ALLERGEN INFORMATION

X INDICATES PRESENCE OF ALLERGEN M/C INDICATES MAY CONTAIN

WE TAKE EVERY CARE & ATTENTION TO IDENTIFY ALLERGENS IN OUR INGREDIENTS, BUT WE CANNOT GUARANTEE THAT OUR DISHES ARE 100% ALLERGEN FREE DUE TO RISK OF CROSS CONTAMINATION, THIS INCLUDES ITEMS THAT ARE COOKED IN OUR DEEP FAT FRYERS WHERE INGREDIENTS THAT INCLUDE GLUTEN HAVE ALSO BEEN COOKED. OUR DEEP FAT FRYERS CONTAIN REFINED G.M. SOYA OIL

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|--|---|-------------|-----|------|---------|------|----------------|------|--------|--------|----------|-----------|----------|-------|------------|
| UPDATED ON 17/11/2020 | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Eggs and Tofu | GLOTEN | CRUSTACEANS | 200 | rion | FEANUTS | WILK | NOTS | 301A | SESAME | CELERI | WIOSTARD | SULPHITES | MOLLUSUS | LUFIN | DEEF FRIED |
| Eggs with chilli | | | х | | | | | | | | | | | | |
| Baked shakshuka | X WHEAT | | х | | | х | | | | Х | | | | | |
| Scrambled tofu | X WHEAT | | | | | | | X | | X | | | | | |
| Hearty | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Cumberland sausage wheel | X WHEAT | | | | | | | | | | | х | | | |
| Smoked trout pate | X WHEAT | | X | х | | х | | | | | х | х | | | |
| Plant based smoked sausage | | | | | | | | | | | х | х | | | |
| Bakery | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Warm Croissant | X WHEAT | | X | | | X | | | | | | | | | |
| Toasted seeded bread with jam | X WHEAT BARLEY RYE | | | | | | M/C | | | | | | | | |
| Jalapeno cornbread | X WHEAT | | х | | | х | | | | | | х | | | |
| Fruit and Grains | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Ruby grapefruit | | | | | | | | | | | | | | | |
| Passion fruit and coconut chia yoghurt | M/C | | | | M/C | | M/C | х | M/C | | | х | | | |
| Granola, banana and berry smoothie | X WHEAT OATS | | | | M/C | | X ALMONDS | | | | | | | | |
| Sweet | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Caramelised banana and lime eton mess | | | х | | | х | | | | | | | | | |
| Nutella French toast | X WHEAT | | Х | | | х | X HAZLENUTS | х | | | | | | | |
| Dark chocolate and peanut butter pot | X WHEAT | | | | х | | х | X | | | | | | | |
| Kids | GLUTEN | CRUSTACEANS | EGG | FISH | PEANUTS | MILK | NUTS | SOYA | SESAME | CELERY | MUSTARD | SULPHITES | MOLLUSCS | LUPIN | DEEP FRIED |
| Kids Brunch | X WHEAT OATS BARLEY RYE | | x | | | x | X ALMONDS | | | | | | | | |