

ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Wayfarer 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 02.06.17		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	MARINATED OLIVES	W	Yes		●	●		●	●		●	●	●			●
	RUSTIC BREADS	W,O,B,R	Yes		●		●	●	●	●	●	●	●	●		
	DEEP FRIED BREADED WHITEBAIT	W,O,B,R	Yes		●	●										
	FRIED NACHO CHIPS	W	Yes					●	●					●		
	PIZETTE	W	Yes						●		●			●		
	POPCORN CHILLI CHICKEN WITH CAIUN & LIME MAYONNAISE	W	Yes		●	●								●		
DELI SHARERS	FISH DELI	W,B,O,R	Yes	●	●	●		●	●	●	●	●	●			●
	SIZZLING CRISPY DUCK	W	Yes					●	●					●		
	PUB CLASSICS	W,B,R	Yes		●	●		●	●		●	●	●			
	VEGETARIAN DELI	W	Yes		●			●	●			●	●			
	JAPANESE	W	Yes	●		●		●	●			●	●	●		●
STARTERS	PAN FRIED FLAT FIELD MUSHROOM SERVED ON TOASTED BRIOCHE WITH SHROPSHIRE BLUE CHEESE SAUCE AND A GARLIC & SHREDDED LAMB SHOULDER WITH SPINACH & FETA CHEESE IN A PUFF PASTRY CASE	W,O,B,R	Yes						●		●	●		●		
	HOMEMADE SEASONAL SOUP	W	Yes		●		●	●	●	●	●	●	●	●	●	
	SMOKED MACKERAL FISHCAKES WITH CHILLI, LEMONGRASS AND SOY DIP	W,O,B,R	Yes		●	●	●	●	●	●			●	●	●	
	TEMPURA KING PRAWNS & BREADED SEABASS WITH SWEET CHILLI DIP	W,O,B,R	Yes	●	●	●			●							
	ORIENTAL BEEF SPRING ROLLS WITH GINGER & SOY DIPPING SAUCE	W,O,B,R	Yes		●			●	●		●	●	●	●		●
	CHICKEN LIVER PATE ROLLED IN A PECAN & HAZELNUT CRUMB, SERVED WITH A SELECTION OF CHUTNEYS AND TOASTED	W,O,B,R	Yes						●	HAZELNUT & PECAN			●	●		

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PIZZAS & 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)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
PIZZAS	CHICKEN TIKKA PIZZA	W,B,R	Yes						●		●			●		
	MARGHERITA PIZZA	W,B,R	Yes						●		●			●		
	CRISPY DUCK PIZZA	W,B,R	Yes			●	●		●		●		●	●		
	BLUE CHEESE PIZZA	W,B,R	Yes						●	PINE NUTS	●			●		
	CHORIZO & PEPPERONI PIZZA	W,B,R	Yes						●		●			●		
	GOATS CHEESE PIZZA	W,B,R	Yes						●		●			●		
	CAJUN BEEF PIZZA	W,B,R	Yes						●		●			●		
	CALZONE ADAPTATIONS				●							●		●		
SALADS	CRISPY TEMPURA BEEF SALAD WITH MIXED LEAVES, RED PEPPERS, CHILL,	W,B,R	Yes					●					●	●		
	BREADED GOATS CHEESE SALAD WITH MIXED LEAVES, ROASTED RED	W,B,R	Yes		●				●			●		●		
	CAJUN SALMON WITH RED PEPPERS, CUCUMBER, MIXED LEAVES &	W,B,R	Yes		●	●			●							
	SUPERFOOD SALAD WITH GRILLED CHICKEN BREAST, GOATS CHEESE,				●				●	PISTACHIO		●		●		
	CHARGILLED CHICKEN CAESAR WITH COS LETTUCE, BACON,	W,B,R	Yes		●	●			●							

