

# ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Swan with two necks to enjoy our food.

This document contains all our allergen information.

Our dish descriptions do not mention every ingredient, just ask us if unsure.

**Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free.**

Please always inform waiting staff of an allergy before ordering so we can take extra care preparing your dish.

Should you have specific dietary requirements please ask the restaurant manager for details before you order.

The following pages highlight the known allergen ingredients within our dishes. Please use the following key for identifying the cereals that are within each dish;

W	Wheat
R	Rye
WW	Whole Wheat
WG	Whole Grain
B	Barley
S	Spelt
O	Oats

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Updated 17-03-17

		ALLERGENS														
DELI SHARERS, STARTERS & SALADS		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
DELI SHARERS	FISH DELI	W,B,O,R	Yes	●	●	●		●	●	●	●		●	●		●
	ARTISAN CHEESE DELI	B,W,R	Yes		●			●	●		●	●	●	●		
	ORIENTAL DELI	B,W,R	Yes	●	●	●	●	●	●	●	●	●	●	●		●
	CANAPES DELI	B,W,O	Yes	●	●			●	●		●	●	●	●		●
STARTERS	HOMEMADE SEASONAL SOUP	W,B,R,O	Yes		●		●	●	●	●	●	●	●	●	●	
	BAKED GARLIC MUSHROOMS & CHEDDAR CHEESE	W,B,R,O	Yes					●	●		●		●	●		
	TEMPURA HAKE, SCALLOPS & KING PRAWNS	B,W,R	Yes	●		●		●	●			●	●	●		●
	DUCK, SPRING ONION & SESAME SPRING ROLLS	W,B,R	Yes		●			●	●			●	●			
	PAN FRIED STEAK & ONIONS ON TOASTED SOUR DOUGH	W,B	Yes		●				●	TREE NUTS	●	●		●		
	BUBBLE & SQUEAK POTATO CAKE	B,W,O	Yes		●			●	●							
	GRADVALAX, BEETROOT CURED & SMOKED SALMON	W,R	Yes			●		●	●		●	●	●	●		
SALADS	CAESAR SALAD	W,R,B	Yes		●	●			●			●		●		
	BREADED GOATS CHEESE SALAD	W,R,B	Yes		●				●	WALNUT		●		●		
	CRISPY PORK & ASIAN SLAW	W,B,R	Yes		●			●	●	CASHEW	●	●		●		
	KING PRAWN & CRAB SALAD			●		●			●							

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MAINS & STEAKS		ALLERGENS															
		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid	
MAINS	PAN FRIED HAKE	W,B,R	Yes	●	●	●	●	●	●	PINENUTS	●	●	●	●			
	SIZZLING VEGETABLE FAJITAS (AVAILABLE WITH CHICKEN)	W	Yes						●				●				
	SLOW ROASTED BELLY PORK	O,B,W	Yes		●			●	●		●	●	●				
	SALMON EN CROUTE	W,B,R	Yes	●	●	●			●		●	●	●				
	HADDOCK FILLET IN BEER BATTER	W,B,R	Yes			●			●								
	PAN ROASTED LAMB RUMP	*	*						●		●	●	●				
	HOMEMADE STAFFORDSHIRE BEEF BURGER	W,B,R	Yes	●	●	●						●		●			
	ROASTED SEA BASS FILLETS	*	*	●		●			●	PINENUTS	●	●		●		●	
	PAN FRIED CHICKEN SUPREME	W,B,R	Yes		●			●	●		●						
	PAN FRIED DUCK BREAST	*	*		●				●		●		●				
	BEEF BRISKET & BOURGUIGNON SAUCE	W,B,R	Yes		●			●	●		●	●	●				
	PAMESAN, CHEDDAR & ONION PIE	W,B,R	Yes		●			●	●		●	●	●				
	THAI RED CURRY WITH CHARGRILLED CHICKEN BREAST	*	*	●	●	●		●	●			●		●			
	SWEET POTATO, FETA & BEETROOT HASH BROWN	*	*		●			●	●		●		●				
	BREADED CHICKEN BREAST WITH ROASTED POTATOES, BROCCOLI	Allergen Information currently unavailable															
	STEAK, ALE & MUSHROOM PIE	W,B,R	Yes		●			●	●		●	●	●				

