

Allergen Information

Menu Update: Effective 03rd January 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 its preparation & cooking, sometimes this may involve shared equipment - such as deep-fat fryers and food preparation/cooking areas.

	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Allergens										Crustaceans	Molluscs	Fish
			Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew			
Starters															
Focaccia & Olives	<input type="checkbox"/>	<input checked="" type="checkbox"/>	wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Chicken & Chorizo Croquettes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
Salmon Fishcakes & Sweet Chilli	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Whitebait & Aioli	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>						
Pea & Spinach Soup	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Mains & Salads	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Molluscs	Fish

