MENU ALLERGEN GUIDE

MENU DATE: SEPTEMBER 2024

IF YOU HAVE AN ALLERGY please inform our team before ordering, or preordering; so that we can take additional reasonable steps to minimise the risk of allergen cross-contamination. **However we cannot guarantee any item is allergen- free.**

This allergen guide, details all of the 14 key allergens that are present in the ingredients of each dish. However as our food is mainly homemade in our multi use kitchen (which handles all of the 14 key allergens), and suppliers of prepared foods vary, all food may contain traces of any of the 14 key allergens.

Some dishes may be adapted to remove the allergen containing ingredient (e.g. we have gluten free bread that can be swapped for normal bread) please ask our team, however adapted dishes still may contain traces of any of the 14 key allergens.

Red indicates presence of an allergen in a dish

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| | MENU SECTION | MENU SUB SECTION | Aditional ALLERGEN Notes | Celery | Gluten | Crustaceans | Fish | Eggs | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphites |
| STARTERS & SMALL PLATES | | | | , | | | | | | | | | | | | | |
| BRIE + BACON + CRANBERRY | STARTER | FLATBREAD | | | | | | | | | | | | | | | 1 |
| CHORIZO + RED ONION + MOZZARELLA | STARTER | FLATBREAD | | | | | | | | | | | | | | | |
| | STARTER | FLATBREAD | | | | | | | | | | | | | | | |
| GARLIC/HERB + CHEDDAR/MOZZARELLA FLATBREAD | STARTER | FLATBREAD | | | | | | | | | | | | | | | |
| GARLIC FLATBREAD | STARTER | FLATBREAD | | | | | | | | | | | | | | | i |
| STICKY PORK BELLY BITES + JALAPENO SLAW | STARTER | SMALL PLATE | | | | | | | | | | | | | | | |
| HOME FRIED NACHOS + GUACAMOLE/SALSA/SOUR CREAM/JALAPENOS V | STARTER | SMALL PLATE | | | | | | | | | | | | | | | ı |
| BATTERED KING PRAWNS + AIOLI DIP | STARTER | SMALL PLATE | Can be GF | | | | | | | | | | | | | | ı |
| (BREAD) + OLIVES + OIL | STARTER | SMALL PLATE | | | | | | | | | | | | | | | |
| BREADED WHITEBAIT + TARTARE SAUCE | STARTER | SMALL PLATE | | | | | | | | | | | | | | | |
| GARLIC MUSHROOMS + CROSTINI | STARTER | SMALL PLATE | GF with GF bread | | | | | | | | | | | | | | |
| GARLIC + PARMESAN CHICKEN WINGS + PASSATA DIP | STARTER | SMALL PLATE | | | | | | | | | | | | | | | |
| MEATBALLS MARINARA + PARMESAN | STARTER | SMALL PLATE | Can be dairy free | | | | | | | | | | | | | | |
| LUNCH CHICKEN + BACON PARFAIT + FIG CHUTNEY + CROSTINIS | STARTER | LUNCH STARTER | GF with GF bread | | | | | | | | | | | | | | ı |
| LUNCH CRISPY FRIED KING PRAWNS + AIOLI | STARTER | LUNCH STARTER | | | | | | | | | | | | | | | |
| SPICED LENTIL + COCONUT SOUP + WARM ROLL V | STARTER | LUNCH STARTER | | | | | | | | | | | | | | | |
| SUNDAY CHICKEN + BACON PARFAIT + FIG CHUTNEY + CROSTINIS | STARTER | SUNDAY STARTER | GF with GF bread | | | | | | | | | | | | | | |
| PRAWN + SMOKED HADDOCK FISHCAKE + CITRUS SOUR CREAM + DRESSED SALAD | STARTER | SUNDAY STARTER | | | | | | | | | | | | | | | |
| INDIVIDUAL HALF BAKED CAMEMBERT + CRANBERRY/WALNUTS + TOAST | STARTER | SUNDAY STARTER | GF with GF bread | | | | | | | | | | | | | | 1 |
| SPICED LENTIL + COCONUT SOUP VE WARM ROLL | STARTER | SUNDAY STARTER | GF with GF bread | | | | | | | | | | | | | | |
| MAINS | | | | | | | | | | | | | | | | | |
| SLOW ROASTED PULLED + ROLLED LAMB SHOULDER + MUSTARD/THYME SAUCE + COLCANNON + SEASONAL VEGETABLES | MAINS | FROM THE LAND | | | | | | | | | | | | | | | |
| SMALL LASHFORD FAGGOTS + MASH + PEAS | MAINS | FROM THE LAND | | | | | | | | | | | | | | | i |
| LARGE LASHFORD FAGGOTS + MASH + PEAS | MAINS | FROM THE LAND | | | | | | | | | | | | | | | |
| HOMEMADE CHICKEN + HAM + LEEK PIE + MASH + ROASTED CARROT + VEGETABLES + GRAVY | MAINS | FROM THE LAND | | | | | | | | | | | | | | | |
| SLOW COOKED BELLY OF PORK + HASSELBACK POTATOES + GARLIC/MUSHROOM SAUCE + SEASONAL VEGETABLES | MAINS | FROM THE LAND | | | | | | | | | | | | | | | |
| PAN FRIED SEABASS FILLETS + CRISPY CHORIZO + CHIVE VELOUTÉ + HASSELBACK POTATOES + TENDERSTEM | MAINS | FROM THE SEA | | | | | | | | | | | | | | | |
| OVEN BAKED SALMON + RED THAI CURRY + BASMATI RICE + PRAWN CRACKERS | MAINS | FROM THE SEA | | | | | | | | | | | | | | | |
| SMALL FISH + CHIPS + PEAS | MAINS | FROM THE SEA | if salad also contain Mustard | | | | | | | | | | | | | | |
| LARGE FISH + CHIPS + PEAS | MAINS | FROM THE SEA | if salad also contain Mustard | | | | | | | | | | | | | | |