\* Not listed as an ingredient - But packaging says that product 'May Contain Wheat'

		ALLERGENS														
		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
STEAKS	MAINS & STEAKS															
	8OZ/ 10OZRIBEYE STEAK							●						●		
	10OZ/ 12OZ STAFFORDSHIRE SIRLOIN STEAK							●						●		
	8OZ STAFFORDSHIRE MID CUT FILLET STEAK							●						●		

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		ALLERGENS														
SIDE DISHES & STEAK SAUCES		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	peanuts and soya related to Lupin (a legume)	molluscs e.g. mussels, clams, oysters, squid
SIDES	HOMEMADE BEER BATTERED ONION RINGS	W,B,R	Yes		●			●	●				●			
	RUSTIC BREADS	W,O,B,R	Yes		●		●	●	●	●	●	●	●	●	●	
	HAND CUT CHIPS															
	SLICED FLAT MUSHROOMS								●							
	GREEN VEGETABLES								●							
	OLIVES	W	Yes		●	●		●	●		●	●	●	●		●
	CREAMY MASH								●							
	MIXED SALAD	W,B,R	Yes		●			●	●			●	●	●		
	GARLIC BREAD	W,B,R	Yes						●			●	●			
	HOMEMADE COLESLAW				●							●		●		
ROASTED ROOT VEGETABLES								●		●	●					
STEAK SAUCES	PEPPERCORN SAUCE	*	*					●	●		●	●		●		
	BLUE CHEESE SAUCE	*	*		●			●	●							
	MELBEC RED WINE SAUCE	*	*								●	●		●		
	GARLIC & HERB BUTTER								●							

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		ALLERGENS														
DESSERTS, ICE CREAMS & CHEESES		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
ICE CREAM & SORBET CONTD...	MANGO SORBET															
	ORANGE SORBET															
	BLACKCURRANT SORBET															
	BRANDY SNAP BASKET	W,B,R	Yes		●			●	●				●			
CHEESE SLATE	SHROPSHIRE BLUE								●							
	FORD FARM CAVE AGED TRADITIONAL CHEDDAR								●							
	TUNWORTH CAMEMBERT STYLE CHEESE								●							
	WILD GARLIC YARG								●							
	ARTISAN BISCUITS	W,B,R, O	Yes		●		●	●	●	ALMOND/ HAZEL	●	●	●			
	APPLE CHUTNEY	B	Yes							●		●	●	●		

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LUNCH MENU																	
SANDWICHES	HOMEMADE SEASONAL SOUP	W,B,R,O	Yes		●		●	●	●		●	●	●	●	●		
	BREADED MUSHROOMS	W,B,R	Yes		●			●	●					●			
	SMOKED SALMON AND ATLANTIC PRAWNS	W,B,R	Yes	●	●	●						●		●			
	HOMEMADE THAI FISHCAKES	W,R,B	Yes	●	●	●		●	●		●	●	●	●			
	CRISPY SHREDDED BEEF SALAD	W,B,R	Yes		●			●	●			●	●	●			
MAINS	CHARGILLED THAI RED CHICKEN SKEWER	W	Yes	●	●	●		●	●				●	●			
	BELLY PORK SANDWICH	W,B,R,O	Yes					●	●		●	●	●	●			
	BRAISED BEEF BRISKET BAGUETTE	W,B,R	Yes		●			●	●		●	●		●			
	CRAYFISH & SMOKED SALMON ON TOASTED FOCCACIA	W,R,B	Yes	●	●	●			●				●	●			
	MUSHROOM, ONION, SPINACH & BLUE CHEESE FLATBREAD	W,B,R	Yes		●			●	●					●			
	CHICKEN SANDWICH	W,B,R	Yes		●				●		●						
	BREADED HADDOCK GOUJONS	W,B,R	Yes		●	●		●	●			●	●	●			
LUNCH SPECIALS	TERRIYAKI BEEF SKEWER	W,B,R,O	Yes					●	●			●	●	●			
	SWEET POTATO, TOMATO, BASIL & PARMESAN QUICHE	W,B,R,O	Yes		●				●			●					
	8OZ GAMMON STEAK				●									●			
DESSERTS	STRAWBERRY & BROWNIE SKEWER	W,B,R,O	Yes		●			●	●				●				
	ICE CREAM	SEE DESSERT SECTION FOR FLAVOURS															
	MACAROONS & CHANTILY CREAM	G	Yes		●			●	●	Tree Nuts				●			



