

LIST OF ALLERGENS 2023

ALLERGENS ARE IN **BOLD**

CHIPS & CO

-BOWL OF CHIPS



NO ALLERGEN

TOPPINGS: MILK (: CHEESE) / **WHEAT & BARLEY** (:GRAVY OR KATSU SAUCE)/ **SOYA**
(:KATSU) /
MUSTARD (: KATSU)

-CHIP BUTTY



WHEAT

TOPPINGS: MILK (:BUTTER PORTION/ CHEESE OPTION)

GLUTEN FREE OPTION: we are using "BFree" buns (: **MUSTARD**)

-BEEF or VEG CHILLI , **CHIPS AND CHEESE** **SOYA/ TREE NUT/**
PEANUT/CELERY/ MUSTARD/ WHEAT

-POUTINES



- a) Bacon and mature cheddar **MILK**
- b) Bacon and red Leicester **MILK**
- c) Bacon and stilton **MILK**
- d) Breaded chicken katsu **WHEAT/ SOYA/ MILK/ BARLEY/**
MUSTARD
- e) Falafel katsu **WHEAT/ SOYA/ BARLEY/ MUSTARD**

SMALL NIBBLES

- 1) Falafel with sweet chilli dip  **NO ALLERGEN**
- 2) Moroccan spicy cauliflower breaded bites with tomato chutney dip  **MUSTARD (:TOMATO CHUTNEY)**
- 3) Battered onion rings with garlic mayo dip  **MILK/ EGG/ MUSTARD**
- 4) Breaded prawns with garlic mayo dip **CRUSTACEANS/ WHEAT/ MOLLUSC/ SULPHITES/ MUSTARD/ FISH/ MILK/ EGG/ SOYA/ CELERY**
- 5) Whole tail scampi with tartare dip **EGG (:TARTARE)/ WHEAT/ CRUSTACEANS**
- 6) Cod croquetas with garlic mayo dip **WHEAT/ FISH/ MILK/ CRUSTACEANS/ EGG**
- 7) Breaded chicken fillets with katsu dip **WHEAT/ SOYA/ MILK/ BARLEY/ MUSTARD**

BREAD & CO

-COBS ON DEMAND WHEAT

Mature cheddar  **MILK/** cheddar and onion  **MILK/** ham/ bacon





Gluten free option on demand USING “BFree” buns (: MUSTARD)

-MATURE CHEDDAR TOASTIE



WHEAT/ MILK/ SOYA

Ham/ bacon/ stilton/ tomato  / onion 

-DOUBLE DECKER CLUB SANDWICHES

MIDLAND EXPRESS: red Leicester, pickle, bacon **MILK/ WHEAT/ EGG/ SOYA SULPHITE (: PICKLE)/ MUSTARD**

FAMOUS BRUNSWICK: B L T with breaded chicken

-FISH FINGER SANDWICH WHEAT/ EGG/ MILK/ MUSTARD/ SOYA/ FISH

PIZZA DISHES

- MARGHERITA MILK/ EGG/ WHEAT
- FUNGHI MILK/ EGG/ WHEAT
- PROSCIUTTO E FUNGHI MILK/ EGG/ WHEAT
- PEPPERONI MILK/ EGG/ WHEAT

PLOUGHMAN'S & MAIN DISHES

-PLOUGHMAN'S

TWO CHEESE PLOUGHMAN'S  MILK/ WHEAT/ MUSTARD/ BARLEY
SULPHUR DIOXIDE (:PICKLE AND SALAD DRESSING)

HAM AND CHEDDAR MILK/ WHEAT/ MUSTARD/ BARLEY
SULPHUR DIOXIDE (:PICKLE AND SALAD DRESSING)



Gluten free option available on demand USING "BFree" buns (: **MUSTARD**) OR similar


-CHILLI, BEEF OR VEG



MILK (:CHEDDAR)/ **CELERY/ MUSTARD/**

WHEAT

MUSTARD & SULPHUR DIOXIDE (:SALAD DRESSING)

FOR OUR **VEGAN** OPTION  : GRATED CHEDDAR IS REPLACED WITH MANGO CHUTNEY

-STEAK & ALE PIE

EGG/ MILK (:BUTTERED VEG)/ WHEAT/ SOYA

-SHEPHERD'S PIE

MILK/ WHEAT/ SOYA



GLUTEN FREE OPTION WITH A GF GRAVY

-GAMMON STEAK



EGG/ MILK (:BUTTERED PEAS)

-DOUBLE EGG AND CHIPS



EGG/ MILK (BUTTERED PEAS)/ WHEAT (:BUN)




Gluten free option available on demand USING "BFree" buns (: **MUSTARD**)

-BEEF CHEESEBURGER
CELERY

WHEAT/ MILK (:CHEESE)/ SULPHUR DIOXIDE/

-VEGGIE BURGER  **WHEAT/ MILK (:CHEESE)**

 **Gluten free** option available on demand **USING** “BFree” buns (: **MUSTARD**)

-CHICKEN KATSU: WHEAT/ SOYA/ BARLEY/ MILK/ MUSTARD

-CAULIFLOWER KATSU  **: SOYA/ WHEAT**

-GOAN STYLE CURRY   **MUSTARD/ TREE NUT/ PEANUT/**
SULPHITES

-LENTIL & SWEET POTATO BAKE   **MILK (:CHEDDAR)/**
MUSTARD (DRESSING)  **VEGAN OPTION:** GROUND ALMOND TOPPING **TREE NUT**