| FISH PIE + CHEESY MASH + VEG | MAINS | FROM THE SEA | | | | | | | | |
|--|---------|--------------|--|---|--|--|---|--|--|--|
| FIVE BEAN CHILLI NON CARNE + BASMATI RICE + NACHOS + CRISPY JALAPENO | MAINS | GARDEN | Can be GF | | | | | | | |
| | MAINS | GARDEN | Call be Gr | | | | | | | _ |
| MUSHROOM + SAGE NUT LOAF + HASSELBACK POTATOES + ONION GRAVY + SEASONAL VEGETABLES BEETROOT BOURGUIGNON + COLCANNON + VEGETABLE MEDLEY VE | MAINS | GARDEN | | | | | - | | | - |
| | | | Care har CE | | | | | | | _ |
| 80Z ANGUS SIRLOIN STEAK + ONION RINGS + GARLIC/THYME MUSHROOM + TOMATO + HOMEMADE CHIPS + PEPPERCORN SAUCE | MAINS | GRILL | Can be GF | | | | | | | - |
| 100Z GAMMON STEAK + EGG + PINEAPPLE + HOMEMADE CHIPS + ONION RINGS + GARLIC/THYME MUSHROOM + TOMATO | MAINS | GRILL | Can be GF | | | | | | | |
| DOUBLE STEAK BURGER WITH BACON + CHEESE + BURGER SAUCE | | BURGER | Salad contains Mustard | | | | | | | |
| GREEK LAMB BURGER + CHILLI JAM + TZATZIKI + BABY GEM | MAINS | BURGER | | | | | | | | |
| CRISPY BREADED CHICKEN BURGER + TOMATO + LETTUCE | MAINS | BURGER | | | | | | | | |
| BEETROOT/RED PEPPER/QUINOA BURGER + BABY GEM + SALSA | MAINS | BURGER | | | | | | | | |
| LUNCH CRISPY CHICKEN + GARLIC MUSHROOM SAUCE + COLCANNON + ROAST CARROT | MAINS | LUNCH | | | | | | | | |
| LUNCH FISH GOUJON CIABATTA + TARTARE SAUCE + FRIES | MAINS | LUNCH | | | | | | | | |
| LUNCH FIVE BEAN CHILLI NON CARNE + BASMATI RICE + NACHOS + CRISPY JALAPENO VE | MAINS | LUNCH | Can be GF | | | | | | | |
| LUNCH LASHFORDS FAGGOT + ONION GRAVY + MASH + MUSHY PEAS | | LUNCH | | | | | | | | |
| | MAINS | LUNCH | | | | | | | | |
| SUNDAY ROAST LEG OF PORK + STUFFING | MAINS | SUNDAY | Can be gluten free without Yorkshire Pudding or Stuffing | | | | | | | |
| SUNDAY SLOW ROASTED BEEF | MAINS | SUNDAY | Can be gluten free without Yorkshire Pudding | | | | | | | |
| SUNDAY ROAST BREAST OF TURKEY | MAINS | SUNDAY | Can be gluten free without Yorkshire Pudding or Stuffing | | | | | | | |
| SUNDAY THE THROCKMORTON TRIO | MAINS | SUNDAY | Can be gluten free without Yorkshire Pudding or Stuffing | | | | | | | |
