

Food Allergies or Intolerances - this document covers the 14 most common known food allergies & intolerances. If you have a dietary requirement that is not listed please see a staff member and/or ask to speak to a member of the kitchen team

Nutritional Information (please note the information is accurate as possible but cannot be guaranteed 100%)																					Note			
Sulphur	Soya	Sesame Seeds	Peanuts	Nuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Gluten/Cereals	Celery	Serving (g)	Energy (kJ)	Energy (kcal)	Fats (g)	Of Saturates (g)	Carbohydrates (g)	of Sugars(g)	Fibre (g)	Protein (g)	Salt (g)	
Often used in dried fruit & wine and beer	Found in bean curd, edamame beans, miso paste, soya flour & tofu	Seeds often found in bread, breadsticks, houmous, sesame oil & tahini	Peanuts are actually a legume & grow underground. Use din biscuits, cakes, curries	Not to be mistaken for peanuts, refers to nuts that grow on tree's - cashew, almonds &	Liquid mustard, mustard powder & mustard seeds	Mussels, land snails, squid & whelks	Common in butter, cheese, cream, milk powders & yoghurt	Can be used as a flour	Found in fish sauce, pizza, relishes, salad dressing & Worcester sauce	Found in cakes, mayonnaise & mousse	Crabs, lobsters, prawns & Scampi	Wheat (such as spelt), rye, barley & oats	Includes stalks, leaves, seeds & root											Most of the dishes can be made to accommodate your dietary requirements by removing the sauce i.e. Mayonnaise or Relish
Burgers																								
														293	2712	647	30.4	12.7	48.8	17.9	3.6	42.8	2.3	
														213	1511	357	4.1	1.4	40.8	6.1	4.9	36.8	0.7	
														324	1707	404	4.1	1.1	67.1	21.2	12.3	18.7	2.6	
														334	3205	766	37.9	15.8	51.1	5.7	3.5	52.9	2.3	
														327	2140	507	10.3	3.8	61.3	13.6	7.1	38.8	0.8	
														314	2985	715	42.4	4.1	49.8	7.6	3.5	31.1	0.9	
														301	2871	687	38	25.9	39.5	9.2	4.4	44.6	5.1	This may sometimes contain cows milk, however it is usually made from sheep & goats milk.
Extras																								
														57	1374	334	35.2	2.7	2.6	1.2	0.5	1.3	0.2	
														100	1087	264	26.3	2	4.8	4.4	2	1	0.1	
														100	1671	403	33.1	21.1	1.3	0.5	n/a	24.9	1.6	
														56	270	64	0.5	0+	13.3	12.6	0.5	1.2	1.4	
														53	1008	243	20.2	7.4	n/a	n/a	n/a	15.3	2.7	
														139	1588	382	27.5	11.8	n/a	n/a	n/a	33.5	0.3	
														57	283	67	0.1	0+	15.5	14	0.4	0.9	1.4	
														80	1132	273	23.3	14.6	0+	0+	n/a	15.9	1.1	
														32	101	24	0.1	0+	4.6	3.5	1.3	0.6	0+	
														50	61	15	0.3	0+	1.6	1.7	1.4	0.7	0+	
Soup																								
														168	740	176	5.3	2.9	26.1	3.3	2.6	4.7	0.5	Please note that our soup base and stock contains Celery
Sandwiches																								
														278	4043	971	64.7	11	66.2	5.8	4	28.9	4.1	
														208	1967	466	7.7	4	79	16.8	4.3	17.9	3.6	
														238	2321	552	16.4	0.6	77.5	12.5	4.1	21.1	2.9	
														227	1685	398	3.8	1.1	66.4	4.5	4	22.6	2.8	
														184	2451	585	27.2	3.4	64.7	4.4	3.6	18.5	1.5	
														233	1847	437	6.1	0.9	65.4	4.9	4.5	27.8	2.2	
Lighter Meals																								
														342	2115	501	5.2	0.8	82.3	7.1	9.9	26.1	1.4	
														235	1142	273	13	2.1	30.4	3	4.2	6.5	0.7	

Greek Salad															240	1058	256	22.4	7.5	4.2	4.1	3.1	7.9	2.2	This may sometimes contain cows milk, however it is usually made from sheep & goats milk.
Caesar salad															203	1377	328	11.3	4.6	40	10.9	3.1	15	3.7	
Nacho's															326	3243	779	51.1	22.3	47	5.3	6.2	29.7	5.8	
Side Dishes																									
Chips with garlic mayo															235	1753	423	35.4	2.7	18.6	1.2	4.6	5.4	0.2	
Chips & cheese															82	237	56	0.1	0+	11.3	4.1	1.5	1.1	0+	
Onion rings															91	1485	355	16.5	8.5	42.5	2.7	2.7	7.6	1.2	
Garlic bread															171	2334	559	32.8	19.5	42.5	2.7	2.7	22.2	2	
Cheesy garlic bread															258	1752	421	28.1	17.4	16	0.1	4	24	1.5	
Jacket Potatoes																									
Butter															210	1098	260	4.4	2.7	45.8	2.4	6.6	6.1	0.1	
Ham Salad															319	1727	412	15.9	4.6	47.8	3.4	7	15.8	1.7	
Thai tuna															349	1904	454	18.4	4.5	48.1	4.9	7.5	20.5	1	
Cheese & Beans															452	2947	705	34.5	16.7	65.2	11.4	13.2	26.8	1.7	
Egg mayonnaise															306	2156	517	29.5	5.6	47.4	4.4	7	11.9	0.4	
Desserts																									
Ice cream															70	607	145	7.7	4.8	16	14.9	0.5	2.5	0.1	
Sticky toffee															217	2638	631	34.2	20.5	71.7	48.9	2.8	7.6	1.1	
Chocolate Brownie															230	3402	819	60.8	36.1	49.5	15.2	3.1	16.6	0.4	
Milkshake															365	3791	915	78.3	48.6	41.2	37.7	1	10.6	0.5	
Specials																									
See board or kitchen																									