

# **ALLERGENS MATRIX**

## **THE OLD BARN INN**

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

REVIEW DATE: 24/04/2026

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													
BREADED MUSH		✓ <sub>W</sub>												
PRAWN COCKTAIL		✓ <sub>W</sub>	✓	✓			✓		✓					
VEG SPRING ROLL VEG SAMOSAS		✓												
BRUSSELS PATE w/BREAD		✓ <sub>W</sub>					✓							
SF CHIX GOUJONS	✓	✓		✓					✓					
LOADED POT SKINS							✓							

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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		✓ <sub>W</sub>					✓		✓				✓	
CHICKEN CURRY	✓	✓ <sub>W</sub>					✓		✓	MAY	MAY			
VEG LASANGE		✓ <sub>W</sub>					✓						✓	
FISH N CHIPS		✓ <sub>W</sub>			✓									✓
CEASAR SALAD		✓			✓		✓							
STEAK PIE		✓ <sub>G</sub>											✓	✓
CHEESEBURGER		✓ <sub>G</sub>					✓		✓			✓		✓
MEATBALL SPAG		✓ <sub>W</sub>					✓			✓	✓			✓
LAMB KOFTA PITTA		✓ <sub>G</sub>												

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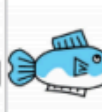









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**Menu Information sheet** EARLY BIRD MAINS

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
HUNTERS CHIX							✓							
BEEF LASAGNE		✓ <sub>W</sub>		✓	✓		✓						✓	

# 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							✓							
BRUSCHETTA		✓ <sub>W</sub>					✓							
ARANCINI		✓ <sub>G</sub>					✓							
HALLOUMI FRIES		✓ <sub>W</sub>					✓							
TERIYAKI CHICKEN BAO BUNS		✓ <sub>G</sub> ✓ <sub>W</sub>										✓	✓	
BENGALI PRAWNS		✓ <sub>W</sub>	✓											
DUCK SPRING ROLLS		✓ <sub>W</sub>												
WELSH MEATBALLS		✓ <sub>W</sub>					✓							✓

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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]	✓			✓	✓		✓		✓					
LAMB KOFTA		✓ <sub>W</sub>		✓										















**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]	✓			✓	✓		✓		✓					
TERIYAKI SALMON		✓ <sub>W</sub>	✓		✓		✓						✓	
SEABASS					✓									
TORTELLONI		<sup>G</sup> ✓ <sub>W</sub>		✓			✓						MAY	
CHIX, LEEK, PANCETTA PASTA		✓ <sub>W</sub>					✓							
SPAG BOL		✓ <sub>W</sub>			✓								✓	
PRAWN SPAG		✓ <sub>W</sub>	✓											
CHICK CURRY	✓						✓		✓	MAY	MAY			
CHICKPEA CURRY		✓ <sub>W</sub>					✓		✓				✓	

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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		✓ <sub>G</sub>					✓						✓	
MOROCCON ROAST														✓
LAMB CUTLETS														
SIRLION		✓ <sub>W</sub>												















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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]	✓			✓	✓		✓		✓					
SUPREME CEASAR SALAD		✓ <sup>G</sup>			✓		✓							
LAMB KOFTA SALAD														
CAJUN SALMON SALAD				✓										
CAJUN CHICKEN SALAD				✓										
HALLOUMI SALAD				✓			✓		✓					
TUNA LOIN	✓				✓				✓					✓

**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 ✓					✓		✓					
THE SMOKEY COW		✓ W ✓					✓		✓					✓
THE ULTIMATE CRISPY HEAT		G ✓ W ✓					✓		✓				✓	
NACHO BURGER		G ✓ W ✓					✓		✓					
PLANT BASED	✓	✓ W ✓							✓					

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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		✓ <sub>W</sub>					✓							
PRAWN COCKTAIL		✓ <sub>W</sub>	✓	✓			✓		✓					
VEG SPRING ROLLS		✓ <sub>W</sub>												
NACHOS							✓							
SF CHIX GOUJONS	✓	✓ <sub>W</sub>		✓					✓					
BENGALI PRAWNS		✓ <sub>W</sub>	✓											
ARANCINI		✓ <sub>G</sub>					✓							
GARLIC BREAD W/ CHEESE		G ✓ <sub>W</sub>					✓							

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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														✓















