

# ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Wayfarer 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 15.03.18

| Category         |                                   | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts                      | Celery & Celeriac | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|------------------|-----------------------------------|---------|------------------|-------------|------|------|---------|------|------|---------------------------|-------------------|---------|--------|-----------------|-------|----------|
| Deli Sharers     | Fish                              | W, B    | YES              | ✓           |      | ✓    |         |      | ✓    | ✓                         |                   | ✓       | ✓      | ✓               |       |          |
| Deli Sharers     | Crispy Duck                       | W       | YES              |             |      |      |         | ✓    | ✓    |                           |                   |         | ✓      |                 |       |          |
| Deli Sharers     | Pub Classics                      | W       | YES              |             | ✓    | ✓    |         |      | ✓    |                           |                   | ✓       | ✓      | ✓               |       |          |
| Deli Sharers     | Vegetarian                        | W,B,R   | YES              |             | ✓    |      |         |      | ✓    |                           |                   |         | ✓      |                 |       |          |
| Deli Sharers     | Japanese                          | W,B     | YES              | ✓           |      | ✓    |         | ✓    | ✓    |                           |                   | ✓       | ✓      |                 |       |          |
| Nibbles          | Popcorn Chilli Chicken            | W       | YES              |             | ✓    |      |         |      |      |                           |                   |         |        |                 |       |          |
| Nibbles          | Marinated Olives                  |         |                  |             |      |      |         |      |      |                           |                   |         |        | ✓               |       |          |
| Nibbles          | Deep Fried Whitebait              | W       | YES              |             | ✓    | ✓    |         |      |      |                           |                   |         |        |                 |       |          |
| Nibbles          | Nachos                            | W       | YES              |             |      |      |         | ✓    | ✓    |                           | ✓                 |         |        | ✓               |       |          |
| Nibbles          | Pizette                           | W       | YES              |             |      |      |         |      | ✓    |                           | ✓                 |         |        | ✓               |       |          |
| Nibbles          | Rustic Bread                      | W,R,B   | YES              |             |      |      |         |      | ✓    |                           |                   |         | ✓      | ✓               |       |          |
| Starters         | Homemade Soup                     | W, B, R | YES              |             |      |      |         | ✓    | ✓    | ✓                         | ✓                 | ✓       | ✓      | ✓               |       |          |
| Starters         | Tempura Prawns & Breaded Sea Bass | W       | YES              | ✓           | ✓    | ✓    |         |      | ✓    |                           |                   |         |        |                 |       |          |
| Starters         | Oriental Beef Spring Rolls        | W,B     | YES              |             | ✓    |      |         | ✓    |      |                           |                   | ✓       | ✓      | ✓               |       |          |
| Starters         | Smoked Salmon                     | W       | Yes              |             | ✓    | ✓    |         |      | ✓    |                           |                   |         |        | ✓               |       |          |
| Starters         | Homemade Chicken Liver Pate       | W,B,R   | YES              |             | ✓    |      |         |      | ✓    | Pecan, Hazelnuts, Almonds |                   |         |        | ✓               |       |          |
| Starters         | Pan Fried Field Mushroom          | W       | YES              |             | ✓    |      |         | ✓    | ✓    |                           | ✓                 |         |        | ✓               |       |          |
| Starters         | Shredded Lamb Shoulder            | W       | YES              |             | ✓    |      |         |      | ✓    |                           |                   |         |        |                 |       |          |
| Salads           | Superfood                         |         |                  |             |      |      |         |      | ✓    | Pistachio                 |                   |         |        | ✓               |       |          |
| Salads           | Crispy Tempura Beef               | W       | YES              |             |      |      |         | ✓    |      |                           |                   |         | ✓      |                 |       |          |
| Salads           | Breaded Goats Cheese              | W       | YES              |             | ✓    |      |         |      | ✓    |                           | ✓                 |         | ✓      |                 |       |          |
| Salads           | Cajun Salmon                      | W,R,B   | YES              |             | ✓    | ✓    |         |      |      |                           |                   |         |        |                 |       |          |
