

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

STARTERS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SOUP	X	X C				X C	X C							
CAMEMBERT		X				X	X		X					XC
MUSHROOMS		X				X C			X C					
PORK BITES		X					X							
SALMON PLATTER		X C			X	X C			X C					X C
SQUID		X		X	X			X						X
C= CAN BE CHANGED														
X= INGREDIENTS IN DISH														

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MAINS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
ROAST BEEF	X C	X C		X C			X C		X C					X C
ROAST CHICKEN	X C	X C		X C			X C		X C					X C
ROAST PORK BELLY	X C	X C		X C			X C		X C					X C
ROAST TRIO	X C	X C		X C			X C		X C					X C
NUT ROAST	X C	X C		X C			X C		X C	X				X C
SALMON	X	X			X		X							X
MUSSELS							X	X						X
COD & CHIPS		X			X	X	X C		X C					
QUICHE		X		X		X	X		X C	X				
PIE	X	X		X		X								
GAMMON				X C										
SMASH BURGER		X C		X C			X C		X					
CHICKEN BURGER		X		X C			X C							
HALLOUMI BURGER		X		X C			X C							

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DESSERTS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BRULEE				X			X							
STICKY TOFFEE		X		X			X							
BLONDIE		X		X			X			X			X	
CRUMBLE		X		X C			X							
ALMOND TART		X		X			X			X				