**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		✓ <sub>W</sub>					✓		✓				✓	
BACON CHEESE		✓ <sub>G</sub>					✓		✓					✓
FISH N CHIPS		✓			✓									✓
CAJUN SALMON SALAD			✓	✓	✓		✓		✓					
CAJUN CHIX SALAD				✓			✓		✓					
HALLOUMI SALAD				✓			✓		✓					
BEEF LASANGE		✓ <sub>W</sub>		✓	✓		✓						✓	

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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					✓		✓				✓	
SPAG BOL		✓ 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		✓ <sub>W</sub>												
CHEESE GARLIC BREAD		✓ <sub>W</sub>					✓							















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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													
ARANCINI		✓ G					✓							
PRAWN COCKTAIL	✓ W	✓	✓	✓			✓		✓					
VEG SPRING ROLL	✓ W													
TERIYAKI CHICKEN BAO BUNS	✓ W												✓	

**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		✓ <sub>W</sub>			✓								✓	
CHICKPEA CURRY		✓ <sub>W</sub>					✓		✓					
SIRLION STEAK		✓ <sub>W</sub>												
MOROCCON ROAST														✓
SUPREME CEASAR SALAD														
BACON CHEESEBURGER		✓ <sub>W</sub>					✓		✓					✓
CHICKEN CURRY	✓	✓ <sub>W</sub>					✓		✓	MAY	MAY			















**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		✓ <sub>W</sub>												
ROASTED VEG														
RUSTIC BREAD & BUTTER		✓ <sub>W</sub>					✓							
CHEESE & GARLIC SAUCE							✓							
PEPPERCORN SAUCE							✓							
ONION GRAVY		✓ <sub>W</sub>											✓	

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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		✓ <sub>G</sub>												
GRILLED TOMATO														
BAKED BEANS														
VEG SAUSAGES														
EGGS				✓										

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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		✓ <sub>G</sub>												
CORN FLAKES		✓ <sub>G</sub>								✓				
FRUIT N FIBRE		✓ <sub>G</sub>												
CRUNCHY NUT		✓ <sub>G</sub>									✓			
SPECAIL K		✓ <sub>G</sub>												
ALPEN		✓ <sub>G</sub>					✓			✓				
FROSTIES		✓ <sub>G</sub>												
COCO POPS		✓ <sub>G</sub>												

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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		✓ <sub>W</sub>		✓			✓							
MIXED BERRY FRANGIPANE		✓ <sub>W</sub>		✓			✓			✓				
SALTED CARAMEL BLONDIE		✓ <sub>W</sub>					✓			MAY			✓	
<b>ENGLISH CHEESECAKE COMPANY. ENGLISH CHEESECAKE COMPANY</b>														
HONEYCOMBE		✓ <sub>W</sub>					✓						✓	
BISCOFF		✓ <sub>W</sub>					✓						✓	
SALTED CARAMEL		✓ <sub>W</sub>					✓						✓	
STRAWBERRIES & CREAM		✓ <sub>W</sub>					✓							

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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		✓ <sub>W</sub>		✓			✓							
CARAMEL APPLE BETTY		✓ <sub>W</sub>					✓							
TRILLONAIRES TART													✓	
CHOCOLATE BROWNIE				✓			✓						✓	
APPLE PIE		✓ <sub>W</sub>					✓							
IND APPLE CRUMBLE		✓ <sub>W</sub>												
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		✓ <sub>W</sub>												
FRUIT CAKE		✓ <sub>W</sub>		✓			✓			✓	✓	✓	✓	✓
STICKY TOFFEE SLICE				✓			✓						✓	
LEMON MERINGUE PIE		✓ <sub>W</sub>		✓										
TIRAMISU		✓ <sub>W</sub>		✓			✓							
RASP & WHITE CHOC TART		✓ <sub>W</sub>		✓			✓						✓	
BANOFFEE SLICE		○ ✓ <sub>W</sub>					✓							

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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														
CHEESE & GARLIC							✓							
RED PEPPER & ROMESCO														

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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		✓ <sub>W</sub>											✓	















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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]	✓			✓	✓		✓		✓					
CUSTARD							✓							
CREAM							✓							
YOGURT & MINT				✓			✓		✓					
TERIYAKI		✓											✓	
BACON JAM														
HARISSA SPICED SALSA														

**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		✓			✓		✓					

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