

ALLERGEN & DIETARY REQUIREMENTS GUIDE

This Guide

Our dish descriptions don't always list every single ingredient involved in the cooking process. This guide aims to equip you with all the allergenic information, along with dietary requirements, for every dish we offer on our menu.

However, please advise us of your specific allergy or dietary requirement when ordering, even if you have eaten the dish before.

Please note, this menu does not list the allergens found in our complimentary condiments.

Our Guarantee

Both our kitchens and suppliers handle numerous ingredients, and whilst all your meals are freshly cooked to order, they are cooked in a space that is not allergen free. Whilst we do have strict controls in place, it is not possible to completely eradicate the chance of contamination. Therefore we are unable to guarantee that one of our dishes are 100% allergen free.

Please Note

This guide is designed for informational purposes only and therefore, we advise against using it as a substitute for medical advice or treatment.

All allergenic ingredients featured in this guide are in accordance with the EU Food Information for Consumers Regulation

Cereals; containing gluten. Namely wheat, rye, barley, oats or their hybridised strains and products thereof

Crustaceans and products thereof

Eggs and products thereof

Fish and products thereof

Peanuts and products thereof

Soybeans and products thereof

Milk and products thereof (including lactose)

Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan, Brazil, pistachio & macadamia and products thereof

Celery and products thereof

Mustard and products thereof

Sesame Seeds and products thereof

Sulphur Dioxide and Sulphites; at concentrations of more than 10 mg/kg

Lupin and products thereof

Molluscs and products thereof

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	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan	
SNACKS																	
SOUTHERN FRIED CHICKEN	●		●				●		●	●	○						
TEMPURA PRAWNS	●	●		●													
CHEESE CROQUETTES	●		●				●	●							Yes		
LAMB KOFTA						●	●				●						
GLAZED SPICE FALAFEL						●			○	○	●				Yes	Yes	
SMALL PLATES																	
CAESAR SALAD	●		●				●								Yes		add chicken & bacon
NACHOS VEGETABLE CHILLI							●		●						Yes		
NACHOS BEEF CHILLI							●		●								
KING PRAWN PIL PIL	●	●															
SOUP OF THE DAY	●										○				Yes		PLEASE ASK YOUR SERVER
VEGETABLE SKEWERS	●					●					●				Yes	Yes	

● Contains ○ May Contain

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SMALL PLATES																	
FISH BAGUETTE	●		●	●			○		○	●		●					
HAM BAGUETTE	●		●				○			●		●					
CHICKEN BLT BAGUETTE	●		●				○			●		●					
VEGAN CHEESE SUB	●					●	○	●			●				Yes	Yes	
MAINS																	
FISH & CHIPS	●		●	●					○			●					
SCAMPI & CHIPS	●	●	●						○			●					
PORK FILLET & PROSCIUTTO SCHNITZEL	●		●				●			●		●					See Specials
BBQ CHICKEN BREAST							●			●		●					
PASTA PRIMAVERA	●						●	●							Yes	Yes	
PIE OF THE DAY	PLEASE ASK YOUR SERVER FOR TODAY'S PIE ALLERGENS																
HOME ROAST HAM & EGGS	●		●				●			●		●					

● Contains ○ May Contain

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SUNDAY LUNCH																		
SUNDAY LUNCH	●		●				●		●			●						
BURGERS																		
CLASSIC BEEF	●		●			○				●		●						
CHICKEN BREAST	●		●			○				●		●						
FALAFEL AND SPINACH	●					●									Yes	Yes		
ADDITIONAL TOPPINGS																		
Bacon																		
Cheese							●								Yes			
Onions															Yes		None	
Dill Pickles									○			●			Yes			
Beef Chilli									●									
Veg Chilli									●						Yes			

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SIDES																	
HOMEMADE CHIPS	○														Yes		
ONION RINGS	●			○											Yes		
HOUSE SALAD									●		●				Yes		
SEASONAL VEGETABLES							●								Yes		
HOMEMADE FOCACCIA	●														Yes		
KIDS MENU																	
BATTERED CHICKEN STRIPS	●		●				●										
FISH GOUJONS	●			●													
CHEESE & TOMATO PASTA	●						●		●		●				Yes		
SUNDAY ROAST	●		●				●		●		●						

● Contains ○ May Contain