

ALLERGEN'S MATRIX

THE OLD BARN INN

JPK (LLANMARTIN) Limited T/A The Old Barn Inn

REVIEW DATE: 17/10/2026

SIGNED: FRAZER PARRY-JONES

Menu Information sheet

EARLY BIRD STARTERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
NACHOS							✓							
SOUP					PLEASE CHECK CHEF FOR TODAYS SOUP									
CAULI WINGS		✓ _W												
PRAWN COCKTAIL		✓ _W	✓	✓			✓		✓					
VEG SPRING ROLL VEG SAMOSAS		✓												
BRUSSELS PATE w/BREAD		✓ _W					✓							
SF CHIX GOUJONS	✓	✓		✓					✓					
TANDOORI MUSH							✓							

REVIEW DATE: 17/10/2026

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Menu Information sheet EARLY BIRD MAINS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CHICKPEA CURRY		✓ _W					✓		✓				✓	
CHICKEN CURRY	✓	✓ _W					✓		✓	MAY	MAY			
VEG LASANGE		✓ _W					✓						✓	
FISH N CHIPS		✓ _W			✓									✓
LIVER & BACON		✓ _W												
STEAK PIE		✓ _G											✓	✓
CHEESEBURGER		✓ _G					✓		✓			✓		✓
STEAK & ONION CIABATTA		✓ _W												
COTTAGE PIE														

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Menu Information sheet EARLY BIRD MAINS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SAUSAGE & MASH														✓
PEPPER CHICKEN							✓							

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Menu Information sheet

A LA CARTE STARTERS

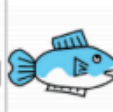
DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SOUP					PLEASE CHECK CHEF FOR TODAYS SOUP									
BBQ CHICKEN NACHOS							✓							
ARANCINI		✓ _G					✓							
TEMPURA KING PRAWNS		✓ _W	✓										✓	
GOATS CHEESE TART		✓ _W					✓							✓
PORT & STILTON MUSHROOMS		✓ _G					✓							
CAMEMBERT		✓ _G					✓							
SPANISH CHORIZO		✓ _G												
MUSH BRUSCHETTA		✓ _G												

REVIEW DATE: 17/10/2026

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Menu Information sheet

A LA CARTE STARTERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
PORK & APPLE BITES		✓ _W												

REVIEW DATE: 17/10/2026

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Menu Information sheet A LA CARTE MANS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
FISH PIE			✓		✓		✓		✓					
BAKED SALMON					✓		✓							
CHICKEN/CHORIZO BAKE		✓ _W					✓							
CHIX, LEEK, PANCETTA PASTA		✓ _W					✓							
CHICKEN PESTO SPAG	MAY	✓ _G	MAY	MAY	MAY		✓	MAY		MAY			MAY	
PRAWN PENNE		✓ _W	✓											
CHICK CURRY	✓						✓		✓	MAY	MAY			
CHICKPEA CURRY		✓ _W					✓		✓				✓	

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Menu Information sheet A LA CARTE MAINS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SUPREME CHICK							✓							
BBQ RIBS							✓		✓					
BLACK GARLIC PORK		✓ _G					✓						✓	
MOROCCON ROAST														✓
LAMB RUMP														
SIRLION		✓ _W												
RIBEYE		✓ _W												

REVIEW DATE: 17/10/2026

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Menu Information sheet A LA CARTE SALADS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
GOATS CHEESE SALAD				✓			✓							
SAUTEED STEAK SALAD				✓			✓							
CAJUN SALMON SALAD				✓			✓							

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Menu Information sheet A LA CARTE BURGERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
THE BEAST & BIRD BURGER		G ✓ W					✓		✓			MAY		
THE SMOKEY COW		✓ W					✓		✓			MAY		✓
THE ULTIMATE CRISPY HEAT		G ✓ W					✓		✓			MAY	✓	
WOODLAND MELT		✓ W					✓		✓			MAY		
PLANT BASED	✓	✓ W							✓			MAY		

