

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 18.05.18

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Deli Sharers	Fish	W	YES	✓		✓		✓	✓			✓		✓		✓
Deli Sharers	Crispy Duck	W	YES					✓	✓				✓			
Deli Sharers	Pub Classics	W	YES		✓	✓			✓			✓	✓	✓		
Deli Sharers	Japanese	W,B	YES	✓		✓		✓	✓			✓	✓			
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		✓			✓	✓		✓			✓		
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			✓				✓	✓					✓		
Salads	Chargrilled Chicken Caesar	W,R,B	YES		✓	✓			✓							
Mains	Thai Green Curry	W	YES	✓		✓		✓	✓				✓	✓		
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	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	Vegan Stone Fired Pizza	W	YES					✓			✓			✓		
Pizza	Chorizo and Pepperoni	W	YES						✓		✓			✓		
Pizza	Margherita	W	YES						✓		✓			✓		
Pizza	Crispy Duck	W	YES					✓	✓		✓		✓	✓		
Pizza	Thai 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	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 Foccacia	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						✓							
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	Key Lime Pie	W	YES		✓				✓							
Desserts	Blackforest Posset	W,B	YES		✓			✓	✓	Pistachio & Almonds						
Desserts	Passionfruit Cheesecake	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	Sweet Sharer	W,B	YES		✓			✓	✓	Pistachio & Almonds				✓		
Desserts	Ice Cream Selection	W	YES						✓							
Desserts	Cheese Slate	W,B	YES						✓					✓		

