

ALLERGENS MATRIX

THE OLD BARN INN

JPK - LLANMARTIN

REVIEW DATE: 29/10/2025

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							✓							
WINTER SOUP							✓							
BREADED MUSH		✓ _W												
MOZZ STICKS		✓ _W					✓							
PRAWN COCKTAIL		✓ _W	✓	✓			✓		✓					
VEG SPRING ROLL VEG SAMOSAS		✓												
BRUSSELS PATE w/BREAD		✓ _W					✓							
SF CHIX GOUJONS	✓	✓		✓					✓					

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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					✓		✓				✓	
CHIX CURRY	✓	✓ _W					✓		✓	MAY	MAY			
VEG LASANGE		✓ _W					✓						✓	
FISH N CHIPS		✓ _W			✓									✓
COTTAGE PIE														
STEAK PIE		✓ _G											✓	✓
CHEESEBURGER		✓ _G					✓		✓			✓		✓
SAUSAGE & MASH							✓							✓
GAMMON				✓			✓							✓

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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		✓ _W		✓	✓		✓						✓	

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Menu Information sheet

WINTER 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]	✓			✓	✓		✓		✓					
WINTER SOUP							✓							
BBQ CHIX NACHOS							✓							
MUSH BRUSCHETTA		✓ _W					✓							
ARANCINI		✓ _G					✓							
FESTIVE CAMEMBERT		✓ _W					✓							
SPANISH CHORIZO		✓ _W					✓							
BENGALI PRAWNS		✓ _W	✓											
DUCK SPRING ROLLS		✓ _W												

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Menu Information sheet WINTER 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]	✓			✓	✓		✓		✓					
BAKED SALMON			✓		✓		✓							
COD LOIN					✓		✓							
TURK MAC N CHEESE		✓ _W					✓							
CHIX & CHOR PASTA BAKE	✓	✓ _W					✓		✓					
CHIX PARMIGIANA	✓	✓ _W					✓		✓					
SPAG BOL		✓ _W			✓								✓	
PRAWN SPAG		✓ _W	✓											
CHIX CURRY	✓						✓		✓	MAY	MAY			
CHICKPEA CURRY		✓ _W					✓		✓				✓	

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Menu Information sheet WINTER 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]	✓			✓	✓		✓		✓					
STUFFED CHIX		✓					✓							
BBQ RIBS							✓		✓					
PORK BELLY		✓ _G					✓							
BUTTERNUT KALE ROAST		○ ✓ _W											✓	
CAJUN SALMON				✓	✓		✓		✓					
CAJUN CHICKEN				✓					✓					
LAMB RUMP							✓		✓					
SIRLION		✓ _W												

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Menu Information sheet

WINTER 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]	✓			✓	✓		✓		✓					
JINGLE BELLY		✓ _W					✓		✓					✓
BACON & CHEESE		✓ _W					✓		✓					✓
SOUTHERN FRIED CHICKEN	✓	✓ _G					✓		✓					✓
WOODLAND MELT		✓ _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]	✓			✓	✓		✓		✓					
WINTER SOUP							✓							
MOZZ STICKS		✓ _W					✓							
BRUSSELS PATE w/BREAD		✓ _W					✓							
SPANISH CHORIZO		✓ _W					✓							
VEG SPRING ROLLS		✓ _W												
NACHOS							✓							
SF CHIX GOUJONS	✓	✓ _W		✓					✓					
FESTIVE CAMEMBERT		✓ _W					✓							
ARANCINI		✓ _G					✓							

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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]	✓			✓	✓		✓		✓					
PRAWN COCKTAIL		✓ _W	✓				✓							

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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		W ✓ G												
VEG ROAST		✓ G												
BUTTERNUT 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							✓		✓					

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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					✓		✓				✓	
BACON CHEESE		✓ _G					✓		✓					✓
FISH N CHIPS		✓			✓									✓
SALMON SALAD				✓	✓		✓		✓					
TURK MAC N CHEESE		✓ _W					✓							
STEAK PIE		✓ _G											✓	✓
SAUSAGE & MASH							✓							✓
BEEF LASANGE		✓ _W		✓	✓		✓						✓	

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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]	✓			✓	✓		✓		✓					
MAC N CHEESE		✓ _G					✓							
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														
MASHED 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]	✓			✓	✓		✓		✓					
WINTER SOUP							✓							
ARANCINI		✓ _G					✓							
PRAWN COCKTAIL		✓ _W	✓	✓			✓		✓					
VEG SPRING ROLL		✓ _W												
SPANISH CHORIZO		✓ _W					✓							

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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												
BUTTERNUT KALE ROAST		○ ✓ _W											✓	
CAJUN SALMON SALAD				✓	✓		✓		✓					
BACON CHEESEBURGER		✓ _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]	✓			✓	✓		✓		✓					
MAC N CHEESE		✓ _W					✓		✓					
ONION RINGS		✓ _W												
ROASTED VEG														
RUSTIC BREAD & BUTTER		✓ _W					✓							
CHEESE & GARLIC 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				✓										

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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												

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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														
CHEESE & GARLIC							✓							

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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			✓											

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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				✓			✓		✓					

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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]	✓			✓	✓		✓		✓					
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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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												