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Menu Information sheet

SUNDAY STARTERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SOUP					PLEASE CHECK CHEF FOR TODAYS SOUP									
BRUSSELS PATE w/BREAD		✓ _W					✓							
PRAWN COCKTAIL		✓ _W	✓	✓			✓		✓					
VEG SPRING ROLLS		✓ _W												
NACHOS							✓							
SF CHIX GOUJONS	✓	✓ _W		✓					✓					
SPANISH CHORIZO		✓ _G												
ARANCINI		✓ _G					✓							
CAMEMBERT		✓ _G					✓							

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Menu Information sheet ROAST DINNERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
TURKEY		W ✓ G												
BEEF		W ✓ G												
PORK		W ✓ G												
LAMB		W ✓ G												
CHICKEN SUPREME		W ✓ G												
VEG ROAST		✓ G												
MOROCCON ROAST		✓ W												✓

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Menu Information sheet ROAST DINNERS EXTRAS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
YORKSHIRE PUD		✓ _G												
PIG IN BLANKETS		✓ _W											✓	✓
ROAST POT														
STUFFING		G ✓ _W												
CAULIFLOWER CHESE							✓		✓					
SAVOY CABBAGE														✓
HONEY PARSNIPS														✓

REVIEW DATE: 17/10/2026

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Menu Information sheet SUNDAYS SPECIALS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CHIX CURRY	✓						✓		✓	MAY	MAY			
CHICKPEA CURRY		✓ _W					✓		✓				✓	
SMOKEY COW		✓ _G					✓		✓					✓
FISH N CHIPS		✓			✓									✓
CAJUN SALMON SALAD			✓	✓	✓		✓		✓					
CHICKEN & PANCATTA PASTA		✓ _W					✓							
STEAK PIE		✓ _W											✓	✓
GOATS CHEESE SALAD		✓ _W					✓							
COTTAGE PIE														

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Menu Information sheet KIDS MENU

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
VEG SAUSAGE							✓		✓					
CHEESEBURGER. NO BUN	✓						✓		✓					
FISH FINGER		W ✓ G			✓									
CHIX NUGGS		✓ W												
PORK SAUSAGE														✓
PLANT BASED BURGER	✓	✓ W							✓					
CHEESE & TOMATO PIZZA		✓ W					✓		✓				✓	

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Menu Information sheet SIDES

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
RICE														
GOURMET CHIPS														
GARDEN PEAS														
JACKET POTATO							✓							
CUCUMBER														
BAKED BEANS														
SPICY WEDGES														
GARLIC BREAD		✓ _W												
CHEESE GARLIC BREAD		✓ _W					✓							

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Menu Information sheet

STAYCATION MENU STARTERS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SOUP					PLEASE CHECK CHEF FOR TODAYS SOUP									
NACHOS							✓							
PRAWN COCKTAIL		✓ _W	✓	✓			✓		✓					
VEG SPRING ROLL		✓ _W												
PORK & APPLE BITES		✓ _W												

REVIEW DATE: 17/10/2026

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Menu Information sheet

STAYCATION MENU MAINS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
FISH N CHIPS		✓ _W			✓								✓	
CHICKPEA CURRY		✓ _W					✓		✓					
SIRLION STEAK		✓ _W												
MOROCCON ROAST														✓
GOATS CHEESE SALAD				✓			✓							
SMOKEY WELSH COW		✓ _W					✓		✓					✓
CHICKEN CURRY	✓	✓ _W					✓		✓	MAY	MAY			

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Menu Information sheet SIDES

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
NEW POTATOES														
ONION RINGS		✓ _W												
ROASTED VEG														
RUSTIC BREAD & BUTTER		✓ _W					✓							
PORT & STILTON SAUCE							✓							
PEPPERCORN SAUCE							✓							
ONION GRAVY		✓ _W											✓	

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Menu Information sheet BREAKFAST

