MENU ALLERGEN GUIDE

MENU DATE: JANUARY 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

	MENU SECTION	MENU SUB SECTION	Aditional ALLERGEN Notes	Celery	Gluten	Crustaceans	Fish	Eggs	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
MAIN MENU STARTERS & SMALL PLATES																	
PULLED DUCK LEG, SESAME SEEDS & PLUM SAUCE	STARTER	FLATBREAD			■					■					■	■	
MEDITERRANEAN OLIVE, TOMATO & MOZZARELLA (V)	STARTER	FLATBREAD			■					■						■	■
GARLIC & MIXED HERBS, MELTED CHEDDAR & MOZZARELLA (V)	STARTER	FLATBREAD			■					■						■	■
GARLIC & MIXED HERB (VE)	STARTER	FLATBREAD			■											■	
STICKY PORK BELLY BITES	STARTER	SMALL PLATE														■	■
HOME FRIED NACHOS (V)	STARTER	SMALL PLATE			■					■						■	
HAND BATTERED KING PRAWNS	STARTER	SMALL PLATE	Can be GF		■	■		■								■	■
SELECTION OF WARM BREADS (VE)	STARTER	SMALL PLATE			■											■	
CRISPY BREADED WHITEBAIT	STARTER	SMALL PLATE			■		■	■				■				■	
CREAMY GARLIC & CHIVE MUSHROOMS (V)	STARTER	SMALL PLATE	GF with GF bread		■					■						■	
SOUTHERN FRIED CHICKEN WINGS	STARTER	SMALL PLATE			■			■		■						■	■
MEATBALLS MARINARA + PARMESAN	STARTER	SMALL PLATE	Can be dairy free		■					■						■	■
FIXED PRICE STARTERS																	
FP SMOKED SALMON & CHIVE PATE	STARTER	FIXED PRICE STARTE	Can be GF		■		■			■							■
FP STICKY PORK BELLY BITES	STARTER	FIXED PRICE STARTE														■	■
FP SPICED LENTIL & COCONUT SOUP (V)	STARTER	FIXED PRICE STARTE		■	■											■	
FP WARM DUCK SALAD	STARTER	FIXED PRICE STARTE														■	■
FP HAND BATTERED KING PRAWNS	STARTER	FIXED PRICE STARTE	Can be GF		■	■		■								■	■
FP OVEN BAKED HALF CAMEMBERT (V)	STARTER	FIXED PRICE STARTE	GF with GF bread		■					■			■				
MAIN MENU MAINS																	
12 HOUR PULLED & ROLLED BEEF BRISKET	MAINS	MAINS		■	■					■		■				■	■
SMALL FAMOUS LASHFORDS FAGGOTS	MAINS	MAINS			■					■						■	
LARGE FAMOUS LASHFORDS FAGGOTS	MAINS	MAINS			■					■						■	
CHICKEN & HAM 'PROPER' PIE	MAINS	MAINS			■					■		■				■	
SLOW COOKED BELLY OF COTSWOLD PORK	MAINS	MAINS			■					■						■	
PAN FRIED FRESH SEABASS FILLETS	MAINS	MAINS			■		■			■						■	■
OVEN BAKED FRESH SALMON FILLET	MAINS	MAINS				■	■									■	
SMALL CLASSIC 'FISH & CHIPS'	MAINS	MAINS	if salad also contain Mustard		■		■									■	
LARGE CLASSIC 'FISH & CHIPS'	MAINS	MAINS	if salad also contain Mustard		■		■									■	
FISH PIE + CHEESY MASH + VEG	MAINS	MAINS			■	■	■			■		■				■	■