| SUNDAY PULLED + ROLLED SHOULDER OF LAMB | MAINS | SUNDAY | Can be gluten free without Yorkshire Pudding | | | | | | | |
| SUNDAY MUSHROOM + SAGE NUT LOAF | MAINS | SUNDAY | | | | | | | | |
| SIDES | | | | | | | | | | |
| PEPPERCORN SAUCE | SIDE | MAIN SIDE | | | | | | | | |
| MOZARELLA STICKS | SIDE | MAIN SIDE | | | | | | | | |
| ONION RINGS | SIDE | MAIN SIDE | | | | | | | | |
| DRESSED SALAD | SIDE | MAIN SIDE | | | | | | | | |
| CHUNKY CHIPS | SIDE | MAIN SIDE | | | | | | | | |
| SKINNY FRIES | SIDE | MAIN SIDE | | | | | | | | |
| HONEY ROASTED PARSNIPS | SIDE | SUNDAY SIDE | | | | | | | | |
| EXTRA YORKSHIRE PUDDING | SIDE | SUNDAY SIDE | | | | | | | | |
| HOMEMADE CAULIFLOWER & LEEK CHEESE | SIDE | SUNDAY SIDE | | | | | | | | |
| EXTRA STUFFING | SIDE | SUNDAY SIDE | | | | | | | | |
| SIX PIGS IN BLANKETS | SIDE | SUNDAY SIDE | | | | | | | | |
| EXTRA BOWL OF ROASTIES | SIDE | SUNDAY SIDE | | | | | | | | |
| SIDE ROAST CARROTS | SIDE | SUNDAY SIDE | | | | | | | | |
| SANDWICHES/ADDITIONAL SNACKS | | | | | | | | | | |
| BATTERED FISH GOUJONS + TARTARE SAUCE CIABATTA | SIDE | SANDWICHES | | | | | | | | |
| BRIE + CRANBERRY CIABATTA | SIDE | SANDWICHES | | | | | | | | |
| BACON + BRIE + CRANBERRY CIABATTA | SIDE | SANDWICHES | | | | | | | | |
| ALL DAY BREAKFAST WRAP | SIDE | SANDWICHES | | | | | | | | |
| DESSERTS | | | | | | | | | | |
| WHITE CHOCOLATE POSSET + RASPBERRY SAUCE | DESSERT | MAIN DESSERT | | | | | | | | |
| STEAMED TREACLE PUDDING + CUSTARD | DESSERT | MAIN DESSERT | | | | | | | | |
| TOFFEE CRÈME BRULEE + POPCORN V | DESSERT | MAIN DESSERT | | | | | | | | |
| TOTTLE CALIVIE BROLLE T FOR CORN V | DESSERT | MAIN DESSERT | | | | | | | | |
| CHOCOLATE BROWNIE + VANILLA ICE CREAM | DESSERT | MAIN DESSERT | | | | | | | | |
| | | | | | | | | | | |
| POACHED PEAR + MANGO SORBET + RASPBERRY COULIS V | DESSERT | MAIN DESSERT | | _ | | | | | | |
| GINGER BISCUIT VANILLA CHEESECAKE + BLUEBERRY COULIS V | DESSERT | MAIN DESSERT | | | | | - | | | |
| ICECREAM - COOKIE DOUGH | DESSERT | MAIN DESSERT | | | | | | | | <u> </u> |

