

ALLERGENS INFORMATION SHEET At-a-glance summary

		1 Cereals (gluten wheat)	2 Crustaceans	3 Egg	4 Fish	5 Peanuts	6 Soybeans	7 Milk	8 Nuts	9 Celery	10 Mustard	11 Sesame seeds	12 Sulphur dioxide/sulphites	13 Lupin	14 Molluscs	15 Risk of accidental inclusion of those allergens listed in cols 1-14	
Starters	Soup with fresh bread	✓		✓						✓							✓
	Chicken liver, brandy & chive parfait						✓	✓									✓
	Sesame chicken fillets	✓		✓				✓	✓			✓					✓
	Sliced smoked salmon				✓					✓	✓						✓
	Ginger sweet potato cakes & avocado lime slasa	✓															✓
	Wild mushroom & tarragon pate																✓
Mains	Boeuf bourgignon cottage pie							✓		✓		✓					✓
	Roast rack of lamb							✓				✓					✓
	Pan-roast chicken breast							✓				✓					✓
	Baked fillet of seabass				✓			✓									✓
	Pached fillet of smoked haddock	✓						✓				✓					✓
	Chickpea, cherry tomato & mangetout curry																✓
	Lincolnshire bangers & mash	✓		✓				✓					✓				✓
	Scampi, chips & peas	✓	✓	✓	✓			✓									✓
	Haddock, chips & mushy peas	✓		✓	✓							✓					✓
	Hunter's chicken							✓			✓						✓
8oz Gammon steak			✓						✓	✓						✓	
Pasta	Spaghetti Bolognese	✓						✓									✓
	Sweet potato, spinach & sage lasagne	✓						✓									✓
Steaks, ribs & burgers	Rump steak	✓															✓
	Sirloin steak	✓															✓
	Ribeye steak	✓															✓
	Fillet steak	✓															✓
	Rack of pork ribs	✓		✓			✓		✓	✓							✓
	Chicken & ribs	✓		✓			✓		✓	✓							✓
	Steak & ribs	✓		✓			✓		✓	✓							✓
	Sticky hickory sauce									✓	✓						✓
	Pepper sauce							✓					✓				✓
	Stilton sauce	✓						✓					✓				✓
	Diane sauce							✓		✓	✓		✓				✓
	Millers burger	✓			✓			✓		✓	✓		✓				✓
	Chicken breast burger	✓						✓									✓
	Portobello mushroom & halloumi burger	✓			✓			✓									✓
Salads	House salad							✓			✓						✓
	Chicken & bacon caesar salad			✓			✓		✓								✓
	Warm ham hock salad & poached egg			✓						✓	✓						✓
	Seared salmon salad	✓		✓									✓				✓
Mezze boards	Crudites	✓						✓		✓		✓					✓
	Millers Mezze Board	✓						✓		✓	✓	✓					✓
Sides	Beer-battered onion rings	✓															✓
	Twice-cooked chips																✓
	Dressed side salad, mixed leaves, peppers, toms							✓		✓	✓						✓
	Garlic focaccia	✓						✓									✓
	Garlic focaccia with cheese	✓						✓									✓
	Olives (green & black pitted) in oil with herbs										✓						✓
Coleslaw			✓				✓									✓	
Afternoon Tea	Contents vary - do not order if allergen-intolerant																
Drinks	Please assume that all draught beers and lagers contain gluten, wheat and barley and that all draught ciders contain sulphites.																
Bottled drinks	Any allergens will be marked on the bottle labels. Please check the details on the bottle before asking us to open it.																

