

ALLERGEN & DIETARY REQUIREMENTS GUIDE

This Guide

Our dish descriptions don't always list every single ingredient involved in the cooking process. This guide aims to equip you with all the allergenic information, along with dietary requirements, for every dish we offer on our menu.

However, please advise us of your specific allergy or dietary requirement when ordering, even if you have eaten the dish before.

Please note, this menu does not list the allergens found in our complimentary condiments.

Our Guarantee

Both our kitchens and suppliers handle numerous ingredients, and whilst all your meals are freshly cooked to order, they are cooked in a space that is not allergen free. Whilst we do have strict controls in place, it is not possible to completely eradicate the chance of contamination. Therefore we are unable to guarantee that one of our dishes are 100% allergen free.

Please Note

This guide is designed for informational purposes only and therefore, we advise against using it as a substitute for medical advice or treatment.

All allergenic ingredients featured in this guide are in accordance with the EU Food Information for Consumers Regulation

Cereals; containing gluten. Namely wheat, rye, barley, oats or their hybridised strains and products thereof

Crustaceans and products thereof

Eggs and products thereof

Fish and products thereof

Peanuts and products thereof

Soybeans and products thereof

Milk and products thereof (including lactose)

Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan, Brazil, pistachio & macadamia and products thereof

Celery and products thereof

Mustard and products thereof

Sesame Seeds and products thereof

Sulphur Dioxide and Sulphites; at concentrations of more than 10 mg/kg

Lupin and products thereof

Molluscs and products thereof

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	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS
	Cereals	Crusta- cean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan	
SNACKS																	
FISH CAKES	●		●	●			●			●		●					
BEETROOT HUMMUS	●										●					Yes	
CHICKEN STRIPS	●		●				●			●							
GLAZED SAUSAGES	●									●		●					
SMALL PLATES																	
SOUP OF THE DAY	Please ask your server for the allergens of today's soup.																
NACHOS VEG CHILLI							●		●	○	○				Yes		
NACHOS BEEF CHILLI							●		●	○	○						
PRAWN BRUSCHETTA	●	●						●	●			●					
BAGUETTES																	
FISH FINGER BAGUETTE	●		●	●													
CHEDDAR & TOMATO BAGUETTE	●		●				●								Yes		

● Contains ○ May Contain

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MAINS																		
CHICKEN BREAST	●		●				○			●								
SMOKED HADDOCK	●		●	●			●			●								
VEGETABLE STEW	●						○					●				Yes		
ROAST PORK							●		●									
CHICKEN & CHORIZO SALAD							●			●		●						
CHICK PEA SALAD										●		●				Yes		
PUB CLASSICS																		
PIE OF THE DAY	●		●				●		●			●						Please ask your server for the allergens of today's Pie.
FISH & CHIPS	●		●	●						●		●						
CURRY OF THE DAY	Please ask your server for the allergens of today's Curry.																	
BEEF STEW	●			●					●			●						

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SUNDAY LUNCH																		
SUNDAY LUNCH	●		●				●		●	○	○	●						
BURGERS																		
CLASSIC BEEF OR CHICKEN	●					○	○	○										
NEW YORK	●					○	●	○		●								
SOUTHERN FRIED CHICKEN	●					○	○	○	●	●	●							
VEGETARIAN	Please ask your server for the allergens of today's Vegetarian burger.														Yes			
LAMB & FETA	●					○	●	○	●									
ADDITIONAL TOPPINGS																		
BACON																		
ONIONS																	Yes	
CHEESE							●										Yes	
VEG CHILLI									●	○	○						Yes	
BEEF CHILLI									●	○	○							

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SIDES																	
MASH POTATO							●								Yes		
ONION RINGS	●														Yes		
COLESLAW			●						●						Yes		
HOMEMADE CHIPS	○														Yes		
SWEET POTATO FRIES	○														Yes		
SEASONAL VEGETABLES															Yes		
HOUSE SALAD									●		●				Yes	Yes	
GARLIC BREAD	●						●								Yes		
GARLIC BREAD WITH CHEESE	●						●								Yes		
DESSERTS																	
STICKY TOFFEE	●		●				●				●				Yes		
ALMOND & COCONUT								●							Yes		
TRIO OF ICE CREAM	Please ask your server for the allergens of our Ice Cream.														Yes		

● Contains ○ May Contain