| Salads           | Chargrilled Chicken Caesar        | W,R,B   | YES              |             | ✓    | ✓    |         |      | ✓    |                           |                   |         |        |                 |       |          |
| Fish & Shellfish | Oven Roasted Salmon               |         |                  |             |      | ✓    |         |      | ✓    |                           | ✓                 |         |        | ✓               |       |          |
| Fish & Shellfish | Sea Bass Fillets                  | W       | YES              | ✓           |      | ✓    |         | ✓    | ✓    |                           | ✓                 |         |        | ✓               |       | ✓        |
| Fish & Shellfish | Haddock Fillet in Beer Batter     | W,B     | YES              |             |      | ✓    |         |      | ✓    |                           |                   |         |        | ✓               |       |          |
| Fish & Shellfish | Seafood Thermidor Risotto         | W       | YES              | ✓           | ✓    | ✓    |         | ✓    | ✓    |                           | ✓                 | ✓       |        | ✓               |       | ✓        |

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| Category   | Dish Name                          | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts           | Celery & Celeriac | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|------------|------------------------------------|---------|------------------|-------------|------|------|---------|------|------|----------------|-------------------|---------|--------|-----------------|-------|----------|
| Grill      | Rib Eye Steak                      | W,B     | YES              |             |      |      |         |      |      |                |                   |         |        | ✓               |       |          |
| Grill      | Fillet Steak                       | W,B     | YES              |             |      |      |         |      |      |                |                   |         |        | ✓               |       |          |
| Grill      | Homemade Burger                    | W, B    | YES              |             | ✓    | ✓    |         |      | ✓    |                | ✓                 | ✓       | ✓      | ✓               |       |          |
| Mains      | Malaysian Curry                    |         |                  |             |      |      |         |      | ✓    |                |                   |         |        |                 |       |          |
| Mains      | Blade of Beef                      |         |                  |             |      |      |         | ✓    |      |                |                   |         |        |                 |       |          |
| Mains      | Duck Breast                        |         |                  |             |      |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Mains      | Lamb Cutlet                        |         |                  |             |      |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Mains      | Beef en Crouete                    | W       | YES              |             | ✓    |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Mains      | Pan Fried Chicken Breast           |         |                  |             |      |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Mains      | Chicken Pie                        | W       | YES              |             | ✓    |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Mains      | Belly Pork                         | W, B, O | YES              |             |      |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Pizza      | Chicken Tikka                      | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Margherita                         | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Crispy Duck                        | W       | YES              |             |      |      |         | ✓    | ✓    |                | ✓                 |         | ✓      | ✓               |       |          |
| Pizza      | Blue Cheese Pizza                  | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Chorizo & Nduja                    | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Pepperoni                          | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Goats Cheese                       | W       | YES              |             |      |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Pizza      | Cajun Beef                         | W       | YES              |             | ✓    |      |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Vegetarian | Savoury Crepes                     | W       | YES              |             | ✓    |      |         | ✓    | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Vegetarian | Sweet Potato & Beetroot Hash Brown |         |                  |             |      |      |         |      | ✓    |                |                   | ✓       | ✓      | ✓               |       |          |
| Vegetarian | Mushroom, Brie & Nut Wellington    | W       | Yes              |             | ✓    |      |         | ✓    | ✓    | Pecan & Walnut | ✓                 |         |        | ✓               |       |          |
| Lunch      | Pork & Apple Sausages              | W       | YES              |             |      |      |         | ✓    | ✓    |                |                   |         |        | ✓               |       |          |
| Lunch      | Japanese Taster                    | W,B     | YES              |             |      | ✓    |         | ✓    |      |                | ✓                 |         | ✓      |                 |       |          |
