

SAUCES	GLUTEN	EGGS	MILK	PEANUT	TREE NUTS	SULPHITES	MUSTARD	SESAME	CELERY
HONEY & MUS-		YES					YES		
MAYO		YES					HEINZ		
KETCHUP									YES
MUSTARD	YES			YES			YES		
SALAD CREAM		YES					YES		
TARTARE		YES					YES		
SWEET CHILLI				YES	YES			YES	
BBQ									
MINT									
HORSERADDISH		YES					YES		
BRANSTON PICKLE						YES			
SOUR CREAM			YES						
FLORA									
BUTTER			YES						

Allergen Menu

For details on specials. Please ask any of the servers
If nothing on the menu meets your allergen requirements
please ask.
Our chefs will be happy to modify dishes or
offer alternatives where possible.

Our chips are gluten free and cooked in a separate fryer

Fish can be baked instead of battered

Meals can be served with separate dips or sauces if required

We carry gluten free bread as an alternative to our normal
bread or French sticks

Due to our fresh cooking environment we can’t guarantee any
of our meals are free from trace of any allergens

Salad garnish on Sandwiches, Baguettes,
Ploughman's, Jacket Potatoes & Burgers
all include coleslaw as standard.
Coleslaw can be left off if required.

SIDE ORDERS	GLUTEN	EGGS	MILK	MUSTARD	SULPHITES
CHIPS					
CH CHIPS			YES		
G BREAD	YES		TRACE		
CH G BREAD	YES		YES		
NEW POTATOES					
GREEN BEANS					
SIDE SALAD		SLAW			
B & B	YES		BUTTER		
BAGUETTE	YES		BUTTER		

STARTERS	GLUTEN	CRUSTACEANS	EGGS	FISH	SOYA	MILK	CELERY	MUSTARD	SULPHITES	SEASAME	MOLLUSCS
ROLLMOP	BREAD			YES					BALSAMIC		
PRAWN COCKTAIL	BREAD	YES	SAUCE		TRACE			SAUCE			
SPICED SQUID	YES				YES						YES
WHITEBAIT	YES		TARTARE	YES				TARTARE			
CHILLI NACHOS						CHEESE					
SMOKED SALMON	BREAD			YES	TRACE						
PORK NACHOS						CHEESE					
BREAD & OLIVES	BREAD								BALSAMIC	TRACE	

ICE CREAM	GLUTEN	EGGS	SOYA	MILK
VANILLA				YES
SALTED CARAMEL			YES	YES
CHOCOLATE			YES	YES
STRAWBERRY				YES
RUM AND RAISIN				YES
LEMON SORBET				
VEGAN VANILLA				
WAFERS	YES	YES	YES	YES

MAINS	GLUTEN	CRUSTACEANS	EGGS	FISH	SOYA	MILK	MUSTARD	SULPHITES	MOLLUSCS
HAM EGG CHIPS			EGG						
SCAMPI	YES	YES	TARTARE	TRACE			TARTARE		TRACE
FISH AND CHIPS	BATTER		TRACE / TARTARE	YES	TRACE	TRACE	TARTARE		
SAUSAGE BEAN CHIP	YES							YES	
VEGAN SAUSAGE	YES								
SEABASS				YES					
JERK CHICKEN			SLAW				TRACE		
MADRAS CURRY	NAAN								
CHILLI						CHEESE			
MED PASTA	YES					BREAD			
COLD SEAFOOD	BREAD	YES	SAUCE	YES	TRACE	YES	SAUCE		
HOT SEAFOOD	YES	YES	SAUCE	YES		YES	SAUCE		YES

BUN	GLUTEN	EGGS	FISH	MILK	MUSTARD	SOYA
PULLED PORK	BUN	BUN		BUN		BUN
HADDOCK	YES	TRACE/ SAUCE	YES	TRACE / BUN	TARTARE	TRACE / BUN
BEEF BURGER	BUN	YES		BUN	YES	BUN
CHICKEN BURGER	BUN	BUN		BUN		BUN

LOADED / TOPPINGS	GLUTEN	EGGS	MILK	MUSTARD	SOYA	SULPHITES
PULLED PORK			CHEESE			
MAC & CHEESE	YES		YES	YES		
CHILLI			CHEESE			
CHICKEN CURRY						

SALADS	EGGS	FISH	MILK	MUSTARD	CRUSTACEANS	SULPHITES
CHICKEN BACON	MAYO			DRESSING		
HAM CHEESE			CHEESE			
S/S & PRAWN	SAUCE	YES		SAUCE	PRAWNS	

PLOUGHMANS	GLUTEN	EGGS	FISH	MILK	SESAME	MUSTARD	CRUSTACEANS	SULPHITES
HAM	BAGUETTE	SLAW			TRACE	GHERKINS		PICKLE / ONION
3 CHEESE	BAGUETTE	SLAW		YES	TRACE	GHERKINS		PICKLE / ONION
S/S / PRAWN	BAGUETTE	SAUCE/SLAW	YES		TRACE	SAUCE / GHERKINS	PRAWNS	PICKLE / ONION
HAM / CHEESE	BAGUETTE	SLAW		YES	TRACE	GHERKINS		PICKLE / ONION

KIDS	GLUTEN	CRUSTACEANS	EGGS	FISH	MILK	SOYA	MUSTARD	SULPHITES
NUGGETS	YES					TRACE		
HAM EGG			EGG					
SAUS BEAN CHIPS	YES							YES
MAC & CHEESE	YES				YES		YES	
SCAMPI	YES	YES	TARTARE				TARTARE	
PIZZA	YES				YES			
FISH FINGER	YES			YES				
CHEESE BURGER	YES		BUN		BUN / CHEESE	BUN		

DESSERTS	GLUTEN	EGGS	MILK	SOYA	CELERY
SYRUP SPONGE		YES	CUSTARD		
MERINGUE		YES	CREAM		
BROWNIE	YES	YES	YES	SAUCE	
LEMON TART	YES	YES	YES	YES	
CREAM			YES		
CUSTARD			YES		

SANDWICH / BAGUETTES / JACKET POTATOS

FILLING	GLUTEN	EGGS	FISH	MILK	MUSTARD	CRUSTACEANS	SULPHITES
HAM	BREAD	SLAW					
CHEESE	BREAD	SLAW		YES			
BACON	BREAD	SLAW					
TUNA MAYO	BREAD	SLAW / MAYO	YES				
SAUSAGE ONION	YES	SLAW					YES
VEGAN SAUSAGE	YES	SLAW					
PRAWN MARIE ROSE	BREAD	SLAW / SAUCE			SAUCE	YES	
CHIX BACON MAYO	BREAD	SLAW / MAYO					
SMOKED SALMON	BREAD	SLAW	YES	PHILLY			
FISH FINGER	YES	SLAW / TARTARE	YES		TARTARE		
BEANS		SLAW					
CHILLI		SLAW					
CHICKEN CURRY		SLAW					

BREAD MAY CONTAIN TRACE OF SOYA / BAGUETTES MAY CONTAIN TRACE OF SESAME

Where it lists item as opposed to Yes.
This means dish will be free of the allergen without that item.

For example:

The Batter on the fish of the day—
without this it will be Gluten free.

The tartare sauce on the fish of the day—
without this there is no egg in the meal