

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 04.07.17

		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)	peanuts and soya related to Lupin (a legume)	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		●			●	●			●	●	●		
	CHILLI CRUMBED CHICKEN STRIPS	W,B,O,R	Yes		●				●			●		●		
	BUBBLE & SQUEAK POTATO CAKE	B,W,O	Yes		●				●		●			●		
	SMOKED MACKEREL PATE	W,B,O,R	Yes			●			●	WALNUT		●		●		
SALADS	CAESAR SALAD WITH CHARGRILLED CHICKEN BREAST AND CRISPY BREADED GOATS CHEESE WITH CAREMELISED ONIONS,	W,R,B	Yes		●	●			●							
	CRISPY PORK WITH ASIAN SLAW, TOASTED CASHEW NUTS,	W,R,B	Yes		●				●	WALNUT		●		●		
	KING PRAWN AND CRABMEAT SALAD WITH CHILLI APPLE SOUR	W,B,O,R	Yes	●		●		●	●		●			●		
	CHARGRILLED PESTO CHICKEN SKEWERS WITH GREEN OLIVES,				●				●	●		●		●		
						●			●	●		●		●		

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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)	peanuts and soya	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
M A I N S	PAN FRIED HAKE FILLET ON TOMATO, WHITE WINE AND PEARL	W,B,R	Yes			●					●			●			●
	SIZZLING VEGETABLE FAJITAS (AVAILABLE WITH CHICKEN)	W	Yes					●						●			
	SLOW ROASTED BELLY PORK WITH WILD BOAR SAUSAGE, CELERIAC	O,B,W	Yes					●	●		●			●			
	HADDOCK FILLET IN BEER BATTER	W,B,R	Yes			●			●								
	PAN ROASTED LAMB RUMP WITH HONEY ROASTED PARSNIPS, MINTED	*	*					●	●						●		
	HOMEMADE STAFFORDSHIRE BEEF BURGER, HAND CUT CHIPS,	W,B,R	Yes		●	●		●	●		●	●					
	PAN FRIED SEABASS FILLETS WITH A CREAMY DILL & PRAWN SAUCE	*	*	●		●		●	●		●				●		
	PAN ROASTED CHICKEN SUPREME, TOPPED WITH CREAMED SPINACH	●	Yes					●	●						●		
	PAN FRIED DUCK BREAST WITH DAUPHINOISE POTATOES,	*	*					●	●		●				●		
	BREADED CHICKEN BREAST WITH ROASTED POTATOES, BROCOLLI	●	Yes		●			●	●								
	GOATS CHEESE AND RED ONION	W	Yes		●				●	CASHEWS					●		
	TART WITH GREEN BEANS, SAUTEED THAI RED CURRY WITH	*	*			●		●	●								
	CHARGILLED CHICKEN BREAST, WILD MUSHROOM RISOTTO BALLS	●	Yes		●			●	●	TREE NUTS	●				●		
	WITH SWEET POTATO AND PARSNIP				●			●	●						●		
	HOMEMADE STEAK, ALE & MUSHROOM PIE WITH ROASTED	W,B,R	Yes		●			●	●		●				●		
	PAN SEARED COD FILLET WITH SLOW ROAST BELLY PORK, BLACK	●	Yes		●	●		●	●		●				●		

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

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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													●		
	CREAMY MASH								●							
	MIXED SALAD	W,B,R	Yes						●				●	●		
	GARLIC BREAD	W,B,R	Yes						●				●	●		
	HOMEMADE COLESLAW				●								●	●		
	ROASTED ROOT VEGETABLES								●		●	●				
STEAK SAUCES	PEPPERCORN SAUCE	*	*					●	●		●	●		●		
	GARLIC & HERB BUTTER								●							
	BEARNAISE SAUCE	*	*		●			●	●					●		
	BLUE CHEESE SAUCE	*	*					●	●		●			●		
	MALBEC RED WINE SAUCE	*	*					●			●			●		

