

BAKER GREEN GROWER BUTCHER  
**COOPERATIVE**  
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

# COOPERS

SPRING / SUMMER MENU 2019

	COMMENTS	CEREALS	CRUSTACEAN	EGGS	FISH	PEANUTS	SOYBEANS	MILK	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHITES	LUPIN	MOLLUSCS	VEGETARIAN	VEGAN	GLUTEN FREE	
<b>STARTERS</b>																			
SOUP OF THE DAY	Please ask your server for today's allergens																		
NACHOS - BEEF CHILLI		MC						C		C									
NACHOS - VEG CHILLI		MC						C		C						Y			
BREAD AND OLIVES		C					MC	MC	MC			MC				Y	Y		
FISH TACOS		C			C			C		C									
FISH GOUJONS		C		C	C								C						Y
MACKEREL SALAD & RASPBERRY VINAIGRETTE					C					C									Y
GOATS CHEESE BRUSCHETTA		C					MC	C				MC	C			Y			
MOZZARELLA MELTS		C						C		C	C					Y			
FALAFEL TRIO & COUSCOUS		C								C				C		Y	Y		
BROCCOLI TEMPURA		C		C			C									Y			
DUCK SPRING ROLLS		C					C			MC	MC	C	C						
HONEY GLAZED SAUSAGES		C		MC			MC	MC		MC	MC		C						
PORK KOFTAS		C						C	C	C	C		C						
POPCORN CHICKEN		C		C				C		C	C		C						
<b>MAINS</b>																			
PIE OF THE DAY WITH CHIPS	Please ask your server for today's allergens	C		C				C		C			C						
PIE OF THE DAY WITH MASH	Please ask your server for today's allergens	C		C				C		C			C						
FISH AND CHIPS		C		C	C								C						
MISO SALMON			C		C		C					C							Y
CONFIT OF DUCK WITH DAUPHINOISE								C		C			C						Y
HAM AND EGG		C		C				C			C								
CHICKEN CAESAR SALAD		C		C			C	C				MC							
BUTTER ROAST CHICKEN								C											Y
SUNDAY ROAST - MEAT		C		C				C		C			C						
SUNDAY ROAST - VEGAN NUT ROAST						MC			C	C						Y	Y		
<b>BURGERS</b>																			
CLASSIC BURGER		C		C						C		MC	C						
CHEESE AND BACON BURGER		C		C				C		C		MC	C						
GRILLED CHICKEN BURGER		C		C						C		MC							
SOUTHERN FRIED CHICKEN BURGER		C		C				C		C	C	MC	C						
CHICKPEA WITH GUACAMOLE AND SALSA		C										MC				Y	Y		
<b>BURGER TOPPINGS</b>																			
BACON TOPPING																			Y
BEEF CHILLI TOPPING		MC								C									
CHORIZO TOPPING								MC											Y
STILTON								C								Y			Y
MATURE CHEDDAR								C								Y			Y
GUACAMOLE																Y	Y		Y

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<b>SIDE DISHES</b>																	
SWEET POTATO FRIES	C														Y	Y	
CHIPS	C														Y	Y	
HALLOUMI FRIES	C						C								Y		
SKINNY FRIES	C														Y	Y	
MASH POTATO							C								Y		Y
VEGETABLES							C								Y		Y
ONION RINGS	C			C													
HOUSE SALAD									MC	C			C		Y		Y
CHEESY CHILLI CHIPS	C						C		C								
CHIPS, CHEESE & GRAVY	C						C		C				C				
GARLIC BREAD	C						C				MC				Y		
GARLIC BREAD AND CHEESE	C						C				MC				Y		
GARLIC BREAD AND TOMATO	C						C				MC				Y		
<b>SANDWICHES</b>																	
CHICKEN & CHORIZO CLUB	C		C			MC	MC		MC	C	MC	C					
CHICKEN & CHORIZO CLUB WITH EGG	C		C			MC	MC		MC	C	MC	C					
FISH BUTTY	C		C	C		MC	MC		MC	C	MC	C					
HAM & CHEESE TOASTIE	C					MC	C		MC	C	MC	C					
OPEN VEGETABLE AND PESTO	C					MC	C		MC	C	MC	C			Y		
OPEN VEGETABLE AND PESTO WITH EGG	C		C			MC	C		MC	C	MC	C					
TOASTED STILTON & PEAR CHUTNEY	C					MC	C		MC	C	MC	C			Y		
<b>DESSERTS</b>																	
STICKY TOFFEE PUDDING & VANILLA ICE CREAM	C		C		MC	MC	C	MC							Y		
CHOCOLATE BROWNIE & VANILLA ICE CREAM	C		C		MC	C	C	MC							Y		
ETON MESS			C				C								Y		Y
CHEESE AND BISCUITS	C		C				C				C				Y		
ICE CREAM - VANILLA			MC		MC	MC	C	MC							Y		Y
ICE CREAM - STRAWBERRY			MC		MC	MC	C	MC							Y		Y
ICE CREAM - CHOCOLATE			MC		MC	C	C	MC							Y		Y
ICE CREAM - MANGO			MC		MC	MC	C	MC							Y		Y
ICE CREAM - SALTED CARAMEL			C		MC	MC	C	MC							Y		Y
ICE CREAM - HONEYCOMB			MC		MC	MC	C	MC							Y		Y