

# Allergen Matrix

Updated 11.05.18

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	ü		ü			ü	ü		ü	ü	ü		
Deli Sharers	Crispy Duck	W	YES					✓	✓				✓			
Deli Sharers	Pub Classics	W	YES		ü	ü			ü			ü	ü	ü		
Deli Sharers	Japanese	W,B	YES	ü		ü		ü	ü			ü	ü			
Nibbles	Marinated Olives													✓		
Nibbles	Rustic Bread	W,R,B	YES						✓	Walnut				✓		
Nibbles	Deep Fried Whitebait	W	YES		✓	✓										
Nibbles	Nachos	W	YES					✓	✓		✓			✓		
Nibbles	Pizette	W	YES						✓		✓			✓		
Starters	Homemade Soup	W, B, R	YES					✓	✓	Walnuts	✓	✓	✓	✓		
Starters	Tempura Prawns & Breaded Sea Bass	W	YES	✓	✓	✓			✓							
Starters	Scottish Smoked Salmon	W	Yes		✓	✓			✓					✓		
Starters	Homemade Chicken Liver Pate	W,B,R	YES		✓				✓	Pecan, Hazelnuts, Almonds				✓		
Starters	Pan Fried Field Mushroom	W	YES		ü			ü	ü		ü			ü		
Starters	Cured Meats of Chorizo & Parma Ham	W,B,R	Yes						✓							
Starters	Popcorn Chilli Chicken	W	YES		✓											
Salads	Superfood								✓	Pistachio				✓		
Salads	Crispy Tempura Beef	W	YES					✓					✓			
Salads	Breaded Goats Cheese	W	YES		✓				✓		✓			✓		
Salads	King Prawn & Crab Meat			ü				ü	ü					ü		
Salads	Chargrilled Chicken Caesar	W,R,B	YES		✓	✓			✓							
Mains	Thai Green Curry															
Mains	Pan Roasted Calves Liver							✓	✓		✓			✓		
Mains	Sea Bass Fillets															
Mains	Pan Fried Gressingham Duck							✓	✓					✓		
Mains	Pulled Lamb Shoulder with a Lamb cutlet							✓	✓					✓		
Mains	Haddock Fillet in Beer Batter	W,B	YES			✓			✓					✓		
Mains	Beef en croute	W	YES		✓			✓	✓					✓		
Mains	Pan Fried Chicken Breast							✓			✓			✓		

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Mains	Pan Fried Hake					✓		✓	✓		✓			✓		
Mains	Slow Roasted Belly Pork	W,B,O	YES					✓	✓					✓		
Mains	Spicy Prawn Linguine															
Vegetarian & Vegan	Moroccan Tofu Skewers															
Vegetarian & Vegan	Chargrilled Cauliflower Tacos															
Vegetarian & Vegan	Cannellini Bean & Mushroom Meatball Curry	W	YES								✓			✓		
Vegetarian & Vegan	Vegan Stone Fired Pizza	W	YES					✓			✓			✓		
Pizza	Chorizo and Pepperoni	W	YES						✓		✓			✓		
Pizza	Margherita	W	YES						✓		✓			✓		
Pizza	Crispy Duck	W	YES					✓	✓		✓		✓	✓		
Pizza	Thai Chicken															
Pizza	Goats Cheese	W	YES						✓		✓			✓		
Chargrill	8oz Rib Eye	W,B	YES											✓		
Chargrill	8oz Fillet	W,B	YES											✓		
Chargrill	10oz Rump	W,B	YES											✓		
Chargrill	10oz Gammon				✓									✓		
Chargrill	Steak Burger	W, B	YES		✓	✓			✓		✓	✓	✓	✓		
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	YES						✓		✓			✓		
Lunch	Chorizo & Pepperoni Pizette	W,B	YES		✓	✓			✓		✓			✓		
Lunch	Duck Pizette	W,B	YES		✓	✓		✓	✓		✓		✓	✓		
Lunch	Goats Cheese Pizette	W,B	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							✓						✓		
Sides	Broccoli, Beans, Peas and Basil Butter								✓							
Sides	Rocket, Tomato & Manchego Cheese								✓							
Sides	Sweet Potato Wedges & Sour Cream								✓							
Desserts	Passionfruit Cheesecake	W	YES						✓							
Desserts	Key Lime Pie	W	YES		☐				☐							
Desserts	Black Forest Posset															
Desserts	Lemon Baked Alaska	W	YES		✓				✓							
Desserts	Chocolate Brownie	W	YES		✓			✓	✓							
Desserts	White Chocolate & Raspberry Cookie Dough	W	YES		✓			✓	✓							
Desserts	Sticky Toffee Pudding	W	YES		✓				✓							
Desserts	Sweet Sharer	W,B	YES		ü			ü	ü	Pistachio & Almonds				ü		
Desserts	Ice Cream Selection	W	YES						✓							
Desserts	Cheese Slate	W,B	YES						✓					✓		

