

# 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 of 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

## **SPECIALS**

We are very proud of the talent within our Kitchen team and as such allow them the opportunity to express themselves within our daily specials by creating exciting fresh dishes taking advantage of our suppliers 'catch of the day' or seasonal produce.

Due to the evolving nature of the specials, our chefs may take a lead from customer feedback and react during service to improve a dish and amend ingredients.

You are welcome to discuss a dish from our specials with a manager on duty in regards to any allergens or intolerances you may have, however due to the nature of how these dishes are created it is likely that you will be advised to choose from our main menu.



# Allergen Matrix

UPDATED 06.06.18

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Nibbles	Marinate Olives													✓		
Nibbles	Rustic Breads	W,B,R	YES						✓	WALNUTS			✓	✓		
Nibbles	Tuscan Breads	W	YES						✓				✓	✓		
Starters	Homemade seasonal soup, rustic bread	W, B, R	YES					✓	✓	WALNUTS	✓	✓	✓	✓		
Starters	Baked garlic mushrooms and cheddar cheese	W,B,R	YES					✓	✓		✓					
Starters	Shredded Lamb Shoulder	W	YES		✓				✓							
Starters	Duck Spring rolls	W,B	YES					✓					✓	✓		
Starters	Chilli Crumbed Chicken Strips	W	YES		✓				✓							
starters	Tempura hake, scallops and king prawns	W	YES	✓		✓										✓
Starters	Smoked mackerel pate, toasted bread	W,R	YES			✓			✓							
Deli Sharers	Canapes	W,O,B	YES		✓	✓			✓			✓		✓		✓
Deli Sharers	Artisan Cheese	W	YES		✓			✓	✓		✓		✓	✓		
Deli Sharers	Oriental	W,B	YES	✓	✓	✓	✓	✓	✓		✓		✓	✓		
Deli Sharers	Fish	W	YES			✓		✓	✓			✓		✓		✓
Salads	Caeser salad with chargrilled chicken breast	W,B	YES		✓	✓			✓							
Salads	Poached Sea Trout & Smoked Salmon				✓	✓			✓			✓		✓		
Salads	Crispy pork with Asian slaw	W,B	YES		✓			✓	✓	CASHEW						
Salads	Breaded goat's cheese with caramelised onion	W	YES		✓				✓	WALNUTS		✓		✓		
Salads	Tempura chicken salad	W	YES	✓								✓		✓		
Mains	Breaded chicken breast	W,B	YES		✓			✓	✓				✓			
Mains	Thai red curry, chargrilled chicken breast			✓		✓		✓	✓		✓					
Mains	Pan roasted Chicken breast	W	YES					✓	✓					✓		
Mains	Sizzling vegetable fajitas	W	YES						✓							
Mains	Pan fried Sea bass fillets			✓		✓			✓		✓					✓
Mains	Pan fried Duck breast							✓	✓		✓			✓		
Mains	Homemade Staffordshire beefburger	W,B	YES		✓	✓			✓		✓	✓		✓		
Mains	Lamp Rump							✓	✓					✓		
Mains	Homemade steak, ale, mushroom pie	W,B	YES						✓					✓		
Mains	Venison							✓	✓					✓		
Mains	Goats Cheese and cumin spiced sweet potato	W	YES		✓				✓		✓	✓		✓		

The Swan with two necks

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Mains	Haddock fillet in fresh beer batter	W,B	YES		✓	✓			✓			✓		✓		
Mains	Salmon En croute	W	YES		✓	✓		✓	✓		✓					
Mains	Slow roasted belly pork	W,B,O	YES					✓	✓		✓			✓		
Mains	Thai red curry, chargrilled chicken breast			✓		✓		✓	✓		✓					
Mains	Wild Mushroom risotto balls	W	YES		✓				✓		✓			✓		
Steaks	Rib eye 8oz													✓		
Steaks	Sirloin 10oz/12oz													✓		
Steaks	Fillet Steak 8oz													✓		
Sides	Tomato, Manchego & Rocket Salad								✓							
Sides	Chargrilled Asparagus								✓							
Sides	Hand cut chips													✓		
Sides	Creamy mash								✓					✓		
Sides	Garlic & Parmesan Fries								✓							
Sides	Patatas Bravas								✓		✓			✓		
Sides	Green Vegetables								✓							
Sides	Mixed Salad	W,B	YES									✓		✓		
Sides	Garlic Bread	W,B,R	YES						✓							
Sides	Onion Rings	W,B	YES			✓										
Sides	Peppercorn sauce							✓	✓			✓		✓		
Sides	Shropshire Blue cheese sauce							✓	✓		✓			✓		
Sides	Red Wine Sauce							✓						✓		
Sides	Bearnaise sauce				✓				✓					✓		
Sides	Garlic & herb butter								✓							
Sides	Rustic Breads	W,B,R	YES						✓	WALNUTS			✓	✓		
Sides	Olives													✓		
Lunch Menu	Chargrilled thai red chicken skewer	W	YES	✓	✓	✓		✓	✓					✓		
Lunch Menu	Scottish smoked salmon focaccia	W,B	YES		✓	✓			✓					✓		
Lunch Menu	Cajun Spiced Chicken Baguette	W,B,R	YES		✓				✓					✓		
Lunch Menu	Slow roasted belly pork sandwich	W,B,O	YES		✓									✓		
Lunch Menu	Chargrilled steak sandwich	W,B,R	YES		✓			✓	✓		✓			✓		
Lunch Menu	Smoked Applewood Baguette	W,B,R	YES		✓				✓					✓		
Lunch Menu	Sesame breaded chicken with coriander	W	YES		✓			✓	✓				✓	✓		
Lunch Menu	Goats cheese, sun-dried tomato and olive flatbread	W	YES						✓			✓	✓	✓		
Lunch Menu	Breaded haddock goujons	W,B	YES		✓	✓			✓			✓		✓		