| ICE CREAM - STRAWBERRY | DESSERT | LUNCH DESSERT | | | | | | | | \neg |
|---|-----------|----------------|--------------------|--|--|--|--|--|--|--------|
| | DESSERT | LUNCH DESSERT | | | | | | | | |
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| | DESSERT | LUNCH DESSERT | | | | | | | | |
| | DESSERT | SUNDAY DESSERT | | | | | | | | |
| SUNDAY POACHED PEAR MANGO SORBET | DESSERT | SUNDAY DESSERT | | | | | | | | |
| SUNDAY GINGER BISCUIT VANILLA CHEESECAKE BLUEBERRY COULIS | DESSERT | SUNDAY DESSERT | | | | | | | | |
| SUNDAY TREACLE SPONGE + CUSTARD | DESSERT | SUNDAY DESSERT | | | | | | | | |
| BREAKFAST MENU | | · | | | | | | | | |
| FULL ENGLISH | BREAKFAST | BREAKFAST | | | | | | | | |
| BIGGER BREAKFAST | BREAKFAST | BREAKFAST | | | | | | | | |
| VEGETARIAN BREAKFAST | BREAKFAST | BREAKFAST | | | | | | | | |
| LIGHTER BREAKFAST | BREAKFAST | BREAKFAST | | | | | | | | |
| POACHED EGGS HOLANDAISE BACON | BREAKFAST | BREAKFAST | | | | | | | | |
| POACHED EGGS HOLANDAISE SPINACH | BREAKFAST | BREAKFAST | | | | | | | | |
| KIPPERS & SCRAMBLED EGGS | BREAKFAST | BREAKFAST | | | | | | | | |
| EGGS ON MUFFIN | BREAKFAST | BREAKFAST | | | | | | | | |
| BREAKFAST WRAP | BREAKFAST | BREAKFAST | | | | | | | | |
| PANCAKES BACON & SYRUP | BREAKFAST | BREAKFAST | | | | | | | | |
| KIDS BREAKFAST | BREAKFAST | BREAKFAST | | | | | | | | |
| KIDS MENU | | | | | | | | | | |
| KIDS LAMB KOFTAS | KIDS | KIDS | | | | | | | | |
| KIDS GARLIC BREAD | KIDS | KIDS | | | | | | | | |
| KIDS HALLOUMI FRIES + RELISH | KIDS | KIDS | | | | | | | | |
| KIDS LASHFORDS PORK SAUSAGES | KIDS | KIDS | | | | | | | | |
| KIDS HANDMADE CHICKEN NUGGETS | KIDS | KIDS | Can be Gluten free | | | | | | | |
| KIDS QUORN SAUSAGES & MASH | KIDS | KIDS | | | | | | | | |
| KIDS HAND BATTERED FISH GOUJONS | KIDS | KIDS | Can be Gluten free | | | | | | | |
| KIDS SUNDAY ROAST | KIDS | KIDS | | | | | | | | |
| KIDS PANCAKES + VANILLA ICE CREAM + CHOCOLATE SAUCE | KIDS | KIDS | | | | | | | | |
| KIDS CHOCOLATE BROWNIE + ICECREAM | KIDS | KIDS | | | | | | | | |
| KIDS PEPPA PIG | KIDS | KIDS | | | | | | | | |