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

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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
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															

MARIS Can be 0F MARIS Can be	FIVE BEAN SPICY CHILLI NON CARNE (VE)	MAINIC	MANING	Can be CF				1			
GRASS FIRE DROZ SRIGH STRACE MANNS	FIVE BEAN SPICY CHILLI NON CARNE (VE)	MAINS	MAINS	Can be GF							
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MINISTER PRICE MAINS LUNCH RESPONDED CAMBE (VE) LUNCH FINE ACHIEF OR CHIEF				Salad contains Mustard							
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	POACHED PEAR + MANGO SORBET (VE)	DESSERT	MAIN DESSERT								I
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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								