

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 bread	✓														✓
	Heritage tomato bruschetta	✓														✓
	Cajun wings & lemon strips	✓		✓												✓
	Breaded whitebait	✓			✓											✓
	Ham & mustard terrine	✓								✓	✓					✓
	Prawn cocktail	✓	✓		✓											✓
Mains	Lamb's liver & bacon	✓						✓								✓
	Steak & Ale Pie	✓		✓												✓
	Chicken with smoked bacon & thyme	✓		✓												✓
	Lincolnshire bangers & mash	✓						✓								✓
	Bean chilli															✓
	Wild caught seared hake fillet				✓					✓						✓
	Venison steak									✓						✓
	Moules marinières	✓													✓	✓
	Scampi, chips & peas	✓						✓								✓
	Haddock, chips & mushy peas	✓		✓				✓								✓
	Hunter's chicken		✓	✓	✓			✓								✓
	Boz gammon steak															✓
	Butternut squash ravioli	✓		✓									✓			✓
	Steaks, ribs & burgers	Rump steak	✓													
Sirloin steak		✓														✓
Ribeye steak		✓														✓
Fillet steak		✓														✓
Rack of pork ribs		✓		✓				✓		✓	✓					✓
Chicken & ribs		✓						✓		✓	✓					✓
Steak & ribs		✓		✓				✓		✓	✓					✓
Pepper sauce																✓
Stilton sauce		✓														✓
Diane sauce										✓	✓					✓
Classic burger		✓														✓
The Black & Blue		✓														✓
The LA		✓														✓
The Hillbilly		✓														✓
Portobello & halloumi burger	✓							✓	✓	✓					✓	
Salads	Chicken & bacon caesar salad			✓				✓	✓	✓						✓
Sharers	Cheesy nachos						✓									✓
Sides	Beer-battered onion rings	✓														✓
	Twice-cooked chips															✓
	Garlic focaccia with cheese	✓					✓									✓
	Olives (green & black pitted) in oil with herbs									✓					✓	
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.															

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.

		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
Desserts	Chai masala crème brûlée	✓														✓
	Warm sticky toffee pudding & vanilla ice cream	✓														✓
	Chocolate fudge brownie sundae			✓												✓
	Adam & Eve pudding	✓		✓												✓
	Glazed lemon tart	✓		✓												✓
	Cheese board	✓														✓
	Ice creams							✓								✓
	Sorbets							✓								✓
	Milk chocolate fondue							✓								✓
Specials	Curry, basmati rice, popadom, chutney etc	✓			✓	✓		✓	✓	✓	✓					✓
	Traditional Pie Tuesday															✓
	Please ask a member of staff for information on the allergens which may be contained in our daily specials															
Cakes & Pastries	Lincolnshire crumpet	✓						✓								✓
	Raisin scone			✓												✓
	Cake (please ask a member of staff, as all cakes may contain nuts and other allergens)															
Wraps	Warm chicken & bacon with Caesar dressing	✓		✓	✓			✓			✓					✓
	Shredded duck, spring onions & sesame slaw	✓								✓						✓
	Pulled pork & coleslaw	✓								✓				✓		✓
	Falafel, hummus, rocket & peppers	✓														✓
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	✓	✓					✓								✓
	Posh fish finger with little gem lettuce & tartare															✓
	Cheddar cheese & red onion chutney	✓								✓	✓					✓
	Sausage & onion relish	✓														✓
	Ham & wholegrain mustard	✓								✓	✓					✓
	Tuna mayo	✓	✓	✓	✓	✓		✓		✓	✓					✓
Sunday lunch	Prawns in a Marie Rose dressing	✓	✓	✓	✓			✓		✓						✓
	Roast rump of beef	✓														✓
	Roast leg of lamb	✓		✓												✓
	Roast Chicken	✓														✓

For Breakfast - see overleaf

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.



Breakfast		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
		Cereals (gluten wheat)	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame seeds	Sulphur dioxide/sulphites	Lupin	Molluscs	Risk of accidental inclusion of these allergens listed in coils 1-14
Light bites/ Elevenses	Toast, butter and jam	✓						✓					✓			✓
	Warm all-butter croissant	✓						✓					✓			✓
	Toasted teacake	✓						✓					✓			✓
	Lincolnshire plum loaf	✓						✓					✓			✓
	Cheese-topped plum loaf	✓						✓					✓			✓
Traditional breakfast	Full English	✓		✓				✓					✓			✓
	Veggie English	✓		✓				✓					✓			✓
	Black pudding	✓		✓									✓			✓
	Tomato															✓
	Kippers with toast & butter	✓			✓			✓					✓			✓
Breakfast baps	Crispy bacon	✓						✓					✓			✓
	Lincolnshire sausage	✓						✓					✓			✓
	2 fried eggs	✓		✓				✓					✓			✓
	Veggie sausage	✓						✓					✓			✓
Avocado	Avocado on toast	✓						✓					✓			✓
Eggs	Eggs benedict	✓		✓				✓					✓			✓
	Eggs royale	✓		✓	✓			✓			✓		✓			✓
	Eggs florentine	✓		✓				✓			✓		✓			✓
	Scrambled eggs on toast	✓		✓				✓					✓			✓
	Posh scrambled eggs on toast	✓		✓	✓			✓					✓			✓