

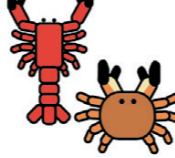














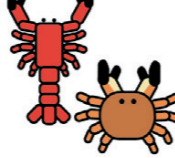










DISHES AND THEIR ALLERGEN CONTENT EARLY BIRD STARTERS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CHEFS SOUP OF THE DAY	INGREDIENTS IN THE SOUP WILL VARY SEE SOUP SHEET FOR ALLERGEN INFORMATION - INGREDIENTS IN THE SOUP WILL VARY SEE SOUP SHEET FOR ALLERGEN													
Nachos							X							
Breaded Mushrooms		X WHEAT												
Prawn Cocktail		X WHEAT	X	X			X		X					
VSR + SAMOSAS		X WHEAT												
Pate	INGREDIENTS IN THE PATE WILL VARY PLEASE SEE THE CHEF FOR TODAYS OPTION													
Southern Fried Goujons	X	X		X					X					

DISHES AND THEIR ALLERGEN CONTENT EARLY BIRD MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)



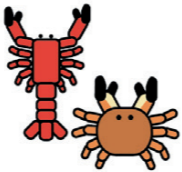


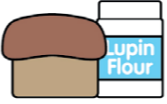






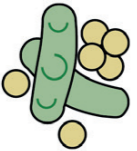

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Butternut, Chickpea & Spinach Veg Curry		X WHEAT					X		X				X	
Chicken Curry	X	X					X		X	MAY	MAY			
Veg Lasange	X	X WHEAT					X						X	
Chicken Ceasar Salad		X GLUTEN	X	X			X							
Chefs Steak & Ale Pie		X GLUTEN											X	X
6oz Burger with Cheese & Bun		X WHEAT					X		X			X		X
Beer Battered Fish & Chips		X WHEAT			X									X
Hunters Chicken							X							
Lasange		X WHEAT		MAY	X		X						X	

Review date: 23/05/25

Reviewed by: Frazer PJ

DISHES AND THEIR ALLERGEN CONTENT MAIN MENU STARTERS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Soup of the Day	SEE SOUP SHEETS FOR TODAY'S INGREDIENTS --- SEE SOUP SHEETS FOR TODAY'S INGREDIENTS --- SEE SOUP SHEETS FOR TODAY'S INGREDIENTS													
Nachos PULLED PORK							x							
Lamb Kofta				x										
Tomato & Mozz							x			x				
Pork Belly Bites		x WHEAT OATMEAL BARLEY					x		x					
Duck Spring Rolls		x WHEAT												
Mushroom Bruschetta		x WHEAT					x							
Baked Camembert		x WHEAT					x							
Spanish Chorizo		x WHEAT					x							

Review date: 23/05/25

Reviewed by: Frazer PJ



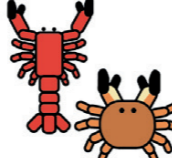

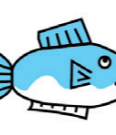
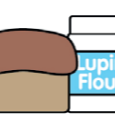










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DISHES AND THEIR ALLERGEN CONTENT

MAIN MENU STARTERS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Arancini		X GLUTEN					X							
Haddock Fishcake					X		X							

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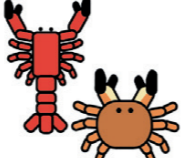




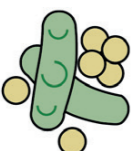
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DISHES AND THEIR ALLERGEN CONTENT MAIN MENU MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)



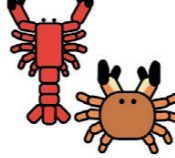






DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Teriyaki Salmon		X WHEAT											X	
Haddock Fishcake Salad				X	X		X							
Pulled Pork Mac n Cheese		X GLUTEN					X	X						
Lamb Chops														
Sirlion		X WHEAT												
Chicken Curry	X						X		X	MAY	MAY			
Butternut, Chickpea & Spinach Curry		X WHEAT							X				X	
Katsu Curry	X	X WHEAT							X					
Gammon				X			X							X

Review date: 23/05/25

Reviewed by: Frazer PJ

DISHES AND THEIR ALLERGEN CONTENT MAIN MENU MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)


