

DISHES Soups						Lupin	Milk		MUSTARD			SESAME OIL		Beer WINE
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Lentil Soup														
Potato and Leek Soup														
Chicken Noodle Soup		Spaghetti and noodles contain wheat. Can use GF		f using Noodles		If using GF pasta							If using GF pasta	
Tomato Soup							If Cream is added						If Cream is added	
Vegetable Soup		Barley												
Carrot and Red Pepper Soup							If Cream is added						If Cream is added	
Chicken and Rice Broth														



DISHES Main Courses					D°.	upin Flour	Milk		MUSTARD			SESAME OIL		Beer
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Roast Beef with Yorkshires, new pots and seasonal veg.		Wheat in Yorkshires		In Yorkshires			In Yorkshires							
Chicken with Yorkshires, new pots and seasonal veg.		Wheat in Yorkshires		In Yorkshires			In Yorkshires							
Katsu Chicken Curry with Rice		Wheat In Nan Bread					In Nan Bread							
Spaghetti Bolognese with Garlic Bread		Wheat - Can provide GF pasta - Wheat in Pasta				Contains if using GF Pasta	If serving with cheese or garlic bread						Contains If using Gf Pasta or Garlic bread	
Veg Curry with savoury Rice (V)		Wheat in Naan					In Naan Bread							
Chicken Goujons with wedges and Salad							If using dip							
Fish, Chips and Peas		Wheat												
American Style sausage in a bun with chips, salad and peas.		Wheat In Sausage and bun										In Bun	n Sausage	
Meatballs (Chicken) with Spaghetti In a Tomato sauce.		Wheat in Meatballs				pasta	If serving with cheese or garlic bread						f using Gf Pasta & Garlic bread	
Chicken Tandoori with rice & Naan Bread		Wheat In Nan Bread					In Nan Bread							



DISHES Main Courses						Lupin	Milk		MUSTARD			ISSAM!		Beer
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chilli with Rice				If using Quorn mince			If using Quark							
Chicken Burger with salad in a bun with wedges and salad	_	Wheat In Bun		mice			If using cheese		If using Katsu			In Bun	If using Katsu	
Mince and Tatties with Yorkshire & seasonal veg	In gravy	Wheat if using Yorkshires		If using Yorkshires			If using Yorkshires							
Veg Katsu Curry with Savoury Rice														
Katsu Chicken Burger with Diced Potatoes and salad		Wheat In Bun					If using cheese		In Katsu Curry			In Bun		
Chilli Burger with salad in a bun with chips and beans	In Chilli	Wheat In Bun					If using cheese					In Bun		
Chicken Curry Naan Bowl		Wheat In Naan Bread					In Naan Bread							
Chicken Harissa with Flatbread & Rice/Cous cous		Wheat In Cous Cous Wheat and spelt												
Fish fingers, with chips and beans		Fish fingers can be GF												
Steak Pie, boiled potatoes and mixed veg		Wheat in Pastry		If brushing pastry with egg			If brushing pastry with milk							
Salmon Fingers with potatoes and mixed veg (GF)							If using dip							
Cheeseburger of Beefburger in a bun with diced potatoes and salad		Wheat In Bun					In Cheese					In Bun		

DISHES Vegetarian and Vegan					D'S	upin Flour	Milk		MUSTARD			SESAME ON THE PROPERTY OF THE		Beer
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Quorn Fillet with Yorkshires, new potatoes and seasonal veg	In Gravy	If using Yorkshires		In Quorn Fillet and Yorkshires			If using Yorkshires							
Chicken Casserole with pastry, baby potatoes		Wheat is pastry		If brushing			If brushing							
Vegetarian Sausage roll with chips or mash and peas		Wheat In Sausage Roll					May contain							
Macaroni Cheese with Salad and Garlic Bread		Wheat in Garlic Bread. Can provide GF pasta/contained				Contains if using GF Pasta							If using Gf Pasta & Garlic bread	
Pizza with Wedges and Salad														
Tomato and Cheese Penne with Salad and Garlic Bread		Wheat and Barley in all Can provide GF pasta/contained in Garlic Bread				Contains if using GF Pasta	If using cheese in garlic read						If using G f Pasta & Garlic bread	
Veggie Meatballs with Spaghetti In a Tomato sauce.		Wheat, Can provide GF pasta/contained in Garlic Bread					If serving with cheese or garlic bread							
Quorn burger with wedges and salad		Barley & Wheat in Quorn & wheat in bun		In Quorn burger			In Quorn and with Cheese					In Bun		
Baked potato with cheese. Coleslaw and salad				In the coleslaw			In Cheese							
Quorn Fillet in a bun with diced potatoes and salad		Wheat and barley in bun and Quorn Burger		In Quorn Fillet			In Cheese					In Bun		
Neapolitan Sauce with Pasta		Can provide GF pasta				using GF Pasta	If serving with cheese or garlic bread						If using Gf Pasta & Garlic bread	



Quorn Casserole with		If brushing	If bushing			
Pastry baby potatoes	Wheat in pastry					
Vegetable Goujons with	Wheat in Veg		If using dip			
wedges and salad	Goujons					

DISHES Side dishes					Lupin	Milk		MUSTARD			SESANCE		Beer
Allergens	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Piri Piri Chicken • No Allergies													
BBQ Chicken	Wheat												
Sweet Chilli Chicken No Allergies													
Deli Bar items. Please ask staff for allergen content.													
Desserts													
Apple Crumble with custard	Wheat in crumble & Custard					Crumble & Custard							
Eves Pudding						In custard							
Apple Strudel with Custard			if brushing			if brushing and in custard							

