

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 05.04.19

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Nibbles	Marinated Olives													✓		
Nibbles	Rustic Bread	W,R,B	YES						✓					✓		
Nibbles	Pizette	W	YES						✓		✓			✓		
Deli Sharers	Artisan Cheese	W	✓		✓			✓	✓		✓		✓	✓		
Deli Sharers	Japanese	W,B	✓	✓		✓		✓	✓			✓	✓			
Deli Sharers	Canapes	W,B,O	✓		✓	✓		✓	✓					✓		
Deli Sharers	Fish	W	✓		✓	✓		✓	✓			✓	✓			✓
Deli Sharers	Sizzling Crispy Duck	W	✓					✓	✓				✓	✓		
Starters	Tempura Prawns & Breaded Sea Bass	W	YES	✓	✓	✓			✓							
Starters	Homemade Soup	W, B, R	YES					✓	✓	Walnuts	✓	✓	✓	✓		
Starters	Chargrilled Mackerel Fillet					✓										
Starters	Homemade Chicken Liver Pate	W,B	YES						✓	Pecan, Hazelnuts, Almonds				✓		
Starters	Pan Fried Field Mushroom	W	YES		✓			✓	✓		✓			✓		
Starters	Chicken Baked in Garlic Cream Sauce	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		✓				✓	Walnuts		✓		✓		
Salads	Chargrilled Chicken Caesar	W,B	YES		✓	✓			✓							
Salads	Pan Fried Sea Bass Salad					✓			✓		✓					
Mains	Breaded Chicken Breast	W	✓		✓			✓	✓							
Mains	Cod, Prawn & Mixed Seafood Curry			✓		✓			✓		✓	✓				✓
Mains	Slow Roasted Belly Pork	W,B,O	YES					✓	✓					✓		
Mains	Haddock Fillet in Beer Batter	W,B	YES		✓	✓			✓			✓		✓		
Mains	Herb Crusted Lamb Rump	W	YES					✓	✓	Pistachio		✓		✓		
Mains	Sea Bass Fillets			✓		✓			✓							
Mains	Thai Green Curry	W	YES	✓				✓	✓				✓	✓		
Mains	Plaice stuffed with Salmon Mousse				✓	✓		✓	✓					✓		

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Mains	Pan Fired Duck Breast	W	✓					✓	✓		✓		✓	✓		
Mains	Beef en crouete	W	YES		✓			✓	✓					✓		
Mains	Chicken, Ham & Leek Pie	W	YES		✓			✓	✓					✓		
Vegetarian & Vegan	Moroccan Tofu Skewers	W	YES					✓			✓					
Vegetarian & Vegan	Chargrilled Cauliflower Tacos	W	YES					✓		Almond	✓			✓		
Vegetarian & Vegan	Cannellini Bean & Mushroom Meatball Curry	W	YES								✓	✓		✓		
Vegetarian & Vegan	Wild Mushroom Risotto Balls	W	✓		✓				✓		✓			✓		
Vegetarian & Vegan	Vegan Stone Fired Pizza	W	YES					✓			✓			✓		
Pizza	Chorizo and Pepperoni	W	YES						✓		✓			✓		
Pizza	Margherita	W	YES						✓		✓			✓		
Pizza	Crispy Duck	W	YES					✓	✓		✓		✓	✓		
Pizza	BBQ Chicken	W	YES						✓		✓	✓		✓		
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	Black and Blue Burger	W,B	YES		✓	✓			✓		✓	✓	✓	✓		
Chargrill	Steak Burger	W,B	YES		✓	✓			✓		✓	✓	✓	✓		
Lunch	Baked Flatbreads	W	YES						✓				✓	✓		
Lunch	Deep Fried Breaded Whitebait	W	YES		✓	✓										
Lunch	Fried Nacho Chips	W	YES					✓	✓		✓			✓		
Lunch	Chicken Breast & Chorizo Ciabatta	W,B,R	YES		✓				✓					✓		
Lunch	Chargrilled Steak Melt	W,B,R	YES		✓			✓	✓		✓			✓		
Lunch	Smoked Salmon & Prawns on Focaccia	W,B,R	YES	✓	✓	✓					✓	✓		✓		
Lunch	Baked Roasted Red Peppers on Ciabatta	W,B,R	YES		✓				✓					✓		
Lunch	Beer Battered Haddock Goujon Sandwich	W,B	YES		✓	✓								✓		
Lunch	Sizzling Cajun Chicken Fajita	W	YES		✓									✓		
Lunch	Pork & Apple Sausages	W	YES					✓	✓					✓		
Lunch	Japanese Taster	W,B	YES			✓		✓			✓		✓			
Lunch	Chargrilled 8oz Gammon				✓									✓		

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Desserts	Passionfruit Cheesecake	W	YES						✓							
Desserts	Key Lime Pie	W	YES		✓				✓							
Desserts	Freshly Made Waffles	W	YES		✓			✓	✓							
Desserts	Lemon Baked Alaska	W	YES		✓				✓							
Desserts	Chocolate Brownie	W	YES		✓			✓	✓							
Desserts	White Choc & Raspberry Cookie Dough	W	YES		✓			✓	✓							
Desserts	Sticky Toffee Pudding	W	YES		✓				✓							
Desserts	Canape Sweet Sharer	W,B	YES		✓			✓	✓	Almonds & Pistachios				✓		
Desserts	Ice Cream Selection	W	YES		✓			✓	✓							
Desserts	Cheese Slate	W,B	YES						✓		✓					