

STARTERS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Crispy sesame king prawns, salt & pepper squid, sriracha mayonnaise				✓	✓	✓	✓	✓	✓	✓	✓		✓		W
Bang Bang satay chicken or with cauliflower & tofu	✓	Ⓟ					Ⓟ	✓		✓	✓	✓	✓		
Figs, cashel blue & chicory salad, walnuts, poppy seed dressing		✓				✓							✓		
Duck rillettes, celeriac & apple remoulade, caperberries, Sourdough						✓	✓				✓	✓	✓	Ⓟ	W
Cumin carrots & chick pea salad, beetroot houmous, omega seeds, orange, ginger dress										✓			✓		
Mackerel Paté, horseradish cream, pickled cucumber, fennel & dill, melba toast			✓			✓	✓						✓	Ⓟ	W
Tuna tartare, crushed avocado, coriander & ginger, pickled mouli, sesame dressing			✓				✓	✓		✓			✓	Ⓟ	W
Cured salmon tartare, crushed avocado, coriander, ginger, pickled mouli, sesame			✓				✓	✓		✓			✓	Ⓟ	W
Saute mushrooms & butternut squash, sage cream, rocket, parmesan, sourdough						✓	✓						✓	Ⓟ	W

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 Ⓟ May contain this (risk of cross-contamination on food production line)

SHARERS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Garlic ciabatta bread w/pepper & tomato dip						✓	✓			Ⓜ				Ⓜ	W
Whole baked camembert with ciabatta & apricot chutney						✓	✓			Ⓜ		✓	✓	Ⓜ	W, R
Mezze: Olives, sunblush tomatoes, feta, cumin carrots, beetroot houmous, flat bread						✓	✓	✓		✓	✓	✓	✓	Ⓜ	W
Cured meats, duck rillettes, celeriac remoulade, artichokes, croquettes, etc*		*	*	*	*	✓	✓	*	✓	✓	✓	✓	✓	Ⓜ	W, R
Fish board, mackerel paté, whitebait, prawns, squid, etc*		*	✓	✓	✓	✓	✓	*	✓	*	✓	✓	✓	Ⓜ	W, R, B

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SANDWICHES /LL	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
SANDWICH - Steak & mustard mayo in ciabatta							✓		✓	Ⓜ	✓			Ⓜ	W
SANDWICH –smoked salmon, cucumber, crème cheese & chives, rocket			✓			✓	✓			Ⓜ				Ⓜ	W,
WRAP- beetroot houmous, avocado, courgette & red pepper, vegan pesto, rocket, omega seeds		✓					✓			✓				Ⓜ	W
WRAP – chicken caesar, crispy bacon, avocado						✓	✓		✓		✓		✓	Ⓜ	W
WRAP- breaded gujons, crushed peas, tartare sauce			✓			✓	✓		✓	Ⓜ	✓			Ⓜ	W
WRAP- beetroot houmous, avocado, courgette & red pepper, vegan pesto, rocket, omega seeds		✓					✓			✓				Ⓜ	W
WRAP- breaded gujons, crushed peas, tartare sauce			✓			✓	✓		✓	Ⓜ	✓			Ⓜ	W
WRAP- beetroot houmous, avocado, courgette & red pepper, vegan pesto, rocket, omega seeds		✓					✓			✓				Ⓜ	W
Harissa king prawns, roasted vegetable & brown rice pilaf, coconut tzatziki				✓											
TOAST - Spinach, guacamole, poached eggs, hollandaise						✓	✓		✓	Ⓜ			✓	Ⓜ	W

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MAIN COURSES	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Gourmet Burger with Burger Sauce, Roasted Onions & Smoked Cheddar		Ⓟ	✓			✓	✓	Ⓟ	✓	Ⓟ	✓	✓	✓		W,
Falafel burger, halloumi, red pepper, tzatziki, coleslaw		Ⓟ	*	*	*	✓	✓	✓		✓	✓	✓	✓		W
Ribeye/onion rings*, chips, tomatoes, peppercorn jus		*	*	*	*	✓	✓	*	*	*	*	✓	✓		
Fish & chips			✓						✓		✓		✓		GF
Sausage & mash, crispy onions*		*	*	*	*	✓	✓	*	*	*	*	✓	✓		W
Liver, bacon, mash and spinach						✓					✓	✓	✓		
Bubble & Squeak with ham & egg						✓			✓						
Bubble & squeak with smoked salmon			✓			✓			✓						
Breaded Chicken schnitzel, wild mushroom linguini, garlic butter, red wine reduction						✓	✓		✓			✓	✓	Ⓟ	W
Sweet potato, aubergine, apricot tagine, herb cous cous, almonds, flat bread,		✓					✓					✓	✓		W
Keralan roasted vegetable curry, brown rice, coconut yoghurt											✓				
Bream, Tuscan bean ragu, broccoli, pesto, lemon & pinenut crumb		✓	✓			✓		✓				✓			
Smoked haddock rarebit, tomato, mustard mash, cream leek sauce			✓			✓	✓	✓			✓	✓	✓	Ⓟ	W
Fillet steak, gratin potatoes, spinach, garlic, mushrooms, port shallot sauce						✓						✓	✓		

