

STARTERS	Peanuts	Tree Nuts	Fish	Crustaceans	Molluscs	Milk	Cereals (Gluten)	Soybeans	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	✓	Ⓟ					Ⓟ	✓		✓	✓	✓			
grilled goats cheese, beetroot & chicory salad, walnut vinaigrette		✓				✓					✓		✓		
pork & peppercorn terrine, celeriac remoulade, apple ketchup, toasted sourdough		Ⓟ				✓	✓		✓		✓	✓	✓	Ⓟ	W
kiln roast salmon, new potato, dill & caper salad, watercress, sweet mustard vinaigrette			✓								✓		✓		
Mackerel Paté, horseradish cream, pickled cucumber, fennel & dill, melba toast			✓			✓	✓		✓				✓	Ⓟ	W
spring salad, pinenuts, lemon, ginger & agave dressing						✓		✓	✓						
roasted butternut squash soup, toasted pumpkin seeds															
Saute mushrooms & squash, sage cream, rocket, parmesan, sourdough or tart		Ⓟ				✓	✓							Ⓟ	W

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 Ⓟ May contain this (risk of cross-contamination on food production line) (W) Wheat (R) Rye (B) Barley

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, pork terrine, 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,
SANDWICH- beetroot houmous, avocado, courgette & red pepper, vegan pesto, rocket, omega seeds		✓					✓	✓		✓				Ⓟ	W
WRAP - Chicken caesar, crispy bacon, parmesan			✓			✓	✓		✓		✓		✓	Ⓟ	W
WRAP- breaded gujons, crushed peas, tartare sauce			✓			✓	✓		✓	Ⓟ	✓			Ⓟ	W
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		Ⓡ	✓			✓	✓	Ⓡ	✓	Ⓡ	✓	✓	✓	
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, lemon, caper & garlic butter, new potatoes, sherry vingar reduction						✓	✓		✓			✓	✓	Ⓡ	W
mushroom tortellini, peas, tarragon crème fraiche, broccoli, pecorino						✓	✓		✓						W
thai green vegetable curry, jasmine rice															W
seabream, dill & fennel risotto, salsa verde, balsamic cherry tomatoes			✓			✓						✓	✓		
roasted cod, parsley & lemon crust, creamy mash, parsley & mussel sauce			✓		✓	✓	✓								W
slow braised duck leg, gnocchi, onions, carrots, hispi						✓	✓		✓			✓	✓		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 Beef –Yorkshire puds, roast pots						✓	✓		✓			✓	✓		W
Roast pork belly – mash, kale, apple, mustard jus, stuffing – STUFFING MC ALL NUT ALLERGENS	Ⓟ	✓				✓	✓	Ⓟ	✓	Ⓟ	✓	✓	✓		W
roast turkey- breat & leg, chipolata, bacon wrapped stuffing, roast potatoes, bread sauce, cranberry	Ⓟ					✓	✓		✓			✓	✓		W
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 ALLERGEN	Ⓟ	✓				✓	✓	Ⓟ	✓	Ⓟ	✓	✓	✓		W
Veggie carrot & cashew nut roast	Ⓟ	✓					✓			✓		✓	✓		
lamb shank , braised with garlic & rosemary						✓	✓					✓			w
Cauliflower gratin						✓	✓		✓		✓	✓			
Colcannon Mash						✓									
Minted New Potatoes						✓									
Home cut chips															
French beans & tenderstem broccoli						✓									
Brussel sprouts, chestnuts, pancetta															
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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		R				✓	✓			✓				
Pasta, ham, peas & parmesan						✓	✓		✓				✓		W
Fish & chips			✓										✓		
Ham, egg & chips									✓				✓		
Chicken Roast	R	R				✓	✓	R	✓	R	✓	✓	✓		W
Beef Roast						✓	✓		✓			✓	✓		W
Lamb Roast	R	R				✓	✓	✓	✓	R	R	✓	✓		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
oreo vegan chocolate cheesecake, raspberry sorbet							✓	✓							W
Strawberry & passion fruit eton mess						✓			✓						GF
greek yoghurt pannacotta, pached rhubarb, honey & pistachios		✓				✓									
banoffee ice cream sundae	Ⓟ	✓				✓	✓	✓	Ⓟ	Ⓟ					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)	Soybeans	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)	Soyabeans	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 brocolli						✓			✓						
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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