# ALLERGENS TABLE

## MENU A AW18

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **SHARERS** | | | | | | | | | | | | | | |
| MENU A FENNEL & SAGE SCRATCHING | | | | | | | | | | | | | | ■ |
| MENU A GARLIC & ROSEMARY CAMEMBERT AW18 | ■ | | | | | | ■ | | | ■ | ■ | | | ■ |
| MENU A BREAD & OIL AW18 | | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A PUMPKIN HOUMOUS AW18 | | ■ | | | | | | | | ■ | ■ | ■ | | |
| MENU A OLIVES & FETA AW18 | | | | | | | ■ | | | | | | | |
| MENU A GARLIC & CHEESE FLATBREAD | | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A BUTCHERS BOARD AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A CHILLI & GINGER PRAWNS AW18 | | ■ | ■ | ■ | ■ | | ■ | | ■ | | | | ■ | ■ |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **STARTER** | | | | | | | | | | | | | | |
| MENU A SCALLOPS OF THE DAY | ■ | | ■ | ■ | ■ | | ■ | ■ | | | | | | ■ |
| MENU A SWEET POTATO SOUP AW18 | ■ | ■ | | | | | | | | | | | | |
| MENU A SMOKED CHICKEN TERRINE AW18 | ■ | ■ | | ■ | | | ■ | | ■ | | | | | ■ |
| MENU A SCOTCH EGG AW18 | | ■ | | ■ | | | | | ■ | | | | | ■ |
| MENU A HALLOUMI STUFFED FALAFELS AW18 | | ■ | | ■ | | | ■ | | | | | ■ | | |

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| MENU A SEA SALT & CHILLI CALAMARI | ■ | ■ | ■ | ■ | ■ | | ■ | ■ | ■ | | | | ■ | |
| MENU A CRAB & LINGUINE CAKE AW18 | | ■ | ■ | ■ | | | | | | | | | | |
| MENU A KATSU CHICKEN WINGS AW18 | ■ | ■ | | ■ | | | | | ■ | | | | ■ | ■ |
| MENU A SWEET & SOUR AUBERGINES W' CHICKPEA SALAD AW18 | | ■ | | | | | ■ | | | | | ■ | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **MAINS** | | | | | | | | | | | | | | |
| MENU A PORK BELLY & MASH AW18 | ■ | | | ■ | | | ■ | | ■ | | | | | ■ |
| MENU A SZECHUAN DUCK AW18 | | | | ■ | | | ■ | | | | | | | |
| MENU A SAUSAGE & LENTILS AW18 | ■ | | | ■ | | | ■ | | ■ | | | | | ■ |
| MENU A GLAMORGAN SAUSAGE & LENTILS AW18 | ■ | ■ | | ■ | | | ■ | | ■ | | | | | ■ |
| MENU A SWEET POT & BEET CAESAR SALAD | | ■ | | ■ | | | ■ | | | | | | ■ | |
| MENU A WARM CAESAR ADD CHICKEN & BACON | | | | | | | | | | | | | | |
| MENU A WARM CAESAR ADD HALLOUMI | | | | | | | ■ | | | | | | | |
| MENU A BATTERED FISH & CHIPS AW18 | | ■ | | ■ | ■ | | ■ | | ■ | | | | | |
| MENU A BATTERED HALLOUMI & CHIPS AW18 | | ■ | | ■ | | | ■ | | ■ | | | | | |
| MENU A GOAN FISH CURRY | | | ■ | | ■ | | | | | | | | | |
| MENU A JACKFRUIT CURRY AW18 | | | | | | | | | | | | | | |
| MENU A POUSSIN, TABBOULEH & SAFFRON YOGURT | | ■ | | | | | ■ | | | | | | | |
| MENU A LAMB RUMP AW18 | ■ | | | | | | ■ | | | | | | | ■ |
| MENU A THAI SEABASS AW18 | | ■ | | | | | | | | | | | ■ | |
| MENU A PEA & MINT TORTELLINI AW18 | | | | ■ | | | ■ | | | | | | | |