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ROASTS AND SIDES	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Roast lamb – pinenut & herb stuffing, roast pots – STUFFING MC ALL NUT ALLERGENS	Ⓟ	✓				✓	✓	✓	✓	Ⓟ	Ⓟ	✓	✓		W
Roast chicken – chipolatas, pinenut & herb stuffing, bread sauce, pots – STUFFING MC ALL NUT ALLERGENS	Ⓟ	✓				✓	✓	Ⓟ	✓	Ⓟ	✓	✓	✓		W
Veggie carrot & cashew nut roast	Ⓟ	✓					✓			✓		✓	✓		
Potato Gratin						✓									
Cauliflower & broccoli gratin						✓	✓		✓		✓	✓			
Colcannon Mash						✓									
Minted New Potatoes						✓									
Home cut chips															
French beans & tenderstem broccoli						✓									

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KIDS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soybeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
	Cheeseburger & chips		Ⓜ				✓	✓			✓				
Pasta, ham, peas & parmesan						✓	✓		✓				✓		W
Fish & chips			✓										✓		
Ham, egg & chips									✓				✓		
Chicken Roast	Ⓜ	Ⓜ				✓	✓	Ⓜ	✓	Ⓜ	✓	✓	✓		W
Beef Roast						✓	✓		✓			✓	✓		W
Lamb Roast	Ⓜ	Ⓜ				✓	✓	✓	✓	Ⓜ	Ⓜ	✓	✓		W
Pasta, broccoli and tomato sauce							✓		✓						W
Poached fillet of Salmon, creamy mash & broccoli			✓			✓									
Consibee Cumberland sausage with creamy mash and gravy						✓	✓					✓	✓		W

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PUDDINGS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soybeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Cheeseboard	✓	✓				✓	✓		✓	✓		✓	✓		W, R, O, B
Disaronno Affogato		✓				✓	✓	✓					✓		
Pineapple, mixed berries, mint, blackcurrant Sorbet, Raspberry Coulis															
Sticky Toffee Pudding						✓	✓		✓				✓		W
Mini Nutella Doughnuts with Chocolate Sauce*		✓	Ⓟ	Ⓟ	Ⓟ	✓	✓	✓	✓	*	*	Ⓟ	✓		W
Baileys crunch chocolate tiffin		Ⓟ				✓	✓	✓							W
White Chocolate chip Brownie						✓		✓	✓						GF
Plum & apple crumble, custard,	Ⓟ	✓				✓	✓		✓				✓		GF flour
Banoffee sundae, salted caramel ice cream, granola crunch, chocolate sauce	Ⓟ	✓				✓	✓	✓	✓						W
Raspberry crème brulee, lemon & poppy seed shortbread		Ⓟ				✓	✓		✓					Ⓟ	W
Pear chocolate & almond tart, vanilla mascarpone		✓				✓	✓		✓					Ⓟ	W
Vanilla Ice Cream	Ⓟ	Ⓟ				✓		✓	Ⓟ						
Chocolate	Ⓟ	Ⓟ				✓		✓	Ⓟ						
Strawberry	Ⓟ	Ⓟ				✓		✓	Ⓟ						
Salted Caramel	Ⓟ	Ⓟ				✓		✓	✓						
pistachio	Ⓟ	Ⓟ				✓		✓	Ⓟ						
Banoffee crunch	Ⓟ	Ⓟ				✓		✓	Ⓟ						
honeycomb	Ⓟ	Ⓟ				✓		✓	Ⓟ						
Blackcurrant sorbet															
Raspberry Sorbet															

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BAR SNACKS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soyabeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Calamari*		*	*	✓	*	*	✓	*	✓	*	*	*	*		
Whitebait*		*	✓	*	*	*	✓	*	✓	*	*	*	*		
Nachos						✓									
Chips with Peppercorn sauce						✓						✓	✓		
Chipolatas							✓					✓			
Chicken & Serrano ham croquettes*		*	*	*	*	✓	✓	*	*	*	✓	*	*		
Prawn Skewers			✓	✓				✓							
Prawn Crackers*		*	*	✓	*	*	*	*	✓	*	*	*	*		
Mustard Mayo									✓		✓		✓		
BBQ Sauce											✓	✓			
Garlic Mayo									✓				✓		
Tartare Sauce									✓		✓		✓		
Sweet Chilli Dip							✓						✓		
Houmous, flat bread							✓			✓					
Padron Peppers															
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