

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
<p>*This item is cooked in oil also used to cook; Calamari, Whitebait, Sesame Prawn Toast, Mini Doughnuts, Croquettes, Onion Rings, Crispy Onions, Prawn Crackers. Ⓡ May contain this (risk of cross-contamination on food production line) (W) Wheat (R) Rye (B) Barley</p>															

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)	Soybeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
	Gourmet Burger with Burger Sauce, Roasted Onions & Smoked Cheddar		Ⓟ	✓			✓	✓	Ⓟ	✓	Ⓟ	✓	✓	✓	
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)	Soybeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
Roast Beef – Yorkshire puds, roast pots						✓	✓		✓			✓	✓		W
Roast pork belly – mash, kale, apple, mustard jus, stuffing – STUFFING MC ALL NUT ALLERGENS	P	✓				✓	✓	P	✓	P	✓	✓	✓		W
Roast duck – parsnip mash, peppercorn sauce						✓						✓	✓		
Roast lamb – pinenut & herb stuffing, roast pots – STUFFING MC ALL NUT ALLERGENS	P	✓				✓	✓	✓	✓	P	P	✓	✓		W
Roast chicken – chipolatas, pinenut & herb stuffing, bread sauce, pots – STUFFING BAD	P	✓				✓	✓	P	✓	P	✓	✓	✓		W
Veggie carrot & cashew nut roast	P	✓					✓			✓		✓	✓		
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		B				✓	✓			✓				
Pasta, ham, peas & parmesan						✓	✓		✓				✓		W
Fish & chips			✓										✓		
Ham, egg & chips									✓				✓		
Chicken Roast	B	B				✓	✓	B	✓	B	✓	✓	✓		W
Beef Roast						✓	✓		✓			✓	✓		W
Lamb Roast	B	B				✓	✓	✓	✓	B	B	✓	✓		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)	Soyabeans	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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BRUNCH	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soybeans	Eggs	Sesame Seeds	Mustard	Celery	Sulphites	Lupin	Notes
FULL ENGLISH, streaky bacon, cumberland sausage, black pudding, bubble, tomato, mushroom, baked beans						✓	✓		✓			*	*		W
FULL VEGETARIAN, halloumi, falafal, tomato, bubble, mushroom, baked beans						✓	✓		✓			*	*		W
spinach, avocado, eggs, hollandaise, sourdough						✓	✓		✓				✓	B	W
wild mushrooms, squash, sage, cream sauce, sourdough						✓	✓						✓	B	W
bubble & squeak & poached eggs with either, ham or broccoli						✓			✓						
bubble & squeak & poached eggs with smoked salmon			✓			✓			✓				✓		
smoked salmon & scrambled eggs on sourdough			✓			✓			✓				✓	B	W
greek yoghurt, honey & pistachio		✓				✓									
GREEK yoghurt, honey & pistachio & GRANOLA		✓				✓	B			B					W

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