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Desserts	Bramley apple & blackberry crumble	✓						✓									✓
	Salted caramel double chocolate brownie	✓															✓
	Coconut rice pudding, mango & orange salad																✓
	Blueberry & white chocolate cheesecake	✓						✓	✓								✓
	Espresso crème brulee							✓									✓
	Geleto & espresso	✓		✓													✓
	Ice creams			✓				✓									✓
	Sorbets																✓
	Milk chocolate fondue			✓				✓									✓
	Cheese and Biscuits	✓						✓		✓	✓						✓
Specials	Curry, basmati rice, popadom, chutney etc	✓			✓	✓		✓	✓	✓	✓						✓
	Top dog Tuesdays - all ingredients	✓		✓				✓	✓		✓						✓
Please ask a member of staff for information on the allergens which may be contained in our daily specials																	
Breakfast	Toast, butter & jam	✓						✓	✓			✓					✓
	Bacon																✓
	Sausage	✓		✓				✓									✓
	Eggs			✓													✓
	Mushrooms							✓									✓
	Beans									✓	✓						✓
	Tomato							✓									✓
Light Bites	Scrambled egg on toast	✓		✓				✓									✓
	Smoked salmon with scrambled egg on toast	✓		✓	✓			✓									✓
	Toasted teacake butter & jam	✓		✓				✓									✓
	Lincolnshire plum loaf & butter	✓		✓				✓									✓
	Just Jane cheese							✓									✓
	Plain croissant	✓		✓				✓						✓			✓
	Cake (please ask a member of staff, as all cakes may contain nuts and other allergens)																
Wraps	Warm chicken & bacon with Caesar dressing	✓		✓	✓			✓			✓						✓
	Battered haddock gougons with tartare sauce	✓			✓												✓
	Pulled pork	✓								✓	✓	✓	✓	✓			✓
	Warm shredded duck	✓															✓
Jacket potatoes	Jacket potato with coleslaw			✓				✓			✓						✓
	Jacket potato with cheese or beans			✓				✓			✓						✓
	Jacket potato with tuna mayo			✓				✓			✓						✓
Jacket potato, prawns, Marie Rose dressing		✓	✓	✓			✓			✓						✓	
Sandwiches	Multigrain brown or white bread	✓	✓					✓									✓
	Falafel, homous & rocket pitta	✓						✓	✓	✓	✓	✓					✓
	Cheddar cheese & red onion chutney	✓						✓		✓	✓						✓
	Sausage & caramelised red onion chutney	✓						✓		✓	✓						✓
	Ham & wholegrain mustard mayonnaise	✓						✓		✓	✓						✓
	Tuna mayo	✓	✓	✓	✓	✓		✓		✓	✓						✓
Prawns in a marie rose dressing	✓	✓	✓	✓			✓		✓	✓						✓	
Sunday Lunch	Roast rump of beef	✓		✓				✓								✓	✓
	Roast Yorkshire pudding	✓		✓				✓									✓
	Roast chicken with sage & onion stuffing	✓		✓				✓								✓	✓
	Roast leg of lamb	✓		✓				✓								✓	✓
	Roast pork with apple sauce	✓		✓				✓								✓	✓

For main menu, Sunday Lunch, Classic & Brasserie menu (valid from September to end of November 2018)

PLEASE NOTE: If a meal is not specifically listed here, it means we have not had the opportunity of including it on this information sheet. It may therefore contain some or all of the allergens shown here, so if you do not see a meal listed you must assume it contains allergens please ask a member of staff for information.

Allergens



ALLERGENS INFORMATION SHEET

This leaflet and the table overleaf is to help you identify which allergens may be in any of our meals.

PLEASE NOTE: We are a small, independent operator and we do not have specific allergen-free preparation areas – many types of meals are prepared within the same areas. We would suggest therefore that, if you have any type of allergy that could result in serious consequences by eating certain allergens, you do not consume any food prepared on these premises.

The 14 allergens listed overleaf are recognised across Europe as the most common ingredients or processing aids causing food allergies and intolerances. If there is a food product which contains or uses an ingredient or processing aid (such as enzymes added to make cheese, or wheat flour used to roll out dough made from rye flour) derived from one of the substances or products listed, we have done our best to identify it on the schedule overleaf.



The allergens that are shown on the table overleaf are:

1. Cereals containing gluten namely wheat (such as spelt and Khorasan wheat), rye, barley, oats and their hybridised strains and products thereof, except wheat-based glucose syrups including dextrose, wheat-based maltodextrins, and glucose syrups based on barley cereals used for making alcoholic distillates, including ethyl alcohol of agricultural origin
2. Crustaceans and products thereof (for example prawns, lobster, crabs and crayfish)
3. Egg and products thereof
4. Fish and products thereof, except fish gelatine used as carrier for vitamin or carotenoid preparations, fish gelatine or Isinglass used as a fining agent in beer and wine
5. Peanuts and products thereof
6. Soybeans and products thereof, except fully refined soybean oil and fat, natural mixed tocopherols (E306), natural D-alpha tocopherols, natural D-alpha tocopherol acetate and natural D-alpha tocopherol succinate from soybean sources, vegetable oils derived phytosterols and phytosterol esters from soybean sources, and plant stanol ester produced from vegetable oil sterols from soybean sources
7. Milk and products thereof (including lactose), except whey used for making alcoholic distillates, including ethyl alcohol of agricultural origin, and lactitol
8. Nuts (namely almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut and Macadamia nut (Queensland nut) and products thereof except for nuts used for making alcoholic distillates, including ethyl alcohol of agricultural origin)
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/L (litre) in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
13. Lupin and products thereof
14. Molluscs and products thereof (for example: mussels, clams, oysters, scallops, snails and squid)

