

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 30.04.19

| 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 | Oriental | W | YES | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ | | |
| Deli Sharers | Fish | W | YES | | ✓ | ✓ | | ✓ | ✓ | | | ✓ | ✓ | | | ✓ |
| Deli Sharers | Sizzling Crispy Duck | W | YES | | | | | ✓ | ✓ | | | | ✓ | ✓ | | |
| 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 | Crispy Tempura Beef | W | YES | | | | | ✓ | | | | | ✓ | | | |
| Salads | Breaded Goats Cheese | W | YES | | ✓ | | | | ✓ | Walnuts | | ✓ | | ✓ | | |
| Salads | Chargrilled Chicken Caesar | W,B | YES | | ✓ | ✓ | | | ✓ | | | | | | | |
| Mains | Breaded Chicken Breast | W | YES | | ✓ | | | ✓ | ✓ | | | | | | | |
| 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 | | | | | ✓ | ✓ | Pistachios | | ✓ | | ✓ | | |
| Mains | Sea Bass Fillets | | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Mains | Plaice stuffed with Salmon Mousse | | | | ✓ | ✓ | | ✓ | ✓ | | | | | ✓ | | |
| Mains | Beef en croute | W | YES | | ✓ | | | ✓ | ✓ | | | | | ✓ | | |
| Mains | Chicken, Ham & Leek Pie | W | YES | | ✓ | | | ✓ | ✓ | | | | | ✓ | | |
| Vegetarian & Vegan | Moroccan Tofu Skewers | W | YES | | | | | ✓ | | | ✓ | | | | | |
| Vegetarian & Vegan | Cannellini Bean & Mushroom Meatball Curry | W | YES | | | | | | | | ✓ | ✓ | | ✓ | | |
| Vegetarian & Vegan | Vegan Stone Fired Pizza | W | YES | | | | | ✓ | | | ✓ | | | ✓ | | |

The Boars Head - Apr 2019

| Category | Dish Name | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery & Celeriac | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|---------------|---------------------------------------|---------|------------------|-------------|------|------|---------|------|------|------|-------------------|---------|--------|-----------------|-------|----------|
| 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 | | ✓ | ✓ | | | ✓ | | ✓ | ✓ | ✓ | ✓ | | |
| Chargrill | Thai Chicken Skewer | | | ✓ | ✓ | | | | ✓ | | | | | | | |
| Chargrill | Teriyaki Salmon Skewer | W,B | YES | | | ✓ | | ✓ | | | | | ✓ | | | |
| Chargrill | Argentinian Beef Skewer | | | | ✓ | | | | | | | | | | | |
| Chargrill | Pesto Halloumi Skewer | | | | | | | | ✓ | | | | | | | |
| 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 | Chargrilled 8oz Gammon | | | | ✓ | | | | | | | | | ✓ | | |
| Lunch Pizette | Mixed Salad for Pizette | | | | | | | | | | | ✓ | | ✓ | | |
| Lunch Pizette | Caesar for Pizette | W | YES | | ✓ | ✓ | | | ✓ | | | | | | | |
| Lunch Pizette | Margherita Pizette | W | YES | | | | | | ✓ | | ✓ | | | ✓ | | |
| Lunch Pizette | Chorizo & Pepperoni Pizette | W | YES | | | | | | ✓ | | ✓ | | | ✓ | | |
| Lunch Pizette | Crispy Duck Pizette | W | YES | | | | | ✓ | ✓ | | ✓ | | ✓ | ✓ | | |
| Lunch Pizette | Goats Cheese Pizette | W | YES | | | | | | ✓ | | ✓ | | | ✓ | | |

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|--------------|--|---------|------------------|-------------|------|------|---------|------|------|---------|-------------------|---------|--------|-----------------|-------|----------|
| Childrens | Soup Starter | W, B, R | YES | | | | | ✓ | ✓ | Walnuts | ✓ | ✓ | ✓ | ✓ | | |
| Childrens | Baked Dough Ball Starter | W | ü | | ✓ | | | | ✓ | | | ✓ | | | | |
| Childrens | Cucumber, Carrot & Red Pepper Crudites | | | | | | | | | | | | ✓ | | | |
| Childrens | Pan fried 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 Lunch | Seasonal Soup | W, B, R | YES | | | | | ✓ | ✓ | Walnuts | ✓ | ✓ | ✓ | ✓ | | |
| Sunday Lunch | Flat Field Mushrooms | W | YES | | | | | ✓ | ✓ | | ✓ | | | ✓ | | |
| Sunday Lunch | Beer Battered Haddock Goujons | W,B | YES | | ✓ | ✓ | | | | | | | | | | |
| Sunday Lunch | Chicken Baked in Garlic & Rosemary Sauce | W,B | YES | | | | | ✓ | ✓ | | ✓ | | | ✓ | | |
| Sunday Lunch | Roast Staffordshire Beef | W | YES | | ✓ | | | ✓ | ✓ | | ✓ | ✓ | | ✓ | | |
| Sunday Lunch | Honey & Mustard Glazed Roasted Ham | W | YES | | ✓ | | | ✓ | ✓ | | ✓ | ✓ | | ✓ | | |
| Sunday Lunch | Roasted Chicken Supreme | W | YES | | ✓ | | | ✓ | ✓ | | ✓ | ✓ | | ✓ | | |
| Sunday Lunch | Best of Both | W | YES | | ✓ | | | ✓ | ✓ | | ✓ | ✓ | | ✓ | | |
| Sunday Lunch | Vegetarian roast | W | ✓ | | ✓ | | | ✓ | ✓ | | ✓ | | | ✓ | | |
| Sunday Lunch | Poached Haddock | | | | | ✓ | | | ✓ | | | | | ✓ | | |

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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 | YES | | ✓ | | | ✓ | ✓ | ✓ | | | | ✓ | | |
| Desserts | Ice Cream Selection | W | YES | | ✓ | | | ✓ | ✓ | | | | | | | |
| Desserts | Cheese Slate | W,B | YES | | | | | | ✓ | | ✓ | | | | | |