FIVE BEAN SPICY CHILLI NON CARNE (VE)	MAINS	MAINS	Can be GF														
MOROCCAN FALAFEL OPEN WRAP (V)	MAINS	MAINS															
GRASS FED 8OZ SIRLOIN STEAK	MAINS	MAINS	Can be GF														
THICK 10 OZ GAMMON STEAK	MAINS	MAINS	Can be GF														
DOUBLE STEAK BURGER WITH BACON + CHEESE + BURGER SAUCE	MAINS	MAINS	Salad contains Mustard														
CRISPY PANKO CHICKEN BURGER	MAINS	MAINS															
BEETROOT/RED PEPPER/QUINOA BURGER (V)	MAINS	MAINS															
FIXED PRICE MAINS																	
LUNCH CRISPY CHICKEN PARMIGIANA	MAINS	LUNCH															
LUNCH FISH & CHIPS	MAINS	LUNCH	can be gf, if salad also contains mustard														
LUNCH FIVE BEAN CHILLI NON CARNE (VE)	MAINS	LUNCH															
LUNCH PAN FRIED LAMBS LIVERS	MAINS	LUNCH															
EVENING CHICKEN & HAM 'PROPER' PIE	MAINS	EVENING															
EVENING HADDOCK & PRAWN FISHCAKES	MAINS	EVENING															
EVENING MUSHROOM, SPINACH & NUT EN CROUTE	MAINS	EVENING															
EVENING CLASSIC BEEF STROGANOFF	MAINS	EVENING															
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, SPINACH & NUT EN CROUTE (VE)	MAINS	SUNDAY															
SIDES																	
PEPPERCORN SAUCE	SIDE	MAIN SIDE															
CRUMBED MOZZARELLA STICKS (V)	SIDE	MAIN SIDE															
HAND BATTERED ONION RINGS (V)	SIDE	MAIN SIDE															
DRESSED MIXED SALAD (V)	SIDE	MAIN SIDE															
HOMEMADE CHIPS (VE)	SIDE	MAIN SIDE															
SKIN ON FRIES (VE)	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															
ROASTED CARROTS (VE)	SIDE	SUNDAY SIDE															
SANDWICHES/ADDITIONAL SNACKS																	
HAND BATTERED FISH GOUJON WRAP	SIDE	SANDWICHES															
BLT CLUB SANDWICH	SIDE	SANDWICHES															
ALL DAY BREAKFAST WRAP	SIDE	SANDWICHES															
MAIN MENU DESSERTS																	
APPLE CRUMBLE TART (V)	DESSERT	MAIN DESSERT															
STICKY STEAMED TREACLE PUDDING (V)	DESSERT	MAIN DESSERT															
VANILLA CRÈME BRULEE (V)	DESSERT	MAIN DESSERT															
SALTED CARAMEL & VANILLA CHEESECAKE (V)	DESSERT	MAIN DESSERT															
CHOCOLATE BROWNIE (V)	DESSERT	MAIN DESSERT															
POACHED PEAR + MANGO SORBET (VE)	DESSERT	MAIN DESSERT															
ICECREAM - COOKIE DOUGH	DESSERT	MAIN DESSERT															
ICE CREAM - STRAWBERRY	DESSERT	MAIN DESSERT															

ICE CREAM - AMARETTI CHERRY	DESSERT	MAIN DESSERT															
ICE CREAM - VANILLA	DESSERT	MAIN DESSERT															
ICE CREAM - MANGO SORBET	DESSERT	MAIN DESSERT															
ICE CREAM - BELGIAN CHOCOLATE	DESSERT	MAIN DESSERT															
ICE CREAM - VEGAN VANILLA	DESSERT	MAIN DESSERT															
ICE CREAM - RUM & RAISIN	DESSERT	MAIN DESSERT															
FP APPLE CRUMBLE TART	DESSERT	FIXED PRICE DESSER															
FP VANILLA CRÈME BRULEE (V)	DESSERT	FIXED PRICE DESSER															
FP STEAMED TREACLE SPONGE (V)	DESSERT	FIXED PRICE DESSER															
FP CHOCOLATE BROWNIE & COOKIE DOUGH ICE CREAM SUNDAE (V)	DESSERT	FIXED PRICE DESSER	GF without cookie dough icecream														
FP POACHED PEAR (VE)	DESSERT	FIXED PRICE DESSER															
FP SALTED CARAMEL TOPPED VANILLA CHEESECAKE (V)	DESSERT	FIXED PRICE DESSER															
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 MEATBALL MARINARA	KIDS	KIDS															
KIDS GARLIC BREAD	KIDS	KIDS															
KIDS MOZZARELLA STICKS + 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 CHEESE BURGER	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 TREACLE SPONGE + CUSTARD	KIDS	KIDS															
KIDS PEPPA PIG	KIDS	KIDS															