

# 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
<b>Starters</b>	Soup with bread	✓		✓				✓		✓	✓					✓
	Carpaccio of fresh beetroot							✓			✓					✓
	Smoked chicken breast			✓				✓			✓					✓
	Homemade duck spring rolls	✓				✓	✓			✓		✓				✓
	Calamari	✓		✓	✓											✓
Pork Scratchings	✓					✓										✓
<b>Sharers</b>	Baked camembert	✓						✓								✓
	Cheesy Nachos	✓						✓								✓
	Charcuterie & Cheese	✓							✓	✓			✓			✓
	Greek Mezze Board	✓						✓		✓	✓	✓				✓
<b>Mains</b>	Chicken and chorizo risotto	✓						✓					✓			✓
	Roasted cauliflower tagine	✓										✓				✓
	Crispy belly pork					✓										✓
	Lincolnshire bangers & mash	✓						✓								✓
	Pan-roasted chicken 'Pot au feu'									✓						✓
	Wild caught seared hake fillet				✓					✓						✓
	Braised shoulder of lamb							✓								✓
	Feta, sundried tomato and spinach tart	✓		✓				✓		✓	✓					✓
	Scampi, chips & peas	✓						✓								✓
	Haddock, chips & mushy peas	✓		✓				✓								✓
	Hunter's chicken		✓	✓	✓			✓		✓	✓					✓
	8oz gammon steak			✓	✓					✓	✓					✓
	Butternut squash ravioli	✓		✓				✓					✓			✓
<b>Steaks, ribs &amp; burgers</b>	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	✓		✓				✓		✓	✓		✓			✓
	Classic Chicken	✓		✓				✓		✓	✓		✓			✓
	Pulled pork	✓		✓				✓		✓	✓		✓			✓
	Mediterranean veg	✓		✓				✓		✓	✓		✓			✓
	<b>Salads</b>	Caesar salad			✓				✓		✓					
Greek salad								✓		✓						✓
	Beer-battered onion rings	✓														✓
	Twice-cooked chips															✓
	Dressed side salad, mixed leaves, peppers, toms							✓		✓	✓					✓
	Garlic ciabatta	✓						✓								✓
	Garlic ciabatta with cheese	✓						✓								✓
	Olives (green & black pitted) in oil with herbs										✓					✓
<b>Afternoon Tea</b>	Contents vary - do not order if allergen-intolerant															
<b>Drinks</b>	contain gluten, wheat and barley and that all draught															
<b>Bottled drinks</b>	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
<b>Desserts</b>	Eton Mess panna cotta			✓				✓								✓
	Lemon and rhubarb assiette	✓		✓				✓								✓
	Oreo sundae	✓		✓				✓					✓			✓
	Searched Pineapple															✓
	Sticky toffee pudding	✓		✓				✓								✓
	Cheese board	✓						✓		✓						✓
	Ice creams							✓								✓
	Sorbets															✓
Milk chocolate fondue							✓								✓	
<b>Specials</b>	Curry, basmati rice, popadom, chutney etc	✓			✓	✓		✓	✓	✓	✓					✓
	Mexican Tuesday	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓			✓
Please ask a member of staff for information on the allergens which may be contained in our daily specials																
<b>Cakes &amp; Pastries</b>	Raisin scone	✓		✓				✓								✓
	Cake (please ask a member of staff, as all cakes may contain nuts and other allergens. Some cakes are also dairy and gluten free)															
<b>Jacket potatoes</b>	Jacket potato with coleslaw			✓				✓			✓					✓
	Jacket potato with cheese or beans			✓				✓			✓					✓
	Jacket potato with tuna mayo			✓				✓			✓					✓
	Jacket potato, prawns, Marie Rose dressing		✓	✓	✓			✓			✓					✓
<b>Light Bites</b>	Fancy cheese on toast	✓						✓					✓			✓
	Chicken Shish Flatbread	✓								✓	✓		✓			✓
	Posh fish finger bloomer	✓								✓	✓		✓			✓
	Chargrilled Halloumi, rocket and avocado ciabatta	✓		✓						✓	✓		✓			✓
	BBQ pork and mixed bean enchilada	✓								✓	✓		✓			✓
	Coronation chicken Ciabatta	✓		✓				✓		✓	✓		✓			✓
	Asparagus and goat's cheese frittata			✓				✓		✓	✓		✓			✓
	Falafel and roasted aubergine flatbread	✓								✓	✓		✓			✓
Hot Boston sausage bloomer	✓								✓	✓		✓			✓	
<b>Sunday lunch</b>	Roast rump of beef	✓		✓				✓					✓			✓
	Roast leg of lamb	✓		✓				✓					✓			✓
	Roast Chicken	✓						✓					✓			✓

For Breakfast - see overleaf

# 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).

Breakfast		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
<b>Light bites/ Elevenses</b>	Toast, butter and jam	✓						✓					✓			✓
	Warm all-butter croissant	✓						✓					✓			✓
	Toasted teacake	✓						✓					✓			✓
	Lincolnshire plum loaf	✓						✓					✓			✓
	Cheese-topped plum loaf	✓						✓					✓			✓
<b>Tradional breakfast</b>	Full English	✓		✓				✓								✓
	Small English	✓		✓				✓								✓
	Veggie English	✓		✓				✓								✓
	Vegan English	✓											✓			✓
	Black pudding	✓		✓												✓
<b>Breakfast baps</b>	Crispy bacon	✓						✓								✓
	Lincolnshire sausage	✓						✓								✓
	Vegan sausage	✓											✓			✓
	Veggie sausage	✓						✓								✓
<b>Eggs</b>	Eggs benedict	✓		✓				✓			✓					✓
	Eggs royale	✓		✓	✓			✓			✓					✓
	Omelette			✓				✓					✓			✓
	Scrambled eggs on toast	✓		✓				✓								✓
	Posh scrambled eggs on toast	✓		✓	✓			✓								✓
<b>Pancakes</b>	fried egg & maple syrup	✓		✓				✓					✓			✓
	Sweet with mixed berries, natural yoghurt & maple syrup	✓		✓				✓					✓			✓