☐	☐			☐	☐	☐

Pulled Beef & Blue Cheese			Wheat & Barley & Rye														
Loaded Fries	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts		Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
Chips & Dips			Barley														
Cheesy Chips & Dips			Barley														
Chipotle Chicken & Cheese			Wheat & Barley														
BBQ Pulled Pork			Barley														
Pulled Beef, Rosemary Salt & Blue Cheese																	
Desserts	Deep Fried Item		Cereals containing Gluten, Wheat Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts		Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
Toffee, Apple & Cinnamon crumble																	
Sticky Toffee Pudding			Wheat											may contain all			
Double Chocolate Brownie														may contain all			
Ciabattas	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts		Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
Lincolnshire Sausage & Mustard			Wheat														
Grilled Cheese & Caramelised Onion			Wheat														
Beer Battered Fish Goujon			Wheat														
Chipotle Chicken Club			Wheat & Barley														

Bourbon BBQ Pulled Pork			Wheat & Barley															
British Beef & Long Clawson Stilton																		
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 British Beef (GLUTEN-FREE = NO YORKIE & ADD GF STUFFING)			Wheat															
Garlic & Thyme Chicken (GLUTEN-FREE = NO YORKIE & ADD GF STUFFING)			Wheat															
Pork Belly & Crackling (GLUTEN-FREE = NO YORKIE & ADD GF STUFFING)			Wheat															
Slow Roasted Lamb Shank (GLUTEN-FREE = NO YORKIE & ADD GF STUFFING)			Wheat															
Squash & Lentil Wellington			Wheat															
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															
Yorkshire Puddings & Gravy			Wheat															
Glazed Pigs in Blankets			Wheat															
Herb Roasties																		
Creamy Mash Potato																		
Sausage Meat Stuffing			Wheat															
Rustic Chips																		

Beer Battered Onion Rings	☒	☒	Wheat & Barley	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
Cheesy Garlic Ciabatta	☐	☒		Wheat	☐	☐	☒	☐	☒	☐	☐	☐	☐		☐	☐
Garlic Ciabatta	☐	☒	Wheat		☐	☐	☒	☐	☒	☐	☐	☐	☐		☐	☐
Five Bean Chilli	☐	☒	Wheat	☒	☐	☒	☒	☐	☒	☐	☐	☐		☐	☐	☐
Rainbow Vegetables	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
Marinated Olives	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
Focaccia, Lemon & Thyme Hummus	☐	☒	Wheat	☐	☐	☐	☐	☐	☐	☒	☐	☐		☐	☐	☐
Childrens Menu	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
Grilled Chicken & Salsa Verde	☐	☐		☐	☐	☐	☐	☐	☒	☐	☐	☐		☐	☐	☐
Hunters Chicken Burger	☒	☒	Wheat & Barley	☐	☐	☐	☒	☐	☐	☒	☐	☐		☐	☐	☐
Habanero Chilli Beef Quesadillas	☐	☒	Wheat	☐	☐	☐	☒	☐	☒	☐	☐	☐		☐	☐	☐
Cheeseburger	☒	☒	Wheat	☐	☐	☐	☒	☐	☐	☐	☐	☐		☐	☐	☐
Fish Goujons & Chips	☒	☒	Wheat	☐	☐	☐	☐	☐	☒	☐	☐	☐		☐	☒	☐
Breaded Wholetail Scampi	☒	☒	Wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐		☒	☐	☐
Lincolnshire Sausage & Mash	☐	☒	Wheat	☒	☐	☐	☒	☐	☒	☐	☐	☐		☐	☐	☐
	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
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