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SAUSAGES														✓
BACK BACON														
MUSHROOMS														
HASH BROWN														
BLACK PUDDING		✓ _G												
GRILLED TOMATO														
BAKED BEANS														
VEG SAUSAGES														
EGGS				✓										

REVIEW DATE: 17/10/2026

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Menu Information sheet BREAKFAST

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
WHITE TOAST		✓ G												
BROWN TOAST		✓ G												
GLUTEN FREE ROLLS														
STRAWBERRY JAM														
BLACKCURRANT JAM														
HONEY														
MARMITE	✓	B, W, O, R												
MARMALADE														
LOW FAT YOGURT							✓							

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Menu Information sheet BREAKFAST

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
RICE CRISPIES		✓ _G												
CORN FLAKES		✓ _G								✓				
FRUIT N FIBRE		✓ _G												
CRUNCHY NUT		✓ _G									✓			
SPECAIL K		✓ _G												
ALPEN		✓ _G					✓			✓				
FROSTIES		✓ _G												
COCO POPS		✓ _G												

REVIEW DATE: 17/10/2026

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Menu Information sheet DESSERT

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

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Menu Information sheet DESSERT

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
RASP & WHITE CHOC ROULADE				✓			✓							✓
ULTIMATE FUDGE CAKE		✓ _W		✓			✓							
CARAMEL APPLE BETTY		✓ _W					✓							
TRILLONAIRES TART													✓	
CHOCOLATE BROWNIE				✓			✓						✓	
APPLE PIE		✓ _W					✓							
IND APPLE CRUMBLE		✓ _W												
STICKY TOFFEE PUDDING				✓										
SPONGE PUDDING				✓										

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Menu Information sheet DESSERT

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
RASP, WHITE CHOC & PISTACHIO ROULADE				✓			✓			✓				✓
CHRISTMAS PUDDING		✓ _W												
FRUIT CAKE		✓ _W		✓			✓			✓	✓	✓	✓	✓
STICKY TOFFEE SLICE				✓			✓						✓	
LEMON MERINGUE PIE		✓ _W		✓										
TIRAMISU		✓ _W		✓			✓							
RASP & WHITE CHOC TART		✓ _W		✓			✓						✓	
BANOFFEE SLICE		○ ✓ _W					✓							

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Menu Information sheet SAUCES

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
DIANE							✓		✓					
BEARINAISE							✓	✓						
PEPPERCORN							✓		✓					
BBQ														
TOMATO SAUCE														
SWEET CHILLI														
TOMATO & BASIL														
PORT & STILTON							✓							
RED PEPPER & ROMESCO														

REVIEW DATE: 17/10/2026

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Menu Information sheet SAUCES

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

REVIEW DATE: 24/04/2026

SIGNED: FRAZER PARRY-JONES

Menu Information sheet SAUCES

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CUSTARD							✓							
CREAM							✓							
YOGURT & MINT				✓			✓		✓					
TERIYAKI		✓											✓	
BACON JAM														
HARISSA SPICED SALSA														

REVIEW DATE: 24/04/2026

SIGNED: FRAZER PARRY-JONES

Menu Information sheet BUFFET

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
SAUSAGE ROLLS		✓ _W												
CHICKEN SATAYS		✓ _W							✓					
VEG SPRING ROLLS		✓ _W										✓	✓	
VEG SAMOSAS		✓ _W											✓	
TEMPURA KING PRAWNS			✓										✓	
PIZZA		✓ _G					✓							
QUICHE LORRAINE		✓ _W		✓			✓		✓					
QUICHE MED VEG		✓ _W		✓			✓		✓					
QUICHE CHEESE & ONION		✓ _W		✓			✓		✓					

REVIEW DATE: 24/04/2026

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Menu Information sheet BUFFET

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
CHICKEN TENDERS		✓ _W												

REVIEW DATE: 06/02/2026

SIGNED: FRAZER PARRY-JONES