

# 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.**

SAUCES	GLUTEN	EGGS	MILK	PEANUT	TREE NUTS	SULPHITES	MUSTARD	SESAME	CELERY
HONEY & MUS-TARD		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						

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

STARTERS	GLUTEN	CRUSTACEANS	EGGS	FISH	SOYA	MILK	CELERY	MUSTARD	SULPHITES	SEASAME	MOLLUSCS
SOUP	BREAD			SEE STAFF FOR FURTHER DETAILS							
KING PRAWNS	YES	YES	TRACE	TRACE	YES	TRACE			TRACE		
SPICED SQUID	YES				YES						YES
WHITEBAIT	YES		TARTARE	YES				TARTARE			
CHICKEN TENDERS	YES					YES	YES				
SMOKED SALMON	BREAD			YES	TRACE						
MUSHROOMS	BREAD								YES		
BREAD & OLIVES	BREAD								BALSAMIC	TRACE	

MAINS	GLUTEN	CRUSTACEANS	EGGS	FISH	SOYA	MILK	MUSTARD	SULPHITES	MOLLUSCS	PEANUTS	TREE NUTS
HAM EGG CHIPS			EGG								
SCAMPI	YES	YES	TARTARE	TRACE			TARTARE		TRACE		
FISH AND CHIPS	BATTER		TRACE / TARTARE	YES	TRACE	TRACE	TARTARE				
SAUSAGE MASH	YES					MASH		YES			
VEGAN SAUSAGE	YES					MASH					
SEABASS SPECIAL				YES	SEE STAFF FOR FURTHER DETAILS						
PIE SPECIAL	PASTRY		PASTRY		SEE STAFF FOR FURTHER DETAILS						
MADRAS CURRY	NAAN						YES				
CHILLI						CHEESE					
RIGATONI PASTA	YES				TRACE	CHEESE	TRACE				
MOUSSAKA	BREAD				YES					YES	YES
CHICKEN SPECIAL				SEE STAFF FOR FURTHER DETAILS							
HOT SEAFOOD	YES	YES	SAUCE	YES		YES	SAUCE		YES		
BREAKFAST	YES		YES			BUTTER		YES			

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

DESSERTS	GLUTEN	EGGS	MILK	SOYA	SULPHITES
TOFFEE PUDD		YES	CUSTARD		YES
PEAR TART	YES	YES	CREAM		
BROWNIE	YES	YES	YES	SAUCE	
POSSET		YES	YES	YES	
BREAD PUDD	YES		YES		
CREAM			YES		
CUSTARD			YES		

**SANDWICH / BAGUETTES / JACKET POTATOS**

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

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					
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					

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

SALADS	EGGS	FISH	MILK	MUSTARD	SESAME	SULPHITES
CHICKEN BACON	MAYO			DRESSING		
HAM CHEESE			CHEESE	DRESSING	DRESSING	
S/S	SAUCE	YES		SAUCE		

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	BAGUETTE	SAUCE/SLAW	YES		TRACE	SAUCE / GHERKINS	PRAWNS	PICKLE / ONION
HAM / CHEESE	BAGUETTE	SLAW		YES	TRACE	GHERKINS		PICKLE / ONION

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**

KIDS	GLUTEN	CRUSTACEANS	EGGS	FISH	MILK	SOYA	MUSTARD	SULPHITES
NUGGETS	YES					TRACE		
HAM EGG			EGG					
SAUS MASH	YES				MASH			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		