

**EAST
OF
ARCADIA**

**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							●		●								
Halloumi Fries	●		●				●		●	●					Yes		
Stuffed Mushroom	●						●			●		●			Yes		
Baked Camembert	●						●										
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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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	
Steak & Ale Pie	●		●	○			●		●			●					May contain traces of fish
Fish & Chips	●		●	●								●					
Scampi	●	●	●				●					●					
Corned Beef Hash	●		●				●		●								
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	●		●				●		●	●		●					

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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	●					○	○	○									May contain soybeans, milk and nuts
Cheese & Bacon Burger	●					○	●	○									May contain soybeans and nuts
Grilled Chicken	●					○	●	○	●								May contain soybeans and nuts
Southern Fried Chicken	●		●			○	●	○		●							May contain soybeans and nuts
Mushroom Stack	●					○	●	●							Yes		May contain soybeans

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																	Please ask your server for the allergens of today's soup
Chicken & Chorizo	●		●				●			●		●					
Fish Butty	●		●	●			●			●		●					
Hot Roast Ciabatta	●						●	○	●	●		●					May contain nuts
BLT	●						●			●		●					
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	●																
Cheesy Chilli Chips	●						●		●								
Mash Potatoes							●								Yes		
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
Ice Cream			○			○	●	○							Yes		Ice cream may contain soybeans,egg and nuts, please check with your server