

# ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Boars Head 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 27.01.18

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Deli Sharers	Fish	W, B, R	YES	✓		✓			✓	WALNUTS		✓	✓	✓		
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					✓	✓	WALNUTS	✓	✓	✓	✓		
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	YES		✓				✓	Pecans, Hazlenuts, 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,B	YES		✓	✓										
Salads	Chargrilled Chicken Caesar	W,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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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						✓		✓			✓		
Vegetarian	Savoury Crepes	W	YES		✓			✓	✓		✓			✓		
Vegetarian	Sweet Potato & Beetroot Hash Brown								✓			✓	✓	✓		
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	YES	✓	✓	✓					✓	✓	✓	✓		
Lunch	Haddock Foccacia	W,B	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	Blue 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															
Sunday	Cheese Slate															
Sunday	Baileys Cheesecake	W	YES						✓							
Sunday	Christmas Sponge Pudding	W	YES		✓				✓	Hazelnuts				✓		

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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	Elderflower Panna Cotta	W	YES						✓							
Desserts	Orange & Milk Chocolate Torte	W	YES		✓			✓	✓							
Desserts	Key Lime Pie	W	YES		✓				✓					✓		
Desserts	Passionfruit Cheesecake	W	YES						✓							
Desserts	Cherry Bakewell Frangipane Tart	W	YES		✓				✓	ALMONDS						
Desserts	Pear & Apple Crumble	W	YES						✓							
Desserts	Chocolate Brownie	W	YES		✓			✓	✓							
Desserts	White Choc & Raspberry Cookie Dough	W	YES		✓			✓	✓							
Desserts	Sticky Toffee Pudding	W	YES		✓				✓							
Desserts	Sweet Sharer (Up to November 30th)	W	YES		✓			✓	✓							
Desserts	Sweet Sharer (Nov 30th - December)	W	YES		✓			✓	✓	Hazelnuts						
Desserts	Sweet Sharer (January)	W	YES		✓			✓	✓							
Desserts	Ice Cream Selection	W	YES						✓							
Desserts	Baileys Cheesecake	W	YES						✓							
Desserts	Christmas Sponge Pudding	W	YES		✓				✓	Hazelnuts				✓		
Desserts	Winter Berry Crème Brulee	W	YES		✓				✓							
Desserts	Cheese Slate	B,W	YES						✓	✓	✓			✓		