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| MENU A CHICKEN PIE AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A GAMMON & CHIPS AW18 | ■ | ■ | | ■ | | | | | ■ | | | | | |
| MENU A GNOCCHI ALLA NORMA AW18 | | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A MUSHROOM & FETA PB RISOTTO | ■ | ■ | | | | | ■ | | | | | | | ■ |
| MENU A RIGATONI ARRABITA AW18 | | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A RIGATONI ADD CHICKEN | | | | | | | | | | | | | | |
| MENU B ADD KING PRAWNS AW18 | | | ■ | | ■ | | | | | | | | | |
| MENU B ADD NDUJA SAUSAGE AW18 | | | | | | | | | | | | | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SIDES | | | | | | | | | | | | | | |
| MENU A SIDE OF GASTRO CHIPS | | | | | | | | | | | | | | |
| MENU A TRUFFLE & PARMESAN FRIES | | | | ■ | | | ■ | | | | | | | |
| MENU A SIDE BATTERED ONION RINGS | | ■ | | | | | | | | | | | | |
| MENU A SIDE OF FRIES | | | | | | | | | | | | | | |
| MENU A WINTER GREEN FRICASSEE AW18 | | | | | | | ■ | | | | | | | ■ |
| MENU A CHARGRILLED PUMPKIN AW18 | | ■ | | | | | ■ | | | | | | | |
| MENU A CURRIED PANKO PARSNIPS AW18 | | ■ | | ■ | | | | | ■ | | | | | |
| MENU A HALLOUMI & POLENTA FRIES AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | |
| MENU A SIDE MUSTARD CHIVE MASH AW18 | | | | | | | ■ | | ■ | | | | | |

| | Celery | Cereals containing | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

| | | gluten | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| GRILLS | | | | | | | | | | | | | | |
| B SIDE SAUCE PEPPER | ■ | | | | | | ■ | | | | | | | ■ |
| B SIDE SAUCE DIANE | ■ | | | | | | ■ | | ■ | | | | | |
| MENU B BLUE CHEESE SAUCE AW18 | | | | | | | ■ | | | | | | | |
| MENU A GRILL SAUTEED KING PRAWNS | | | ■ | ■ | ■ | | ■ | | | | | | | ■ |
| MENU A GRILL SAUTEED MUSHROOMS | | | | ■ | | | ■ | | | | | | | ■ |
| MENU A GRILL BEER BATTERED ONION RINGS | | ■ | | | | | | | | | | | | |
| MENU A SMOKED MAC N CHEESE AW18 | | ■ | | ■ | | | ■ | | | | | | | |
| MENU A GRILL HERB & GARLIC BUTTER | | | | ■ | | | ■ | | | | | | | ■ |
| MENU B PRIME BEEF BURGER AW18 | | ■ | | ■ | | | ■ | | | | | ■ | | ■ |
| MENU A GRILL DOUBLE UP YOUR BURGER | | | | | | | | | | | | | | |
| MENU A BUTTERMILK CHICKEN BURGER AW18 | | ■ | | ■ | | | ■ | | ■ | | | ■ | | ■ |
| MENU A QUINOA BURGER AW18 | | ■ | | ■ | | | ■ | | | | | ■ | | ■ |
| MENU A FILLET STEAK 7OZ | ■ | ■ | | | | | | | ■ | | | | | |
| MENU A RIBEYE 10OZ AW18 | ■ | ■ | | | | | | | ■ | | | | | |
| MENU A FLAT IRON STEAK 8OZ | ■ | ■ | | | | | | | ■ | | | | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SANDWICHES | | | | | | | | | | | | | | |
| MENU A NDUJA S/W AW18 | ■ | ■ | | | | | ■ | | ■ | | | | | |
| MENU C FISH FINGER S/W | | ■ | | ■ | | | | | ■ | | | | | ■ |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| MENU A BUTTERMILK CLUB & BLUE S/W | | ■ | | ■ | | | ■ | | ■ | | | | | |
| MENU A CROQUE MONSIEUR S/W AW18 | ■ | ■ | | ■ | | | ■ | | ■ | | | | | |
| MENU A ADD HEN EGG S/W AW18 | | | | ■ | | | | | | | | | | |
| MENU A GLAMORGAN S/W AW18 | ■ | ■ | | | | | ■ | | ■ | | | | | |
| MENU A BLOODY MARY CRAB S/W AW18 | ■ | ■ | | ■ | ■ | | ■ | | ■ | | | | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DESSERT | | | | | | | | | | | | | | |
| MENU A PROFITEROLES AW18 | | ■ | | ■ | | | ■ | | | ■ | | | ■ | |
| MENU A CHOCOLATE BROWNIE AW18 | | | | ■ | | | ■ | | | ■ | ■ | | ■ | |
| MENU A PEAR & CRUMBLE AW18 | | ■ | | ■ | | | ■ | | | ■ | ■ | | | ■ |
| MENU A TIRAMISU CHEESECAKE AW18 | | ■ | | ■ | | | ■ | | | ■ | | | ■ | |
| MENU A ICE CREAM TRIO AW18 | | | | | | | ■ | | | | | | | |
| MENU A APPLE TARTELETTE AW18 | | ■ | | ■ | | | ■ | | | ■ | ■ | | ■ | |
| MENU A LEMON BAVARIOS AW18 | | | | ■ | | | ■ | | | | | | | |
| MENU A CHEESE BOARD SS18 | | | | | | | ■ | | ■ | ■ | ■ | | | |
| MENU A CHEESE PLATE SS18 | | | | | | | ■ | | ■ | ■ | ■ | | | |
| MENU ALL LATTE 8OZ & MINI DESSERT | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| COFFEE | | | | | | | | | | | | | | |