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LUNCH MENU																
	HOMEMADE SEASONAL SOUP	W,B,R, O	Yes		●		●	●	●		●	●	●	●	●	
	BREADED MUSHROOMS	W,B,R	Yes		●			●	●				●			
	SMOKED MACKEREL PATE WITH TOASTED WALNUT BREAD AND	W,B,R	Yes			●			●	walnut		●		●		
	HOMEMADE THAI FISHCAKES WUTH SWEET CHILLI DIPPING SAUCE	W,R,B	Yes	●	●	●		●	●		●	●	●	●		
	CRISPY SHREDDED BEEF SALAD	W,B,R	Yes		●			●	●			●	●	●		
	CHARGILLED THAI RED CHICKEN SKEWER	W	Yes	●	●	●		●	●				●	●		
	BELLY PORK SANDWICH	W,B,R, O	Yes					●	●		●	●	●	●		
	PAN FRIED STEAK STRIPS, APPLEWOOD SMOKED CHEESE,	W	Yes		●			●	●			●		●		
	TOASTED GOATS CHEESE AND RED PEPPERS ON FOCCACIA WITH SALAD	W,B,R	Yes						●	PINE NUTS		●		●		
	SESAME BREADED CHICKEN WITH CORIANDER, SPRING ONIONS AND	W	Yes		●			●				●	●	●		
	BREADED HADDOCK GOUJONS	W,B,R	Yes		●	●		●	●			●	●	●		
	HAKE FILLET WRAPPED IN PARMA HAM WITH A RED ONION AND					●			●			●		●		
	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				●				●	Pistachio Almonds						

Updated 04.07.17

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LUNCH MENU																
AFTERNOON TEA	FREE RANGE HAM WITH WHOLEGRAIN MUSTARD	W	Yes		●			●	●			●				
	SMOKED SALMON WITH PRAWN MARIE ROSE	W	Yes	●	●	●			●							
	CUCUMBER & DILL MAYONNAISE	W	Yes		●			●	●							
	HOMEMADE SAUSAGE ROLLS WITH BUBBLE AND SQUEAK MASH	W	Yes		●				●		●			●		
	CHOUX BUNS WITH CHARGRILLED BEEF FILLET AND HORSERADISH	W	Yes		●				●							
	BAKED SCONES WITH CLOTTED CREAM AND HOMEMADE	W	Yes		●				●					●		
	A SELECTION OF MINI CAKES AND MACAROONS	W	Yes		●			●	●	PISTACHIOS ALMONDS WALNUTS				●		

		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
ICE CREAM	DESSERTS, ICE CREAMS & CHEESES															
	ORANGE 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				●	●	Yes							
	CARROT & SULTANA CHUTNEY	B	Yes										●			

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Updated 10.05.17

NON GLUTEN CONTAINING INGREDIENTS MENU	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)	peanuts and soya	Lupin (a legume related to)	molluscs e.g. mussels, clams, oysters, squid
HOMEMADE SEASONAL SOUP				●		●	●	●	●	●	●	●	●	●		
SMOKED MACKEREL PATE					●			●	WALNUT		●		●			
CHARGRILLED PESTO CHICKEN SKEWERS WITH GREEN OLIVES, THAI RED CURRY WITH CHARGRILLED CHICKEN BREAST,	*	*		●			●	●	●		●		●			
OVEN ROASTED HADDOCK FILLET					●			●								
PAN FRIED DUCK BREAST WITH DAUPHINOISE POTATOES,	*	*					●	●		●			●			
PAN FRIED SEABASS FILLETS WITH A CREAMY DILL & PRAWN SAUCE	*	*	●		●		●	●		●			●			
PAN ROASTED LAMB RUMP WITH HONEY ROASTED PARSNIPS, MINTED	*	*					●	●					●			
8OZ/ 10OZRIBEYE STEAK																
10OZ/ 12OZ STAFFORDSHIRE SIRLOIN STEAK																
8OZ STAFFORDSHIRE MID CUT FILLET STEAK																
PASSIONFRUIT CRÈME BRULÉE WITH SHORTBREAD BISCUITS				●				●								

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Product is McDougals Thickening Granuals

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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 MACKEREL PATE	W,B,O,R	Yes			●		●	WALNUT		●		●			
MAINS	ROASTED SILVERSIDE OF BEEF	W,B,R	Yes		●			●	●		●		●			
	ROASTED HAM	W,B,R	Yes					●	●		●	●	●			
	PAN FRIED SEA BASS FILLETS	*	*	●		●		●	●		●		●			
	WILD MUSHROOM RISOTTO BALLS WITH SWEET POTATO AND PARSNIP	●	Yes		●			●	●	TREE NUTS	●		●			
	PAN ROASTED CHICKEN BREAST	*	*					●	●				●			
DESSERTS	ICE CREAM (SEE DESSERTS SECTION FOR FLAVOURS)	SEE DESSERT SECTION FOR FLAVOURS														
	HOMEMADE STICKY TOFFEE PUDDING	W,B,R,O	Yes		●			●					●			
	CHEESESATE (SEE LIST OF CHEESES ON DESSERT MENU)	SEE DESSERTS FOR CHEESE SELECTION														
	HOMEMADE CHOCOLATE BROWNIE WITH WARM CHOCOLATE SAUCE	W,B,R	Yes		●			●	●							

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CHILDRENS MENU																
MAINS	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			●			●							
DESSERTS	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						