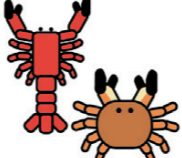


DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Chicken Pea & Pesto		X WHEAT					X						Soya	
Chicken Chorizo Pasta	X	X wheat					X		X				MAY	
Butternut Kale Roast		X WHEAT OAT											X	
Chicken Parm	X	X WHEAT					X		X					
Lamb Kofta Salad		X GLUTEN		X			X		X					
Cajun Chicken Salad				X					X					
Cajun Salmon Salad				X	X				X					
Feast Burger	X	X WHEAT					X		X					X
Bacon & Cheese Burger		X WHEAT/ GLUTEN					X		X					X

Review date: 23/05/25

Reviewed by: Frazer PJ

DISHES AND THEIR ALLERGEN CONTENT MAIN MENU MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Southern Fried Chicken Burger	X	X GLUTEN					X		X					X
Pulled Pork Burger	X	X GLUTEN					X		X					X
BBQ RIBS							X		X					
Spag Bolognaise		X Wheat			X		MAY						X	
Steak Salad				X			X							
Pork Belly							X		X					

Review date: 23/05/25



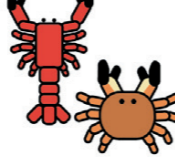

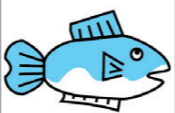
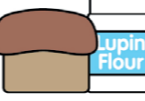








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DISHES AND THEIR ALLERGEN CONTENT CHILDRENS MENU

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Fish Fingers		X WHEAT GLUTEN			X									
Beef Burger (NO BUN)	X						X		X					X
CheeseBurger (NO BUN)	X						X		X					X
Plant Based Burger	X	X WHEAT							X					
Pork Sausages														
Vegetable Sausages							X		X					
Chicken Nuggets		X WHEAT												
Cheese & Tomato Pizza		X WHEAT					X		X				X	
					X		MAY							



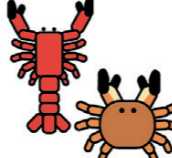

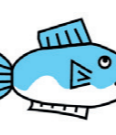
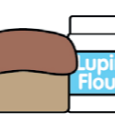








Review date: 23/05/25

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DISHES AND THEIR ALLERGEN CONTENT

SUNDAY STARTERS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Soup of the Day				INGREDIENTS VARTY - SEE SOUP SHEET FOR TODAYS SOUP AND ALLERGENS										
Vegan Meatballs							X			X				
Pate				PLEASE SEE CHEFS FOR ALLERGENS & INGREDIENTS FOR TODAYS PATE										
VSR & Samosos		X WHEAT			X		X							
Prawn Cocktail		X WHEAT					X							
Nachos							X							
Southern Fried Goujons	X	X WHEAT		X						X				
Baked Camembert														

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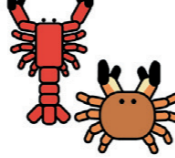


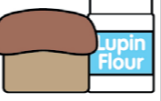










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DISHES AND THEIR ALLERGEN CONTENT

SUNDAY STARTERS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

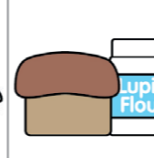
DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
BEEF														
TURKEY														
PORK														
LAMB														
CHICKEN														
YORKSHIRE PUDD		X GLUTEN												
PIG IN BLANKET		X WHEAT											X	X
ROAST POTATOES														
PORK & SAGE STUFFING		X WHEAT GLUTEN												

Review date: 23/05/25

Reviewed by: Frazer PJ

DISHES AND THEIR ALLERGEN CONTENT SUNDAY MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)



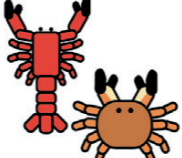


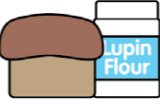






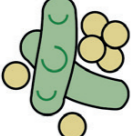

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Califlower Cheese							x		x					
Veg Roast		x GLUTEN												
Kale Butternut Roast		x WHEAT												x
Chicken Curry	x	x					x		x					
Butternut Squash, Chickpea & Spinach Curry		x WHEAT							x				x	
Bacon Cheeseburger		x GLUTEN					x		x					
Beer Battered Fish & Chips		x WHEAT			x									x
Cajun Salmon Salad				x					x					
Mac n Cheese		x GLUTEN					x		x					