| Lunch      | Chicken Fajita                     | W       | YES              |             | ✓    |      |         |      |      |                |                   |         |        | ✓               |       |          |
| Lunch      | Steak Melt                         | W,B,R   | YES              | ✓           | ✓    | ✓    |         |      |      |                | ✓                 | ✓       | ✓      | ✓               |       |          |
| Lunch      | Smoked Salmon & Prawns             | W,B,R   | YES              | ✓           | ✓    | ✓    |         |      |      |                | ✓                 | ✓       |        | ✓               |       |          |
| Lunch      | Haddock Focaccia                   | W,B,R   | YES              |             | ✓    | ✓    |         |      |      |                |                   |         |        | ✓               |       |          |
| Lunch      | Roasted Red Peppers                | W,B,R   | YES              |             | ✓    |      |         |      | ✓    |                |                   |         |        | ✓               |       |          |
| Lunch      | Chicken & Chorizo                  | W,B,R   | YES              |             | ✓    |      |         |      | ✓    |                |                   |         |        | ✓               |       |          |
| Lunch      | Margherita Pizette                 | W,B,R   | YES              |             | ✓    | ✓    |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Lunch      | Chorizo & Pepperoni Pizette        | W,B,R   | YES              |             | ✓    | ✓    |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Lunch      | Duck Pizette                       | W,B,R   | YES              |             | ✓    | ✓    |         | ✓    | ✓    |                | ✓                 |         |        | ✓               |       |          |
| Lunch      | Blue Cheese Pizette                | W,B,R   | YES              |             | ✓    | ✓    |         |      | ✓    |                | ✓                 |         |        | ✓               |       |          |

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|-----------|---------------------------|---------|------------------|-------------|------|------|---------|------|------|--------|-------------------|---------|--------|-----------------|-------|----------|
| Childrens | Chicken Fillet            |         |                  |             |      |      |         | ✓    | ✓    |        |                   |         |        | ✓               |       |          |
| Childrens | Linguini                  | W       | YES              |             |      |      |         |      |      |        | ✓                 |         |        | ✓               |       |          |
| Childrens | Sausages                  | W       | YES              |             |      |      |         | ✓    | ✓    |        |                   |         |        | ✓               |       |          |
| Childrens | Burger                    | W       | YES              |             |      | ✓    |         |      | ✓    |        | ✓                 | ✓       | ✓      | ✓               |       |          |
| Childrens | Haddock Fillet            | W,B     | YES              |             |      | ✓    |         |      | ✓    |        |                   |         |        | ✓               |       |          |
| Childrens | Margherita                | W       | YES              |             |      |      |         |      | ✓    |        | ✓                 |         |        | ✓               |       |          |
| Childrens | Chicken Salad             |         |                  |             |      |      |         |      |      |        |                   |         |        |                 |       |          |
| Childrens | Fruit Salad               |         |                  |             |      |      |         |      | ✓    |        |                   |         |        |                 |       |          |
| Childrens | Chocolate Brownie         | W       | YES              |             | ✓    |      |         | ✓    | ✓    |        |                   |         |        |                 |       |          |
| Childrens | Ice Cream or Sorbet       | W       | YES              |             |      |      |         |      | ✓    |        |                   |         |        |                 |       |          |
| Sunday    | Sunday Pizette            | W       | YES              |             | ✓    |      |         |      | ✓    |        | ✓                 |         |        | ✓               |       |          |
| Sunday    | Smoked Salmon             | W       | Yes              |             | ✓    | ✓    |         |      | ✓    |        |                   |         |        | ✓               |       |          |
| Sunday    | Shredded Lamb Shoulder    | W       | YES              |             | ✓    |      |         |      | ✓    |        |                   |         |        |                 |       |          |
| Sunday    | Homemade Soup             | W, B, R | YES              |             |      |      |         | ✓    | ✓    | ✓      | ✓                 | ✓       | ✓      | ✓               |       |          |
| Sunday    | Staffordshire Beef        | W       | YES              |             | ✓    |      |         | ✓    | ✓    |        | ✓                 | ✓       | ✓      | ✓               |       |          |
| Sunday    | Roast Turkey              | ✓       | Yes              |             | ✓    |      |         | ✓    | ✓    | WALNUT |                   |         |        | ✓               |       |          |
| Sunday    | Honey Roasted Ham         | W       | YES              |             | ✓    |      |         | ✓    | ✓    |        | ✓                 | ✓       | ✓      | ✓               |       |          |