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SUNDAY LUNCH MENU																
STARTERS	HOMEMADE SEASONAL SOUP	W,B,R,O	Yes		●		●	●	●		●	●	●	●	●	
	BAKED GARLIC MUSHROOMS & CHEDDAR CHEESE	W,B,R,O	Yes					●	●		●		●	●		
	BUBBLE & SQUEAK POTATO CAKE	B,W,O	Yes		●			●	●							
	SMOKED SALMON, ATLANTIC PRAWN & CAPER SALAD	W,B,R	Yes	●		●								●		
MAINS	ROASTED SILVERSIDE OF BEEF	W,B,R	Yes		●			●	●		●	●	●			
	ROASTED HAM	Allergen Information currently unavailable														
	ROASTED SEA BASS FILLETS	W	Yes	●		●			●	PINENUTS	●	●		●		●
	VEGETARIAN ROAST DINNER	W,B,R	Yes		●			●	●		●	●	●	●		
	BREADED HADDOCK	W,B,R	Yes		●	●		●	●		●	●	●	●		
	8 HOUR BRAISED LAMB SHANK	W,B,R	Yes		●			●	●		●	●	●	●		
DESSERTS	ICE CREAM (SEE DESSERTS SECTION FOR FLAVOURS)	SEE DESSERT SECTION FOR FLAVOURS														
	HOMEMADE STICKY TOFFEE PUDDING	W,B,R	Yes		●		●	●	●	●			●	●		
	CHEESESALATE (SEE LIST OF CHEESES ON DESSERT MENU)	SEE DESSERTS FOR CHEESE SELECTION														

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		ALLERGENS														
CHILDRENS MENU		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	peanuts and soya related to Lupin (a legume)	molluscs e.g. mussels, clams, oysters, squid
M A I N S	TOASTED CHEESE & TOMATO FLATBREAD	W	Yes					●	●		●		●			
	SAUSAGE & MASH	W	Yes		●			●	●		●	●	●	●		
	PAN FRIED CHICKEN FILLET	W,B,R	Yes					●	●		●			●		
	HOMEMADE CHARGRILLED STAFFORDSHIRE BURGER	W,B	Yes		●	●			●		●	●		●		
	CHICKEN & GAMMON STACK	W,B	Yes					●	●			●				
	FRESHLY BATTERED HADDOCK FILLET	W,B,R	Yes		●	●		●	●				●	●		
D E S S E R T S	HOMEMADE CHOCOLATE BROWNIE	W,B,R	Yes		●			●	●				●			
	PINEAPPLE, WATERMELON & STRAWBERRIES								●							
	ICE CREAM OR SORBET (SEE DESSERTS SECTION FOR FLAVOURS)	SEE DESSERT SECTION FOR FLAVOURS														

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Updated 22.02.17

		ALLERGENS														
		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
BREADS, NIBBLES ,DELI SHARERS & STARTERS																
BREADS & NIBBLES	TOMATO KETCHUP									●						
	MAYONNAISE				●						●					
	COLMAN'S ENGLISH MUSTARD	W	Yes								●					
	COLMAN'S FRENCH MUSTARD		May								●					
	COLMAN'S WHOLEGRAIN MUSTARD										●					
	COLMAN'S DIJON MUSTARD															
	COLMAN'S MINT SAUCE															
	COLMAN'S HORSERADISH				●							●				
	COLMAN'S TARTARE											●				
	HP SAUCE	B,R	Yes													
MINT CREAMS						May	●	May	May							

