

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 10.05.17

		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)	peanuts and soya	Lupin (a legume related to)	molluscs e.g. mussels, clams, oysters, squid
DELI SHARERS, STARTERS & SALADS																	
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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M A I N S	MAINS & STEAKS																
	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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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	*	*					●	●		●	●		●		
	GARLIC & HERB BUTTER								●							
	BEARNAISE SAUCE	*	*		●			●	●					●		
	BLUE CHEESE SAUCE	*	*					●	●		●			●		
	MALBEC RED WINE SAUCE	*	*					●			●			●		

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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	W, B	Yes		●			●	●	Pistachio Almonds				●				

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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						

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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													