| Sunday    | Roasted Sea Bass Fillets  | W       | YES              | ✓           |      | ✓    |         | ✓    | ✓    |        | ✓                 |         |        | ✓               |       | ✓        |
| Sunday    | Savoury Crepes            | W       | YES              |             | ✓    |      |         |      | ✓    |        | ✓                 | ✓       |        | ✓               |       |          |
| Sunday    | Three Scoops of Ice Cream | W       | YES              |             |      |      |         |      | ✓    |        |                   |         |        |                 |       |          |
| Sunday    | Chocolate Brownie         | W       | YES              |             | ✓    |      |         | ✓    | ✓    |        |                   |         |        |                 |       |          |
| Sunday    | Passion fruit Cheesecake  | W       | YES              |             |      |      |         |      | ✓    |        |                   |         |        |                 |       |          |
| Sunday    | Cheese Slate              | B,W     | YES              |             |      |      |         |      | ✓    | ✓      | ✓                 |         |        | ✓               |       |          |

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|----------|-------------------------------------|---------|------------------|-------------|------|------|---------|------|------|---------|-------------------|---------|--------|-----------------|-------|----------|
| Sides    | Beer Battered Onion Rings           | W,B     | YES              |             |      | ✓    |         |      |      |         |                   |         |        |                 |       |          |
| Sides    | Hand Cut Chips                      |         |                  |             |      |      |         |      |      |         |                   |         |        | ✓               |       |          |
| Sides    | Homemade Coleslaw                   |         |                  |             | ✓    |      |         |      |      |         |                   |         |        |                 |       |          |
| Sides    | Seasonal Vegetables                 |         |                  |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Sides    | Creamy Mash                         |         |                  |             |      |      |         |      | ✓    |         |                   |         |        | ✓               |       |          |
| Sides    | Garlic Bread                        | W       | YES              |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Sides    | Garlic Bread W/Mozzarella           | W       | YES              |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Sides    | Mixed Salad                         |         |                  |             |      |      |         |      |      |         |                   | ✓       |        | ✓               |       |          |
| Sides    | Peppercorn Sauce                    |         |                  |             |      |      |         | ✓    | ✓    |         |                   | ✓       |        | ✓               |       |          |
| Sides    | Blue Cheese Sauce                   |         |                  |             |      |      |         | ✓    | ✓    |         | ✓                 |         |        | ✓               |       |          |
| Sides    | Garlic & Herb Butter                |         |                  |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Sides    | Red Wine Sauce                      |         |                  |             |      |      |         | ✓    |      |         |                   |         |        | ✓               |       |          |
|          |                                     |         |                  |             |      |      |         |      |      |         |                   |         |        |                 |       |          |
| Desserts | Key Lime Pie                        | W       | YES              |             | ✓    |      |         |      | ✓    |         |                   |         |        | ✓               |       |          |
| Desserts | Elderflower Panna Cotta             | W       | YES              |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Passionfruit Cheesecake             | W       | YES              |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Cherry Bakewell Frangipane Tart     | W       | YES              |             | ✓    |      |         |      | ✓    | ALMONDS |                   |         |        |                 |       |          |
| Desserts | Chocolate Brownie                   | W       | YES              |             | ✓    |      |         | ✓    | ✓    |         |                   |         |        |                 |       |          |
| Desserts | White Choc & Raspberry Cookie Dough | W       | YES              |             | ✓    |      |         | ✓    | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Sticky Toffee Pudding               | W       | YES              |             | ✓    |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Sweet Sharer                        | W       | YES              |             | ✓    |      |         | ✓    | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Ice Cream Selection                 | W       | YES              |             |      |      |         |      | ✓    |         |                   |         |        |                 |       |          |
| Desserts | Cheese Slate                        | B,W     | YES              |             |      |      |         |      | ✓    | ✓       | ✓                 |         |        | ✓               |       |          |



