

MENU ALLERGEN GUIDE

MOTHERING SUNDAY 2025

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

	Additional ALLERGEN Notes	Celery	Gluten	Crustaceans	Fish	Eggs	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
STARTERS															
Lamb Koftas + mint riata + salad			Red					Red						Red	Red
Sweetcorn Fritters + cherry tomatoes + avacado			Red											Red	Red
Smoked Salmon Pate + tomato/herb sourdough	gluten free bread available		Red		Red			Red						Red	
Duck Flatbread + plum sauce + sesame seeds			Red					Red					Red	Red	Red
Battered Kind prawns + sweet chilli			Red	Red				Red						Red	Red
MAINS															
Tuscan Salmon + sauteed potatoes + greens					Red			Red		Red				Red	Red
Moroccan falafel + blue corn flatbreads + dips + salad + sauteed potatoes		Red	Red											Red	Red
Oven roasted cod + pappardelle pasta + seafood/lobster sauce		Red	Red	Red	Red	Red		Red	Red				Red	Red	Red
ROLLED LAMB SHOULDER + dauphinoise potato + rosemary gravy + veg +£2		Red						Red						Red	Red
1/2 Roast Chicken + cajun/garlic butter + sauteed potatoes + salad								Red						Red	Red
ROAST LEG OF PORK + STUFFING	Can be gluten free without Yorkshire Pudding or Stuffing		Red			Red		Red						Red	Red
SLOW ROASTED BEEF	Can be gluten free without Yorkshire Pudding		Red			Red		Red						Red	Red
ROAST BREAST OF TURKEY	Can be gluten free without Yorkshire Pudding or Stuffing		Red			Red		Red						Red	Red
Mushroom + sage nut loaf		Red	Red								Red	Red		Red	Red
SIDES															
HONEY ROASTED PARSNIPS															Red
EXTRA YORKSHIRE PUDDING			Red			Red		Red							
HOMEMADE CAULIFLOWER CHEESE			Red					Red							
EXTRA STUFFING			Red												Red
SIX PIGS IN BLANKETS			Red											Red	Red
EXTRA BOWL OF ROASTIES														Red	Red

