

## ADULT MENU ALLERGENS

| Allergens<br>YES=contains, MC=may contain | Peanuts | Other Nuts | Egg | Fish | Crustacean & Molluscs | Milk | Soya | Wheat | Barley | Oats | Rye | Spelt | Kamut | Gluten | Sesame | Celery | Must'd | >10pm Sulphite | Lupin |
|-------------------------------------------|---------|------------|-----|------|-----------------------|------|------|-------|--------|------|-----|-------|-------|--------|--------|--------|--------|----------------|-------|
| <b>BREAKFAST</b>                          |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Sausage bap                               |         | MC         | MC  |      |                       | YES  |      | YES   |        |      |     |       |       | MC     | YES    | MC     | MC     | YES            |       |
| Bacon bap                                 |         |            |     |      |                       |      |      |       |        |      |     |       |       | YES    | YES    |        |        |                |       |
| Egg bap                                   |         |            | YES |      |                       |      |      |       |        |      |     |       |       | YES    | YES    |        |        |                |       |
| Sausage and egg bap                       |         | MC         | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    | YES    | MC     | MC     | YES            |       |
| Bacon and egg bap                         |         |            | YES |      |                       |      |      |       |        |      |     |       |       | YES    | YES    |        |        |                |       |
| Scrambled egg white/brown toast           |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Kids scrambled egg on white/brown toast   |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| White/brown bread/toast with butter       |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Quorn bap                                 |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       | YES    | MC     |        |        |                |       |
| Quorn and egg bap                         |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       | YES    | MC     |        |        |                |       |
| <b>JACKET POTATOES</b>                    |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Plain Jacket and butter                   |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Jacket with cheese                        |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Jacket with beans                         |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Jacket with cheese and beans              |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Jacket with tuna mayo                     |         |            | YES | YES  |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Jacket with tuna mayo and cheese          |         |            | YES | YES  |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Butter                                    |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| <b>SIDE ORDERS</b>                        |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Chunky chips (Vegetable oil)              |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Curly fries                               |         |            |     |      |                       |      |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Sweet potato fries                        |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Breaded onion rings (Woodwards)           |         |            |     |      |                       |      |      | YES   |        |      |     |       |       | YES    |        |        |        |                |       |
| Grated Cheese Topping                     |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Hellmans mayonnaise                       |         |            | YES |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| BBQ sauce (Tesco)                         |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Sour Cream (Tesco)                        |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Sweet chilli sauce (Tesco)                |         | YES        |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| <b>Salad Dressing:</b>                    |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Honey and mustard                         |         |            | YES |      |                       |      |      |       |        |      |     |       |       |        |        |        | YES    |                |       |
| Balsamic                                  |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        | YES            |       |
| Thousand Island                           |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       |        |        |        | YES    |                |       |
| Vinagerette                               |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Caesar                                    |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |

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| <b>BURGERS</b>                            |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Angus beef burger with chips              |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       | YES    | MC     |        |        |                |       |
| Angus beef with curly fries               |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       | YES    | MC     |        |        |                |       |
| Chicken burger and chips                  |         |            | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    | MC     |        |        |                |       |
| Chicken burger and curly fries            |         |            | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    | MC     |        |        |                |       |
| Veggie burger and chips                   |         |            | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    | MC     |        |        | YES            |       |
| Veggie burger and curly fries             |         |            | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    | MC     |        |        | YES            |       |
| <b>TOPPINGS</b>                           |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Cheese                                    |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Bacon                                     |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Fried onions (Vegetable Oil)              |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| <b>LIGHT MEALS AND SALADS</b>             |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Mushroom soup                             |         |            |     |      |                       | YES  | YES  | YES   | YES    |      |     |       |       | YES    |        |        |        |                |       |
| Minestrone soup                           |         |            | YES |      |                       | YES  |      | YES   |        |      |     |       |       | YES    |        | YES    | YES    |                |       |
| Tomato soup                               |         |            |     |      |                       | YES  |      | YES   |        |      |     |       |       |        |        | YES    | YES    |                |       |
| Red pepper and tomato soup                |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        | YES    |        |                |       |
| Carrot and corrinader soup                |         |            | YES |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Beans on white/brown toast                |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| <b>PANINI</b>                             |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Tomato, mozzarella and pesto              |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Tuna and cheese                           |         |            |     | YES  |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Ham and cheese                            |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Cheese and tomato                         |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Cheese and pepperoni                      |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Brie & Cranberry                          |         |            |     |      |                       | YES  |      |       |        |      |     |       |       | YES    |        |        |        |                |       |
| Cheese and marmite                        |         |            |     |      |                       | YES  |      | YES   | YES    | YES  | YES |       |       | YES    |        |        |        |                |       |
| <b>SALADS</b>                             |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Ham & Salad                               |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Ham & Mustard Mayo                        |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Ham & Egg                                 |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Ham & Tomato                              |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese                                    |         |            |     |      |                       | YES  |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Prawn (Mayo)                              |         |            | YES | YES  |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Tuna (Mayo) Salad                         |         |            | YES | YES  |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Ham Salad                                 |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Ham & Egg (Mayo)                          |         |            | YES |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |

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| <b>SANDWICHES / WRAPS (made with Flora)</b> |         |            |     |      |                       |      |      |       |        |      |     |       |       |        |        |        |        |                |       |
| Cheese and tomato                           |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese and pickle                           |         |            |     |      |                       | YES  | YES  | YES   | YES    |      |     |       |       |        |        |        |        | YES            |       |
| Cheese, Ham & Pickle                        |         |            |     |      |                       | YES  | YES  | YES   | YES    |      |     |       |       |        |        |        |        | YES            |       |
| Mixed Cheese & Spring Onion                 |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Cheese & Tomato                             |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese & Coleslaw                           |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese Salad                                |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese & Red Onion Chutney                  |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese & Cucumber                           |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese & Onion                              |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Cheese                                      |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Seafood cocktail                            |         |            | YES | YES  |                       |      | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Tuna Mayo & Sweetcorn                       |         |            | YES | YES  |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Tuna Mayo & Cucumber                        |         |            | YES | YES  |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Tuna Mayo                                   |         |            | YES | YES  |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Smoked Salmon & Cream Cheese                |         |            |     | YES  |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Chicken & Sweetcorn                         |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Chicken Tikka                               |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Chicken & Stuffing                          |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Chicken & Bacon                             |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |
| Chicken Salad                               |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cornbeef                                    |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cornbeef & Pickle                           |         |            |     |      |                       |      | YES  | YES   | YES    |      |     |       |       |        |        |        |        | YES            |       |
| Cornbeef & Tomato                           |         |            |     |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Sausage & Egg                               |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       | YES    |        |        |        | YES            |       |
| Mozzarella, Pesto (nut free) & Tomato       |         |            |     |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Cheese & Egg                                |         |            | YES |      |                       | YES  | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Egg Salad                                   |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Egg & Tomato                                |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        |        |                |       |
| Egg & Cress                                 |         |            | YES |      |                       |      | YES  | YES   |        |      |     |       |       |        |        |        | YES    |                |       |

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