Review date: 23/05/25

Reviewed by: Frazer PJ



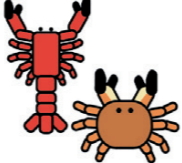

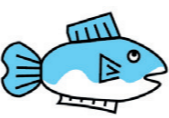
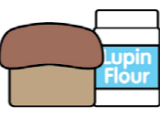








DISHES AND THEIR ALLERGEN CONTENT SUNDAY MAINS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Chefs Steak & Ale Pie		X GLUTEN											X	X
Onion Rings														
Gourmet Chips														
Garlic Bread		X GLUTEN												
Cheese Garlic Bread		X GLUTEN												
					X		MAY						X	
				MAY	X		X						X	

DISHES AND THEIR ALLERGEN CONTENT BREAKFAST

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)



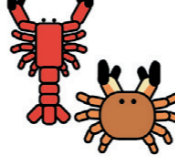


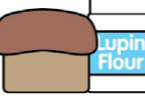








DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CORNFLAKES		X GLUTEN												
COCO FLAKES		X GLUTEN												
FROSTIES		X GLUTEN												
CRUNCY NUT		X GLUTEN									X			
FRUIT N FIBRE		X GLUTEN								X				
RICE CRISPIES		X GLUTEN												
SPECIAL K		X GLUTEN												
ALPEN		X GLUTEN					X			X				
WEETABIT		X GLUTEN												

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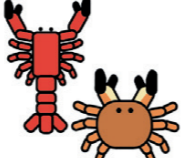


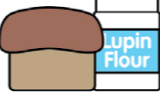






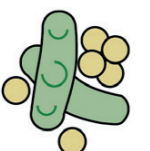

DISHES AND THEIR ALLERGEN CONTENT BREAKFAST

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SAUSAGE														X
BLACK PUDDING		X GLUTEN												
HASH BROWN														
EGGS				X										
BACON														
BAKED BEANS														
FRIED BREAD		X GLUTEN												
ALPEN		X GLUTEN / WHEAT					X			X			X	
WEETABIT		X GLUTEN												



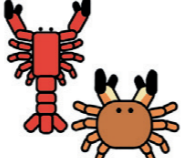

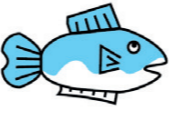
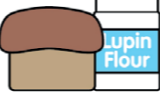








DISHES AND THEIR ALLERGEN CONTENT Soup

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
LEEK & POTATO							X							
TOMATO & RED PEPPER							X							
PEA & HAM							X							
FRENCH ONION		X WHEAT												
CURRIED CAULIFLOWER							X		X					
VEGETABLE SOUP							X							
TOMATO SOUP							X							
MUSHROOM SOUP							X							
SWEET POTATO & PARSHIP							X							



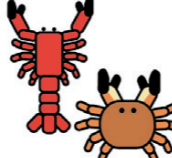










DISHES AND THEIR ALLERGEN CONTENT Soup

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CHICKEN, SMOKED BACON & SWEETCORN							X							X
CHICKEN & LEEK							X							
CHICKEN & MUSHROOM							X							


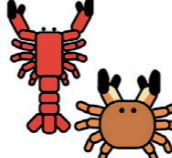


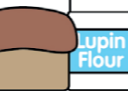








DISHES AND THEIR ALLERGEN CONTENT DESSERT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
APPLE TRAY BAKE		X		X			X							X
CITRON TART		X WHEAT		X			X							
MIXED BERRY FRANGIPANE		X WHEAT		X			X			X				
SALTED CARAMEL BLONDIE		X WHEAT					X			X MAY			X	
ENGLISH CHEESECAKE COMPANY														
HONEYCOMB		X WHEAT					X						X	
BISCOFF		X WHEAT					X						X	
SALTED CARAMEL		X WHEAT					X						X	
STRAWBERRIES & CREAM		X WHEAT					X							



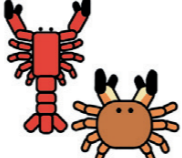

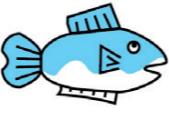
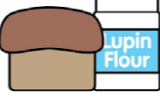