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		ALLERGENS														
VEGETARIAN MENU		cereals	Contains Gluten?	crustaceans e.g. crab, prawns, lobster	eggs	fish	peanuts	soya	milk	nuts e.g. almonds, pistachio, cashew, walnuts	celery & celeriac	mustard	sesame	sulphur dioxide (preservative in some dried fruit)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
STARTERS	HOMEMADE SEASONAL SOUP	W,B,R,O	Yes		●		●	●	●	●	●	●	●	●	●	
	BAKED GARLIC MUSHROOMS & CHEDDAR CHEESE	W,B,R,O	Yes					●	●		●		●	●		
	A SELECTION OF FRESHLY BAKED BREADS	W,O,B,R	Yes		●		●	●	●	●	●	●	●	●	●	
	BREADED GOATS CHEESE SALAD	W,R,B	Yes		●				●	WALNUT		●		●		
	ARTISAN CHEESE SHARER	B,W,R	Yes		●			●	●		●	●	●	●		
MAINS	SIZZLING VEGETABLE FAJITAS	W	Yes						●					●		
	SWEET POTATO, FETA & BEETROOT HASH BROWN	W	Yes		●			●	●		●		●	●		
	PAMESAN, CHEDDAR & ONION PIE	W,B,R	Yes		●			●	●		●	●	●	●		
	SWEET POTATO, TOMATO, BASIL & PARMESAN QUICHE	W,B,R,O	Yes		●				●			●				
	MUSHROOM, ONION, SPINACH & BLUE CHEESE FLATBREAD	W,B,R	Yes		●			●	●					●		

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STARTERS & SALADS	NON GLUTEN CONTAINING INGREDIENTS MENU															
	HOMEMADE SEASONAL SOUP				●		●	●	●	●	●	●	●	●		
	TEMPURA HAKE, SCALLOP AND KING PRAWNS WITH CHILLI SALT, LEMON, FISH DELI, SMOKED SALMON,			●		●		●	●			●	●			●
	TEMPURA SEA BASS, PAN FRIED GRADVALAX, BEETROOT CURED & SMOKED SALMON			●	●	●		●	●		●	●	●			
	CAESAR SALAD				●	●			●			●	●			
	KING PRAWN & CRAB SALAD			●		●			●							
STEAKS & SAUCES	8OZ/ 10OZ RIBEYE STEAK							●					●			
	10OZ/12OZ STAFFORDSHIRE SIRLOIN STEAK							●					●			
	8OZ STAFFORDSHIRE MID CUT FILLET STEAK							●					●			
	BLUE CHEESE SAUCE	*	*		●			●	●							
	PEPPERCORN SAUCE	*	*					●	●		●	●	●			
	THAI RED CURRY WITH CHARGRILLED CHICKEN BREAST	*	*	●	●	●		●	●				●	●		
	BAKED HADDOCK & CHIPS					●			●				●			
	PAN FRIED DUCK BREAST	*	*		●				●		●		●			
	PAN FRIED SEA BASS FILLETS	*	*	●		●			●	PINENUTS	●	●	●			●
	PAN ROASTED LAMB RUMP	*	*						●		●	●	●			
	HOMEMADE SWEET POTATO, FETA AND BEETROOT HASH BROWN,	*	*		●			●	●		●		●			

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STARTERS	CANAPES MENU	Allergen Information currently unavailable													
	BREADED MUSHROOMS WITH GARLIC MAYONAISE DIP	Allergen Information currently unavailable													
	THAI FISHCAKES AND SWEET CHILLI DIPPING SAUCE	Allergen Information currently unavailable													
	DUCK, SPRING ONION & SESAME SPRING ROLLS	W,B,R	Yes		●			●	●			●	●		
MAINS	MINI BEEF BURGERS WITH CHEESE & COLESLAW	Allergen Information currently unavailable													
	PORK & APPLE SAUSAGE ROLLS WITH GRAVY AND BUBBLE & BREADED GOATS CHEESE WITH A RED ONION MARMALADE	Allergen Information currently unavailable													
	SMOKED SALMON AND PRAWN	Allergen Information currently unavailable													
	MARIE ROSE ON TOASTED FOCACCIA	Allergen Information currently unavailable													
	PAN FRIED MUSHROOMS WITH SMOKED MOZZARELLA IN TOASTED	Allergen Information currently unavailable													
	CHICKEN SATE SKEWERS	Allergen Information currently unavailable													
	FISH GOUJONS WITH HOMEMADE TARTAR SAUCE	Allergen Information currently unavailable													
	DARK CHOCOLATE BROWNIE	Allergen Information currently unavailable													
DESSERTS	MISSISSIPPI MUD PIE CHEESECAKE WITH TOFFEE SAUCE	Allergen Information currently unavailable													
	MIXED CHEESE & BISCUITS WITH APPLE CHUTNEY	PLEASE SEE CHEESE BOARD IN THE DESSERTS SECTION													