

## ALLERGEN INFORMATION

X INDICATES PRESENCE OF ALLERGEN  
M/C INDICATES MAY CONTAIN

**WE TAKE EVERY CARE & ATTENTION TO IDENTIFY ALLERGENS IN OUR INGREDIENTS, BUT WE CANNOT GUARANTEE THAT OUR DISHES ARE 100% ALLERGEN FREE DUE TO RISK OF CROSS CONTAMINATION, THIS INCLUDES ITEMS THAT ARE COOKED IN OUR DEEP FAT FRYERS WHERE INGREDIENTS THAT INCLUDE GLUTEN HAVE ALSO BEEN COOKED. OUR DEEP FAT FRYERS CONTAIN REFINED G.M. SOYA OIL**

UPDATED ON 17/11/2020	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
<b>Eggs and Tofu</b>															
Eggs with chilli			X												
Baked shakshuka	X WHEAT		X			X				X					
Scrambled tofu	X WHEAT							X		X					
<b>Hearty</b>															
Cumberland sausage wheel	X WHEAT											X			
Smoked trout pate	X WHEAT		X	X		X					X	X			
Plant based smoked sausage											X	X			
<b>Bakery</b>															
Warm Croissant	X WHEAT		X			X									
Toasted seeded bread with jam	X WHEAT BARLEY RYE						M/C								
Jalapeno cornbread	X WHEAT		X			X						X			
<b>Fruit and Grains</b>															
Ruby grapefruit															
Passion fruit and coconut chia yoghurt	M/C				M/C		M/C	X	M/C			X			
Granola, banana and berry smoothie	X WHEAT OATS				M/C		X ALMONDS								
<b>Sweet</b>															
Caramelised banana and lime eton mess			X			X									
Nutella French toast	X WHEAT		X			X	X HAZLENUTS	X							
Dark chocolate and peanut butter pot	X WHEAT				X		X	X							