-SCOTTISH WHOLE TAIL SCAMPI **WHEAT/ MILK (:BUTTERED PEAS)/**
CRUSTACEANS/ EGG (:TARTARE
SAUCE)

-BRUNNY SEAFOOD PIE  **FISH/ CRUSTACEANS/ MOLLUSC/**
MILK/

SULPHUR DIOXIDE, MUSTARD (:DRESSING)

SIDE DISHES

MIXED SALAD & HOME DRESSING   **SULPHUR DIOXIDE/ MUSTARD**

DOUBLE COOKED CHIPS   **NO ALLERGEN**



BASMATI RICE   **NO ALLERGEN**

MIXED VEGETABLES   **MILK (:BUTTER)**

ONION RINGS  **WHEAT**

SWEETS

-BRUNNY'S CRUMBLE  **WHEAT/ MILK/ TREE NUTS/ PEANUTS**

For **vegan**  and **gluten-free**  options please ask at the bar when ordering. A PLANT BASED MILK IS USED TO MAKE A CUSTARD/ VEGAN ICE CREAM REPLACES ICE CREAM




Contains nuts

-BELGIAN CHOCOLATE SPONGE  **WHEAT/ MILK/ EGG/ SOYA**

-CARMELISED STEM GINGER SPONGE  **WHEAT/ MILK**

SUNDAY LUNCH

STARTERS


- 1) Falafel with sweet chilli dip  **NO ALLERGEN**
- 2) Moroccan spicy cauliflower breaded bites with tomato chutney dip  **MUSTARD** (:TOMATO CHUTNEY)
- 3) Battered onion rings with garlic mayo dip  **MILK/ EGG/ MUSTARD**
- 4) Breaded prawns with garlic mayo dip **CRUSTACEANS/ WHEAT/ MOLLUSC/ SULPHITES/ MUSTARD/ FISH/ MILK/ EGG/ SOYA/ CELERY**
- 5) Whole tail scampi with tartare dip **EGG** (:TARTARE)/ **WHEAT/ CRUSTACEANS**
- 6) Cod croquetas with garlic mayo dip **WHEAT/ FISH/ MILK/ CRUSTACEANS/ EGG**
- 7) Breaded chicken fillets with garlic mayo **WHEAT/ SOYA/ MILK/MUSTARD**

MAIN COURSES

-ROASTED BEEF **MILK/ WHEAT/ SOYA/ EGG**

-CHILLI, BEEF OR VEG  **MILK** (:CHEDDAR)/ **CELERY/ MUSTARD/ WHEAT**

MUSTARD & SULPHUR DIOXIDE (:SALAD DRESSING)

FOR OUR **VEGAN** OPTION  : GRATED CHEDDAR IS REPLACED WITH MANGO CHUTNEY

-STEAK & ALE PIE **EGG/ MILK** (:BUTTERED VEG)/ **WHEAT/ SOYA**

-SHEPHERD'S PIE **MILK/ WHEAT/ SOYA**

 **GLUTEN FREE OPTION** WITH A GF GRAVY


-GAMMON STEAK  **EGG/ MILK** (:BUTTERED PEAS)

-DOUBLE EGG AND CHIPS  **EGG/ MILK (BUTTERED PEAS)/ WHEAT**
(:BUN)

 **Gluten free** option available on demand **USING** “BFree” buns (: **MUSTARD**)

-BEEF CHEESEBURGER **WHEAT/ MILK (:CHEESE)/ SULPHUR DIOXIDE/**
CELERY

-VEGGIE BURGER  **WHEAT/ MILK (:CHEESE)**

 **Gluten free** option available on demand **USING** “BFree” buns (: **MUSTARD**)

-CHICKEN KATSU: WHEAT/ SOYA/ BARLEY/ MILK/ MUSTARD

-CAULIFLOWER KATSU  **: SOYA/ WHEAT**

-GOAN STYLE CURRY   **MUSTARD/ TREE NUT/ PEANUT/**
SULPHITES


-LENTIL & SWEET POTATO BAKE   **MILK (:CHEDDAR)/**
MUSTARD (DRESSING)  **VEGAN OPTION: GROUND ALMOND TOPPING TREE NUT**

-SCOTTISH WHOLE TAIL SCAMPI **WHEAT/ MILK (:BUTTERED PEAS)/**
CRUSTACEANS/ EGG (:TARTARE
SAUCE)

-BRUNNY SEAFOOD PIE  **FISH/ CRUSTACEANS/ MOLLUSC/**
MILK/



SULPHUR DIOXIDE, MUSTARD (:DRESSING)

SIDE DISHES

- MIXED SALAD & HOME DRESSING   **SULPHUR DIOXIDE/ MUSTARD**
- DOUBLE COOKED CHIPS   **NO ALLERGEN**
- BASMATI RICE   **NO ALLERGEN**
- MIXED VEGETABLES   **MILK (:BUTTER)**
- ONION RINGS  **WHEAT**

SWEETS

-BRUNNY'S CRUMBLE   **WHEAT/ MILK/ TREE NUTS/ PEANUTS**

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Contains nuts

-CHOCOLATE SPONGE  **WHEAT/ MILK**

-CARMELISED STEM GINGER SPONGE  **WHEAT/ MILK**