

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	
BAR SNACKS																	
Popcorn Chorizo	●		●				●				●						
Bread and Dips	●		●					○			●				Yes		
Potato Straws	○						●								Yes		
SFC Strips	●		●				●		●	●							
Scampi	●	●	●								●						
Nachos - Beef Chilli			●				●		●								
Nachos Vegetable Chilli			●				●								Yes		
Hummus											●				Yes	Yes	
Fish Goujons	●		●	●													
MAINS																	
Pie	Please ask your server for the allergens of today's Pie of the day.																
Halloumi Skewers	●				○		●	○									
Fish & Chips	●		●	●							●						

● Contains ○ May Contain

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Sea Bass				●			●			●							
Chicken							●			●		●					
Ceasar Salad	●		●			●	●	○	●			●					
Miso Duck	●		●			●	○	○	○	○	○						
Aranchini	●					●			●			●		Yes	Yes		
Sunday Lunch	●		●				●		●			●					
SIDES																	
Skinny Fries	○																
Onion Rings	●			○													
Seasonal Veg							●										
Chips	○																
Sweet Potato Fries																	
Side Salad										●		●					
Garlic Bread & Cheese	●						●							Yes			

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BURGERS																	
Classic	●		●			○	○	○		●	○	●					
Bacon & Cheese	●		●			○	●	○		●	○	●					
SFC	●		●			○	●	○	●	●	○	●					
Chickpea	●					○	○	○							Yes	Yes	
ADDITIONAL TOPPING																	
Bacon																	None
Beef Chilli									●								
Cheddar							●								Yes		
Gruyere							●								Yes		
Prosciutto																	None
Chorizo																	None

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Fish Butty	●		●	●				○			○						
Tandoori Chicken	●				○			○		●	○						
Beef Chilli	●							○	●		○						
Croque Monsieur	●						●	○		●	○				Yes		
Hummus	●							○			●				Yes	Yes	
Puddings																	
Sticky Toffee	●		●				●								Yes		
Pancakes	●					●									Yes	Yes	
Choc Brownie	●		●			●	●								Yes		
Vanilla Ice Cream			○		○	○	●	○							Yes		
Strawberry Ice Cream			○		○	○	●	○							Yes		
Choc Ice Cream			○		○	●	●	○							Yes		
Salt Caramel Ice Cream			●		○	○	●	○							Yes		

● Contains ○ May Contain