

BAKER GREEN GREENER BUTCHER
COOPERSTIVE
JOINT CO-OPERATED WHOLESALE
SOCIETY LTD.
BAR • KITCHEN • HALL

ALLERGEN & DIETARY REQUIREMENTS GUIDE

Allergen Information & Dietary 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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STARTERS & SMALL PLATES	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	
Soup & Ciabatta	●						●	○									Please ask your server for the allergens of today's soup
Nachos - Salsa							●		●						Yes		
Nachos - Chilli							●		●								
Calamari & Chorizo	●						●							●			Please ask your server for the allergens of today's bread
Baked Camembert	●						●								Yes		
Halloumi Fries	●		●				●		●	●					Yes		
Stuffed Mushroom	●						●			●		●			Yes		
Mac 'N' Cheese	●						●			●		●			Yes		
Mac 'N' Cheese with Pesto	●						●	●		●		●					
Mac 'N' Cheese with mushrooms	●						●			●		●					
Mac 'N' Cheese with salsa	●						●		●	●		●					
Chicken Kebab	●				○	●		○			●						May contain peanuts and nuts

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PICK 3 FOR £10	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	
Bread & Olives	●														Yes		
Mozzarella Sticks	●		●			●	●			●					Yes		
Goats Cheese Pie	●		●		○		●	○	●	●	○	●			Yes		May contain peanuts, nuts and sesame seeds
Pigs in Blankets	●											●					
Popcorn Chicken	●		●	○						●							May contain traces of fish
BBQ Beef Pie	●		●		○			○	●	●	○						May contain peanuts, nuts and sesame seeds

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MAINS	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		
Pie of the Day	●		●				●		●			●						Please ask your server for the allergens of today's pie
Fish & Chips	●		●	●								●						
Scampi	●	●	●				●					●						
Corned Beef Hash	●		●				●		●									
Ham, Egg & Chips			●							●		●						
Chicken Schnitzel	●		●				●			●		●						
Sausage & Mash	○						●		●			●						May contain gluten, ask your server for sausage allergens
Malaysian Curry	●				○	●		○			●				Yes	Yes	May contain peanuts and nuts	
Liver & Bacon	●						●		●			●						
Sunday Roast	●		●				●		●	●		●						Allergens can be removed by excluding Yorkshire Pudding, Mustard or Horseradish Sauce

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BURGERS	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	
Classic Burger	●																Gluten free bread bun available on request.
Cheese & Bacon Burger	●						●										Gluten free bread bun available on request.
Grilled Chicken	●						●		●								Gluten free bread bun available on request.
Mushroom Stack	●						●	●							Yes		Gluten free bread bun available on request.

SAND WICHES	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	
Soup																	
Chicken & Chorizo	●		●				●			●		●					
Fish Butty	●		●	●			●			●		●					
Hot Roast Ciabatta	●						●	○	●	●		●					May contain nuts
Ham	●						●			●		●					
Tuna Mayo	●		●	●			●			●		●					
Mature Cheddar	●						●			●		●			Yes		

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SIDES	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	
Homemade Chips	●																
Sweet Potato Fries	●																
Skinny Fries	●																
Mash Potatoes							●								Yes		
Cheesy Chilli Chips	●						●		●								
Seasonal Vegetables							●								Yes		
Onion Rings	●																
House Salad										●		●			Yes	Yes	
Chips, Cheese & Gravy	●						●		●								
Garlic Bread	●						●	○							Yes		May contain nuts
Garlic Bread with Cheese	●						●	○							Yes		May contain nuts

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PUDDINGS	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	
Sticky Toffee Pudding	●		●			○	●	○							Yes		Ice cream may contain soybeans,egg and nuts, please check with your server
Apple Crumble	●		○				●										Ice cream may contain soybeans,egg and nuts, please check with your server
Chocolate Tart						●									Yes	Yes	
Ice Cream			○			○	●	○							Yes		Ice cream may contain soybeans,egg and nuts, please check with your server
Vanilla Cheesecake	●		●			○	●	○									May contain soybeans and nuts