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MAINS		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
MAINS	MALAYSIAN COCONUT CURRY WITH A CHARGILLED CHICKEN SKEWER	*	*													
	CAJUN PORK FILLET WITH A SERRANO HAM CRISP, CAPER	*	*					●	●		●			●		
	PULLED LAMB SHOULDER WITH A LAMB CUTLET WITH DAUPHINOISE	*	*					●	●					●		
	BEEF EN CROUTE, FILLET STEAK AND MUSHROOM DUXELLES WRAPPED IN PAN FRIED GRESSINGHAM DUCK	W,B,R	Yes		●			●	●					●		
	BREAST WITH A DUCK & APRICOT PAN FRIED CHICKEN BREAST	*	*					●	●		●			●		
	STUFFED WITH CHORIZO & HERB CHICKEN, HAM & LEEK PIE	W,B,R	Yes		●			●	●		●					
	SLOW ROASTED BELLY PORK WITH BLACK PUDDING, SWEET POTATO	W,O,B,R	Yes					●	●					●		
	FISH	HADDOCK FILLET IN BEER BATTER	W,B,R	Yes			●			●						
ROASTED SEA BASS FILLETS WITH CAJUN SEASONED NEW POTATOES.		●	Yes	●		●		●	●		●			●		●
OVEN ROASTED SALMON WITH SEASONED NEW POTATOES.		●	Yes	●	●	●		●	●		●	●	●	●		●
SEAFOOD THERMIDOR RISOTTO		●	Yes	●	●	●			●		●	●		●		●
GRILL	28 DAY AGED RIB EYE STEAK	W,B,R	Yes						Buttered							
	28 DAY AGED FILLET STEAK	W,B,R	Yes						Buttered							
	8OZ PRIME STEAK BURGER	W,B	Yes		●	●		●	●		●	●		●		
VEGETARIAN	SWEET POTATO, FETA AND BEETROOT HASH BROWN WITH SAVOURY CREPES FILLED WITH CREAMED LEEKS, CELERY, SHALLOTS	W,B,R	Yes		●			●	●		●		●	●		

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

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LUNCH MENU		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	
SANDWICHES	HOMEMADE SEASONAL SOUP	W	Yes		●		●	●	●	●	●	●	●	●	●		
	CROQUE MONSIEUR, HONEY ROAST HAM, GRUYERE CHEESE, DIJON	W,B,R	Yes		●			●	●		●	●		●			
	SMOKED SALMON AND PRAWNS WITH MARIE ROSE SAUCE, ICEBERG	W,B,R	Yes	●	●	●					●	●		●			
	BEER BATTERED HADDOCK GOUJONS WITH LEMON & CAPER	W,B,R	Yes		●	●						●		●			
	BAKED ROASTED RED PEPPERS WITH SPINACH, CHERRY TOMATOES,	W,B,R	Yes						●		PINENUTS		●	●	●		
	CHICKEN & CHORIZO WITH GARLIC AND PAPRIKA MAYO, ROCKET AND	W,B,R	Yes						●				●	●	●		
LUNCH SPECIALS / FLATBREAD	PORK & APPLE SAUSAGES WITH SHROPSHIRE BLUE CHEESE MASH	●	Yes					●	●					●			
	JAPANESE TASTER, OVEN ROASTED TERIYAKI SALMON, CRISPY TEMPURA	W,B,R	Yes			●		●	●				●	●			
	SIZZLING CAJUN CHICKEN FAJITA WITH PEPPERS ONIONS ON A SKILLET	W,B,R	Yes		●									●			
	CHARGRILLED CAJUN CHICKEN WITH TOMATO, CHILLI, TZATZIKI ROCKET & PULLED HOISIN DUCK WITH	W,B,R	Yes						●								
	CUCUMBER, SPRING ONIONS, FRIED SWEET POTATO AND COURGETTE	W,B,R	Yes			●	●		●		●		●	●			
	WITH TOMATO, CUCUMBER,	W,B,R	Yes						●				●				