DISHES AND THEIR ALLERGEN CONTENT DESSERT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
RASPBERRY & WHITE CHOCOLATE ROULADE (gf)				X			X							X
ULTIMATE FUDGE CAKE		X WHEAT		X			X							
CARAMEL APPLE BETTY		X WHEAT					X							
TRILLONAIRES TART (ve)							X						X	
BLACK FOREST ROUALDE				X									X	
SALTED CARAMEL & GINGERBREAD MUD CAKE		X GLUTEN		X			X						X	
CHOCOLATE BROWNIE				X			X						X	
APPLE PIE		X WHEAT												
IND APPLE CRUMBLE		X WHEAT												



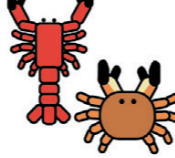


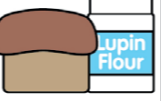








DISHES AND THEIR ALLERGEN CONTENT DESSERT

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DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SPONGE PUDDING				X										
STICKY TOFFEE PUDDING				X										
FRUIT CAKE		X WHEAT		X			X			X	X	X	X	X
STICKY TOFFEE SLICE				X			X						X	
LEMON MERINGUE PIE		X WHEAT		X										
PEACH BELLINI ROULADE				X			X							



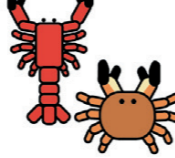











DISHES AND THEIR ALLERGEN CONTENT SAUCES & CONDIMENTS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
DIANE							x		x					
BEARINAISE							x	x						
PEPPERCORN							x		x					
BBQ														
TOMATO SAUCE														
SWEET CHILLI														
RASP COULIS														
TOMATO & BASIL SAUCE														



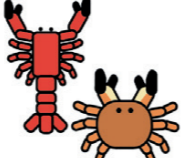

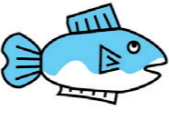
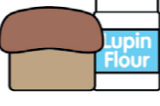








DISHES AND THEIR ALLERGEN CONTENT SAUCES & CONDIMENTS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SOUR CREAM							x							
RED ONION MARMALADE														
COLESLAW				x			x		x					
REDCURRANT														
THAI SPICED SAUCE							x							
CHIPOTLE				x			x							
ITALIAN SAUCE														
GARLIC MAYO														
HOUSION SAUCE			x											



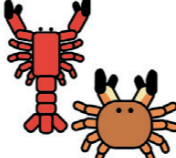


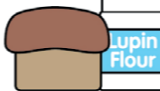








DISHES AND THEIR ALLERGEN CONTENT SAUCES & CONDIMENTS

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CUSTARD							X							
CREAM,							X							
YOGURT & MINT				X			X		X					



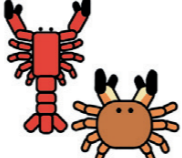

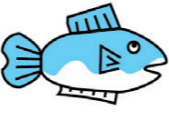
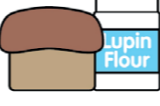








DISHES AND THEIR ALLERGEN CONTENT SAUCES & CONDIMENTS

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DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
ONION RINGS		X WHEAT BARLEY												
GARLIC BREAD		X WHEAT												
CHEESE GARLIC BREAD		X WHEAT					X							
GOURMET CHIPS														
CAJUN WEDGES														
JACKET POTATO														
MASHED POTATO														
BAKED BEANS														
RICE														

DISHES AND THEIR ALLERGEN CONTENT BUFFET

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SAUSAGE ROLLS		X WHEAT												
CHICKEN SKEWERS														
VEGETABLE SPRING ROLLS		X WHEAT										X	X	
VEGETABLE SAMOSAS		X WHEAT											X	
TEMPURA KING PRAWNS														
PIZZA		X GLUTEN					X							
QUICHE LORRAINE		X WHEAT		X			X			X				
QUICHE MEDITERRANEAN VEG		X WHEAT		X			X			X				
QUICHE CHEESE & ONION		X WHEAT		X			X			X				

Review date: 23/05/2025

Reviewed by: FPJ