

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 15.11.18

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Nibbles	Marinated Olives													✓		
Nibbles	Rustic Breads	W,B,R	YES						✓	WALNUTS				✓		
Nibbles	Tuscan Breads	W,B	YES						✓				✓	✓		
Starters	Homemade seasonal soup, rustic bread	W, B, R	YES					✓	✓	WALNUTS	✓	✓	✓	✓		
Starters	Bubble & Squeak Potato Cake	W	YES		✓				✓		✓			✓		
Starters	Crispy Peking Duck Rolls	W,B	YES		✓			✓					✓	✓		
Starters	Chilli Crumbed Chicken Strips	W	YES		✓				✓							
Starters	Tempura King Prawns, Haddock & Calamari	W	YES	✓		✓										✓
Starters	Smoked Mackerel Pate	W,B,R	YES			✓			✓							
Starters	Button Mushrooms (Stuffed)	W, B, R	YES						✓							
Deli Sharers	Canapes	W,O,B	YES		✓	✓		✓	✓					✓		
Deli Sharers	Artisan Cheese	W	YES		✓			✓	✓		✓		✓	✓		
Deli Sharers	Oriental	W	YES	✓	✓	✓	✓	✓	✓		✓		✓	✓		
Deli Sharers	Fish	W	YES		✓	✓		✓	✓			✓	✓	✓		✓
Salads	Caeser salad	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		✓		✓		
Steaks	Rib eye 8oz													✓		
Steaks	Sirloin 10oz/12oz													✓		
Steaks	Fillet Steak 8oz													✓		
Mains	Pork Tomahawk Steak							✓			✓			✓		
Mains	Thai Red Curry			✓		✓			✓							
Mains	Oven Baked Salmon & Wild Rice en Croute	W	YES		✓	✓		✓	✓		✓			✓		✓
Mains	Homemade Staffordshire Beef Burger	W,B	YES		✓	✓			✓		✓	✓	✓	✓		
Mains	Homemade Chicken, Ham & Leek Pie	W,B	YES		✓			✓	✓					✓		
Mains	Homemade Steak, Ale & Mushroom Pie	W,B	YES		✓				✓					✓		
Mains	Pan Fried Sea Bass Fillets			✓		✓			✓		✓			✓		✓
Mains	Sesame Breaded Chicken Breast	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
Mains	Fennel, Apple & Broccoli Pakora	W,B	YES							CASHEW	✓			✓		
Mains	Wild Boar & Apple Sausages	W	YES					✓	✓					✓		
Mains	Haddock Fillet in Beer Batter	W,B	YES		✓	✓			✓			✓		✓		
Mains	Sizzling Vegetable Fajitas	W	YES						✓							
Mains	Pan Fried Duck Breast	W	YES					✓	✓		✓		✓	✓		
Mains	Slow Roasted Belly Pork	W,B,O	YES					✓	✓					✓		
Mains	Satay Tempeh Steak	W,B	YES	✓			✓	✓					✓			
Mains	Herb Crusted Lamb Rump	W	YES					✓	✓	PISTACHIO				✓		
Mains	Pan Roasted Chicken Supreme	W	YES					✓	✓		✓			✓		
Sunday	Roasted Silverside of Beef	W	YES		✓			✓	✓		✓	✓		✓		
Sunday	Roasted Chicken Supreme	W	YES		✓			✓	✓		✓	✓		✓		
Sunday	Roasted Ham	W	YES		✓			✓	✓		✓	✓		✓		
Lunch Menu	Cajun Spiced Chicken Baguette	W,B,R	YES		✓				✓					✓		
Lunch Menu	Chargrilled steak sandwich	W,B,R	YES		✓			✓	✓		✓			✓		
Lunch Menu	Sesame Breaded Chicken Wrap	W	YES		✓			✓	✓				✓	✓		
Lunch Menu	Slow Roasted Belly Pork Sandwich	W,B,O	YES		✓									✓		
Lunch Menu	Chargrilled Thai Red Chicken Skewer	W	YES	✓	✓	✓			✓					✓		
Lunch Menu	Scottish Smoked Salmon and Prawns	W,B	YES	✓	✓	✓			✓		✓			✓		
Lunch Menu	Breaded haddock goujons	W	YES		✓			✓	✓			✓		✓		
Lunch Menu	8oz Gammon Steak				✓									✓		
Lunch Menu	Savoury Mushroom Crepes	W	YES		✓			✓	✓		✓			✓		
Lunch Menu	Roasted Salmon Fillet				✓	✓			✓				✓	✓		
Lunch Menu	8oz Gammon steak with poached egg				✓									✓		
Lunch Menu	Savoury Crepes	W	YES		✓			✓	✓		✓			✓		
Lunch Menu	Afternoon Tea	W,B	YES		✓	✓		✓	✓	Pistachio, Hazelnuts, Almonds			✓	✓		

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Desserts	Sweet sharer - Nov 18	W,B	YES		✓			✓	✓	Pistachio, Almonds						
Desserts	White Chocolate & Passionfruit Cheesecake	W	YES					✓	✓							
Desserts	Vanilla crème brulee	W	YES		✓				✓							
Desserts	Sticky toffee pudding	W	Yes		✓				✓							
Desserts	Eton Mess Roulade	W	YES		✓				✓							
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	Yes						✓							
Desserts	Artisan biscuits	W,B	Yes						✓							
Desserts	Custard								✓							

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Childrens Menu	Burger	W,B,R	Yes			✓					✓	✓	✓	✓		
Childrens Menu	Sausage & Mash	W	Yes					✓	✓					✓		
Childrens Menu	Haddock Goujons	W	Yes		✓	✓			✓							
Childrens Menu	Chicken Fillet							✓	✓					✓		
Childrens Menu	Gammon															
Childrens Menu	Flat bread	W	Yes						✓							
Childrens Menu	Brownie	W	Yes		✓			✓	✓							
Childrens Menu	Cheesecake	W	Yes					✓	✓							
Childrens Menu	Ice Cream	W	Yes		✓			✓	✓							
Sides	Blue Cheese Sauce							✓	✓		✓			✓		
Sides	Creamy Mash								✓					✓		
Sides	Garlic & Herb Butter								✓							
Sides	Garlic & Parmesan Fries								✓							
Sides	Green Vegetables								✓							
Sides	Chunky Chips													✓		
Sides	Malbec Red Wine Sauce							✓						✓		
Sides	Mixed Salad											✓		✓		
Sides	Onion Rings	W,B	Yes			✓										
Sides	Peppercorn Sauce							✓	✓			✓		✓		
Sides	Garlic Bread	W,B,R	Yes						✓							
Sides	Creamed Spinach	W	Yes						✓							
Sides	Chargrilled Asparagus								✓							
Sides	Tomato, Manchego & Rocket Salad								✓							
Sides	Patatas Bravas				✓				✓		✓			✓		