The Swan with two necks

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Lunch Menu	Homemade Shepherds pie	W,B,R	YES						✓		✓			✓		
Lunch Menu	8oz Gammon steak with poached egg				✓									✓		
Lunch Menu	Savoury Crepes	W	YES		✓			✓	✓		✓			✓		
Lunch Menu	Afternoon Tea	W,B	YES	✓	✓	✓		✓	✓	Almonds, Pistachios	✓	✓		✓		✓
Condiments	Tomato Ketchup										✓					
Condiments	Mayonnaise				✓							✓				
Condiments	Colman's english mustard	W	Yes									✓				
Condiments	Colman's french mustard											✓				
Condiments	Colman's wholegrain mustard											✓				
Condiments	Colman's dijon mustard											✓		✓		
Condiments	Colman's mint sauce															
Condiments	Colman's horseradish				✓							✓				
Condiments	Colman's tartare											✓				
Condiments	HP sauce	B, R	Yes													
Condiments	Mint creams							✓								
Sunday Lunch	Roast Staffordshire Beef	W	YES					✓	✓		✓	✓		✓		
Sunday Lunch	Honey Glazed Ham	W	YES					✓	✓		✓	✓		✓		
Sunday Lunch	Roasted Chicken Supreme	W	YES					✓	✓		✓	✓		✓		
Childrens Menu	Homemade staffordshire beef burger	W,B,R	Yes			✓			✓		✓	✓	✓	✓		
Childrens Menu	Sausage and mash	W,B	Yes						✓					✓		
Childrens Menu	Battered haddock goujons	W	Yes			✓			✓							
Childrens Menu	Pan fried chicken fillet	W,B	Yes						✓							
Childrens Menu	Gammon															
Childrens Menu	Toasted cheese and tomato	W	Yes						✓							
Childrens Menu	Pineapple and watermelon															
Childrens Menu	Homemade chocolate brownie	W	Yes		✓			✓	✓							
Childrens Menu	Ice cream and sorbet, homemade brandy snap	W	Yes					✓	✓							

The Swan with two necks

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Desserts	Sweet sharer for two	W,B	YES		✓			✓	✓	Pistachio, Hazelnuts, Almonds				✓		
Desserts	White Chocolate & Passionfruit Cheesecake	W	YES					✓	✓							
Desserts	Vanilla crème brulee	W	YES		✓				✓							
Desserts	Sticky toffee pudding	W	Yes		✓				✓							
Desserts	Eton Mess Roulade				✓				✓							
Desserts	Double chocolate cookie dough	W	Yes		✓			✓	✓							
Desserts	Mango Panna Cotta				✓				✓	Almonds						
Desserts	Homemade chocolate brownie	W	Yes		✓			✓	✓							
Desserts	Ice cream and sorbet, homemade brandy snap	W	Yes					✓	✓							
Desserts	Cheese slate	W,B	Yes						✓	WALNUTS	✓					
Desserts	Vanila Ice cream								✓							
Desserts	Strawberries and cream ice cream								✓							
Desserts	Chocolate ice cream								✓							
Desserts	Lemon Meringue Ice Cream	W	Yes		✓				✓							
Desserts	Honeycomb ice cream								✓							
Desserts	Toffee Fudge ice cream								✓							
Desserts	Mint chocolate chip ice cream							✓	✓							
Desserts	Bubblegum Ice Cream								✓							
Desserts	Lemon sorbet															
Desserts	Mango sorbet															
Desserts	Raspberry sorbet															
Desserts	Orange sorbet															
Desserts	Brandy snap basket	W	Yes						✓							
Desserts	Cheese slate	W,B	Yes						✓							
Desserts	Shropshire Blue								✓							
Desserts	Ford Farm cave aged traditional cheddar								✓							
Desserts	Tunworth camembert style cheese								✓							
Desserts	Wild garlic yarg								✓							
Desserts	Apple and carrot chutney	B							✓							
Desserts	Artisan biscuits	W,B	Yes						✓							
Desserts	Custard								✓							