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CHILDRENS MENU		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
MAINS	LINGUINI PASTA	W	Yes		●				●		●			●		
	PORK & APPLE SAUSAGES	●	Yes					●	●					●		
	PAN FRIED CHICKEN FILLET, ROASTED CARROTS, PEA PUREE	*	*					●	●		●			●		
	HOMEMADE CHARGRILLED STAFFORDSHIRE BURGER	W,B	Yes		●	●		●	●		●	●	●	●		
	FRESHLY BATTERED HADDOCK FILLET	W,B,R	Yes			●			●							
	CHARGRILLED CHICKEN SALAD											●		●		
	MARGHERITA PIZZA	W,B,R	Yes						●		●			●		
DESSERTS	HOMEMADE CHOCOLATE BROWNIE	W,B,R	Yes		●			●	●				●			
	FRUIT SALAD								●							
	ICE CREAM OR SORBET (SEE DESSERTS SECTION FOR FLAVOURS)	SEE DESSERTS SECTION FOR FLAVOURS														

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SUNDAY LUNCH MENU																
STARTERS	FRESHLY STONE BAKED PIZETTE	W	Yes						●		●			●		
	HOMEMADE SEASONAL SOUP	W	Yes		●		●	●	●	●	●	●	●	●	●	
	SMOKED MACKEREL FISHCAKES WITH CHILLI, LEMONGRASS & SOY	W,R,B	Yes		●	●	●	●	●				●	●		
	SHREDDED LAMB SHOULDER WITH SPINACH, FETA IN A PUFF PASTRY	W	Yes		●				●					●		
MAINS	ROAST BEEF	W,B,R	Yes		●			●	●		●			●		
	HONEY AND MUSTARD GLAZED ROASTED HAM	W,B,R	Yes		●			●	●		●	●		●		
	SAVOURY CREPES	W,B,R	Yes		●			●	●		●			●		
	ROASTED SEA BASS FILLETS	●	Yes	●		●		●	●		●			●		●
DESSERTS	ICE CREAM (SEE DESSERTS SECTION FOR FLAVOURS)	SEE DESSERTS SECTION FOR FLAVOURS														
	PASSIONFRUIT CHEESECAKE	W,B,R,O	Yes						●							
	CHEESESATE (SEE LIST OF CHEESES ON DESSERT MENU)	SEE LIST OF FLAVOURS ON DESSERT MENU														
	CHOCOLATE BROWNIE	W,B,R,O	Yes		●			●	●							

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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)	Lupin (a legume related to peanuts and soya)	molluscs e.g. mussels, clams, oysters, squid
SIDE DISHES	HOMEMADE BEER BATTERED ONION RINGS	W,B,R	Yes													
	HAND CUT CHIPS															
	HOMEMADE COLESLAW				●							●		●		
	SEASONAL VEGETABLES								●							
	CREAMY MASH								●							
	STONE FIRED FLATBREAD	W,B,R	Yes						●							
	STONE FIRED FLATBREAD WITH MOZZARELLA	W,B,R	Yes						●							
STEAK SAUCE	PEPPERCORN SAUCE	*	*					●	●			●		●		
	BLUE CHEESE SAUCE	*	*					●	●		●			●		
	GARLIC & HERB BUTTER							●	●							
	MERLOT RED WINE SAUCE	*	*					●						●		

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CHEESE BOARD

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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CHEESE SLATE	DESSERTS, ICE CREAMS & CHEESES															
	SHROPSHIRE BLUE							●								
	FORD FARM CAVE AGED TRADITIONAL CHEDDAR							●								
	TUNWORTH CAMEMBERT STYLE CHEESE							●								
	WILD GARLIC YARG							●								
	ARTISAN BISCUITS	W,G,B, R,O			●		●	●	●	ALMOND/HAZ EL	●	●	●			
	TOMATO & ONION CHUTNEY	B	Yes									●		●		

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BREADS, NIBBLES ,DELI SHARERS & STARTERS																
BREADS & NIBBLES	TOMATO KETCHUP		No							●						
	MAYONNAISE		No	●							●					
	COLMAN'S ENGLISH MUSTARD	W	Yes								●					
	COLMAN'S FRENCH MUSTARD		May								●					
	COLMAN'S WHOLEGRAIN MUSTARD		No								●					
	COLMAN'S DIJON MUSTARD		No								●		●			
	COLMAN'S MINT SAUCE		No													
	COLMAN'S HORSERADISH		No	●								●				
	COLMAN'S TARTARE		No									●				
	HP SAUCE	B,R	Yes													
MINT CREAMS		No		●		●	●	●	●				●			