Sandwich & Baguettes					upin Flour	Milk		MUSTARD			SSSAME OL		Beer
Allergens	Cereals containin g gluten**	Crustacean s	Eggs	Fish	Lupin	Milk	Mollusc	Mustar d	Nuts*	Peanut s	Sesam e seeds	Soya	Sulphu r dioxide
Tuna Salad Baguette/Sandwich/Panin i	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread		In Mayonnaise			In Mayonnaise		In Mayonnaise			In Baguette	In 50/50 Bread	
Chicken Tikka Baguette/Sandwich/ Panini	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread		In Mayonnaise			In Mayonnaise, Tikka sauce		In Mayonnaise				In 50/50 Bread	
BBQ Pulled Pork Baguette/Sandwich/Panin i	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread										In Baguette	In 50/50 Bread	
Cheese Savoury Baguette/Sandwich/Panin	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread		In Mayonnaise Can serve without			In Mayonnaise In Cheese		In Mayonnaise Can serve without			In Baguette	In 50/50 Bread	
Egg Mayonnaise Baguette/Sandwich/Panin	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread					In Mayonnaise		In Mayonnaise			In Baguette	In 50/50 Bread	
Chicken Fajita Baguette/Sandwich/Panin	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread		In Mayonnaise Can serve without			In Mayonnaise		In Mayonnaise Can serve without			In Baguette	In 50/50 Bread	
Plain Roast Beef Baguette/Sandwich/Panin	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread										In Baguette	In 50/50 Bread	
Plain Roast Chicken Baguette/Sandwich/Panin	Wheat in Baguette, Barley, Oats, Rye. Wheat in Bread										In Baguette	In 50/50 Bread	
Plain Cheese Baguette/Sandwich/Panin						In Cheese					In Baguette	In 50/50 Bread	
Plain Roast Turkey Baguette/Sandwich/Panin i	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread										In Baguette	In 50/50 Bread	



Spicy Mixed Meat Baguette/Sandwich/Panin i	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread						In Baguette	In 50/50 Bread	
Five Bean Salad Baguette/Sandwich/Panin i	Wheat In Baguette, Barley, Oats, Rye. Wheat In Bread				In Bean Salad		In Baguette	In 50/50 Bread	

Salads and pasta					D.	upin Flour	Milk		MUSTARD			SESAME OX		Beer
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken pasta box		Can provide GF pasta		In Mayonnaise Can serve without		If using GF pasta	In Mayonnaise Can serve without		In Mayonnaise Can serve without				If using GF pasta	
Roast Beef Salad Box		Wheat flour, wheat Gluten in Chapati		In Mayonnaise Can serve without			In Mayonnaise Can serve without In Flatbread		In Mayonnaise Can serve without					
Italian pasta box with mozzarella		Can provide GF pasta				If using GF pasta	In Cheese can be served without						If using GF pasta	
Spicy Mixed Meat Salad Box		Wheat Flour, wheat gluten in Chapati												
Tuna pasta box		Can provide GF pasta		In Mayonnaise Can serve without		If using GF pasta	In Mayonnaise Can serve without		In Mayonnaise Can serve without				If using GF pasta	
Chicken Caesar Salad Pasta box		Can provide GF pasta		In Caesar Dressing		If using GF pasta	In Caesar Dressing						If using GF pasta	
Sweet Chilli Chicken Salad Box		Wheat flour, Wheat gluten in Chapati												
Pulled Chicken Italian Pasta box		Can provide GF pasta				If using GF pasta	In Cheese can be served without						If using GF pasta	
Savoury Cheese salad Box		Wheat flour, wheat gluten in Chapati		In Mayonnaise Can serve without			In Mayonnaise and cheese. Can serve wthout on Chapati		In Mayonnaise Can serve without					
Five Bean Salad									In Bean Salad					
Vegetable Cous Cous Salad (v)		Wheat, barley, oats and rye and spelt in Cous cous – Wheat in Chapati												

Other food items						Lupin	Milk		MUSTARD			SISSAMI		Beer WINE
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur
Bread Items														
7.5" Baguette (30151)		Wheat, barley,												
Soft Corn Tortilla 12" (129230)														
Chapati (120202)		Wheat												
Kingsmill 50/50		Wheat												
Wholemeal Pitta (33042)		Wheat												
Garlic bread		Wheat												
Naan		Wheat												
Burger buns (57033)		Wheat												
Snack Food Items														
Wholesum Crisps/Burts (Contain pea protein)														
BBQ (No Allergies)														
Chilli (No Allergies)														
Plain Muffins		Wheat											May Contain	



Carrot Cake		Wheat												
Chocolate Sponge		Wheat												
Chocolate Muffin		Wheat											May Contain	
Cream and Chive														
Lightly salted Salt (No Allergies)														
Salt & Vinegar (One Allergen)		Barley/Gluten												
Other food					Do.	Lupin	Milk		MUSTARD	0		SESANG	- S	
items														Beer
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pop oats crisps; (Contains oats)														
Barbecue BBQ (No allergies)														
Sour Cream														
Salt & Vinegar (No allergies)														
Propercorn Sweetcorn (No allergies)														
Cookies		Wheat												
Raisins (no allergens)														
Dairy Products														
Mueller Yoghurts														
Yazoo Milk														
Viva Milk														

Christmas Menu Items					D°	Lupin Flour	Milk		MUSTARD			SESAM		WINE
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Winter lentil & vegetable soup		If serving with bread											If serving with 50/50 bread	
Traditional turkey in gravy														
Chipotles cocktail sausage		Wheat												
Sage And Onion Stuffing		Wheat and Oats												
Quorn Fillet with Gravy and Yorkshire Pudding		In yourkshire		n quorn and 'orkshire			In Yorkshire							
No Added sugar Jelly														



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