

# Allergen Matrix

UPDATED 29.04.19

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Starters	Pressed pork & chicken liver terrine	W	✓						✓					✓		
Starters	Asparagus & duck egg				✓				✓					✓		
Starters	Heritage tomatoes								✓			✓		✓		
Starters	Bubble & squeak cake	W,B,O	✓		✓				✓		✓			✓		
Starters	Pan Fried sea trout				✓	✓			✓			✓		✓		
Starters	Seasonal soup	W,B	✓					✓	✓		✓	✓	✓	✓		
Starters	Pan fried flat field mushroom	W	✓		✓			✓	✓		✓			✓		
Pan-pacific	Tempura sea bass, king prawns & calamari	W	✓	✓		✓						✓		✓		✓
Pan-pacific	Pork and prawn dumplings	W	✓	✓		✓		✓						✓		
Pan-pacific	Chilli baked cod fillet in a banana leaf	W	✓			✓		✓								
Pan-pacific	Crispy sesame chicken	W	✓		✓				✓				✓			
Pan-pacific	Flame grilled lamb skewer	W	✓	✓	✓		✓	✓				✓	✓			
Pan-pacific	Honey & soy duck breast	W	✓		✓			✓	✓	Pecans & Walnuts			✓			
Pan-pacific	Spicy miso chicken	W	✓		✓			✓					✓			
Pan-pacific	Hot rock sirloin	W	✓					✓	✓							
Pan-pacific	Chargrilled chicken skewers			✓					✓		✓					
Pan-pacific	Yellowfin tuna tartare				✓	✓						✓	✓	✓		
Pan-pacific	Handmade sushi	W	✓	✓	✓	✓		✓				✓	✓			
Pan-pacific	Steamed rice													✓		
Pan-pacific	Asparagus & butternut squash	W	✓					✓					✓			
Pan-pacific	Stir fried pork rice	W,B	✓		✓			✓					✓			
Pan-pacific	Edamame beans												✓			
Mains	Pan fried sea trout fillet					✓					✓			✓		
Mains	Crackling crusted belly pork	W	✓		✓			✓	✓					✓		
Mains	Pan roasted chicken supreme	W	✓					✓	✓		✓			✓		
Mains	Beer battered haddock fillet	W,B	✓			✓			✓					✓		
Mains	Roasted cod					✓			✓							
Mains	Thai red curry			✓		✓			✓							
Mains	Chargrilled steak burger	W,B	✓		✓	✓			✓		✓	✓	✓	✓		

The Swan with two necks

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Mains	Pan roasted sea bass fillets					✓			✓		✓			✓		
Mains	Herb crusted lamb rump	W	✓					✓	✓	Pistachio				✓		
Mains	Steak, mushroom & ale pie	W,B	✓		✓				✓		✓			✓		
Steaks	Rib eye													✓		
Steaks	Sirloin													✓		
Steaks	Mid cut fillet													✓		
Steaks	Chateaubriand for two				✓				✓					✓		
Sharers	Seafood	W	✓	✓		✓			✓					✓		✓
Sharers	Butchers grill	W,B,O	✓		✓			✓	✓	Pistachio		✓		✓		
Vegan & Vegetarian	Fennel, apple & broccoli pakora	W,B	✓								✓			✓		
Vegan & Vegetarian	Satay tempeh steak	W,B	✓				✓	✓					✓			
Vegan & Vegetarian	Beetroot, mushroom & spinach wellington	W	✓		✓			✓	✓		✓			✓		
Salads	Poached sea trout & smoked salmon				✓	✓			✓					✓		
Salads	Chicken caesar	W,B	✓		✓	✓			✓							
Salads	Breaded goats cheese	W	✓		✓				✓	Walnuts		✓		✓		
Butters & Sauces	Shrimp & crayfish butter			✓					✓							
Butters & Sauces	Truffle butter								✓							
Butters & Sauces	Smoky garlic butter								✓					✓		
Butters & Sauces	bone marow butter								✓					✓		
Butters & Sauces	Shropshire blue							✓	✓		✓			✓		
Butters & Sauces	Peppercorn sauce							✓	✓			✓		✓		
Butters & Sauces	Mushroom truffle							✓			✓			✓		
Butters & Sauces	bearnaise				✓				✓					✓		
Sides	Chunky chips													✓		
Sides	Mash								✓					✓		
Sides	Truffle & parmesan fries								✓							
Sides	Beer battered onion rings	W,B	✓			✓										
Sides	Marinated mixed olives													✓		
Sides	Baked breads with balsamic oil & butter	W,B,R	✓						✓					✓		
Sides	Green vegetables								✓							
Sides	House salad											✓		✓		
Sides	Garlic ciabatta	W,R,B	✓						✓							
Sides	Garlic ciabatta with cheese	W,R,B	✓						✓							
Sides	Garlic & rosemary potatoes								✓							

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Lunch	Pesto marinated chicken & chorizo	W,B,R	✓		✓				✓					✓		
Lunch	Chargrilled steak sandwich	W,B,R	✓		✓			✓	✓		✓			✓		
Lunch	Sesame breaded chicken	W	✓		✓			✓	✓				✓	✓		
Lunch	Chargrilled lamb kofta	W	✓	✓			✓	✓	✓			✓	✓	✓		
Lunch	Chargrilled thai red chicken skewer	W	✓	✓	✓	✓			✓					✓		
Lunch	Smoked salmon & prawns	W,B	✓	✓	✓	✓					✓			✓		
Lunch	Breaded haddock goujons	W,B	✓		✓	✓			✓			✓		✓		
Lunch	Gammon steak				✓									✓		
Lunch	Savoury mushroom crepes	W	✓		✓			✓	✓		✓			✓		
Lunch	Chargrilled old english sausages	✓	✓					✓	✓					✓		
Lunch	Roasted salmon fillet			✓	✓			✓				✓	✓			
Lunch	Chargrilled miso chicken salad	W	✓					✓					✓			
Childrens	Childrens soup	W,B	✓					✓	✓		✓	✓	✓	✓		
Childrens	Baked dough balls	W	✓		✓				✓			✓				
Childrens	Smoked salmon toasts	W,B,R				✓			✓							
Childrens	Chargrilled steak burger	W,B,R	✓			✓					✓	✓	✓	✓		
Childrens	Sausage and mash	✓	✓					✓	✓					✓		
Childrens	Battered haddock goujons	W,B	✓			✓			✓							
Childrens	Pan fried chicken fillet							✓	✓		✓			✓		
Childrens	Chargrilled gammon steak								✓							
Childrens	Toasted chicken, cheese & tomato	W	✓		✓				✓			✓				
Childrens	Childrens Fondue	W	✓		✓			✓	✓							

Sunday Lunch	Flat field mushrooms	W	✓					✓	✓		✓			✓		
Sunday Lunch	Smoked salmon crouton	W,R,B	✓			✓										
Sunday Lunch	Crispy fried chicken	W	✓		✓				✓				✓			
Sunday Lunch	Roasted silverside of beef	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted chicken supreme	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted ham	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted ham & beef	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Vegetarian roast	W	✓		✓			✓	✓		✓			✓		
Sunday Lunch	Poached haddock					✓			✓					✓		