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| MENU ALL SINGLE ESPRESSO | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL FLAT WHITE 8OZ | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL LATTE MACCHIATO 8OZ | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL AMERICANO 12OZ | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL CAPPUCINO 12OZ | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL HOT CHOCOLATE 120Z | | | | | | | ■ | | | | | | | |
| MENU ALL MOCHA 12OZ | | ■ | | | | | ■ | | | ■ | ■ | | ■ | |
| MENU ALL HAZELNUT SYRUP SHOT | | | | | | | | | | ■ | | | | |
| MENU ALL CARAMEL SYRUP SHOT | | | | | | | | | | | | | | |
| MENU ALL VANILLA SYRUP SHOT | | | | | | | | | | | | | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CHILDREN | | | | | | | | | | | | | | |
| MENU A KIDS GARLIC & CHEESE FLATBREAD | | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A KIDS CHURROS & ICE CREAM AW18 | | ■ | | | | | ■ | | | ■ | | | ■ | |
| MENU A ICE CREAM KIDS BERRIES & CREAM AW18 | | | | | | | ■ | | | | | | | |
| MENU A ICE CREAM KIDS TWO SCOOP AW18 | | | | | | | ■ | | | | | | | |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ROASTS | | | | | | | | | | | | | | |
| MENU A ROAST BEEF AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| MENU A ROAST TRIO AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A PORK CRACKLING SIDE AW18 | | | | | | | | | | | | | | |
| MENU A STUFFING SIDE AW18 | ■ | ■ | | ■ | | | | | | | | | | |
| MENU A YORKSHIRE PUDDING SIDE AW18 | | ■ | | ■ | | | ■ | | | | | | | |
| MENU A SIDE ROAST POTATOES AW18 | | | | | | | | | | | | | | |
| MENU A CAULIFLOWER CHEESE AW18 | | ■ | | ■ | | | ■ | | | | | | | |
| MENU A PIGS IN BLANKETS AW18 | | ■ | | | | | | | | | | | ■ | ■ |
| MENU A KIDS ROAST LAMB AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A KIDS ROAST BEEF AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A KIDS ROAST CHICKEN AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A ROAST BRIE TART AW18 | ■ | ■ | | | | | ■ | | | ■ | | | ■ | ■ |
| MENU A KIDS ROAST PORK AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |
| MENU A ROAST CHICKEN AW18 | ■ | ■ | | ■ | | | ■ | | | | | | | ■ |