



Whitbread Inns

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut) and products thereof.**

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR WHITBREAD INNS ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
PUB GRUB AUTUMN MENU																										
LET'S GET STARTED																										
BUTTERMILK CHICKEN GOUJONS	Yes					Yes																			No	No
BBQ Sauce (52975)																									Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes					Yes																			No	No
Fresh Herbs Rosemary (54244)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BRIE BITES	Yes					Yes									Yes										No	No
Port & Onion Confit (10001730)						Yes									Yes										No	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Brie Bites	Yes					Yes																			No	Yes
POTATO DIPPERS						Yes																			No	No
Onions Spring Bunch (54250)																									Yes	Yes
Potato Dippers (52706)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Soured Cream Reduced Fat (51047)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
LOADED NACHOS							Yes																		No	Yes	
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Onions Red (10002596)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Tomato M (54216)																										Yes	Yes
Tortilla Chips (54045)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
ADD 2 BUTTERMILK CHICK GOUJONS	Yes						Yes																			No	No
Buttermilk Chicken Goujons (10002889)	Yes						Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GARLIC & HERB MUSHROOMS	Yes																									No	No
BBQ Sauce (52975)																										Yes	Yes
Garlic & Herb Breaded Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
TODAY'S SOUP	Yes																									Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
`	Yes																									Yes	Yes

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PRAWN COCKTAIL	Yes	Yes				Yes	Yes		Yes				Yes												No	No	
Cucumber Half Slice (54220)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes	Yes																								Yes	Yes
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Tomato M (54216)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
CAULIFLOWER BITES	Yes															Yes										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
GARLIC FLATBREAD WITH CHEESE	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
GARLIC FLATBREAD WITH CHEESE & ONION	Yes						Yes									Yes										No	Yes
Port & Onion Confit (10001730)							Yes									Yes										No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
FISH GOUJONS	Yes					Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Fish Goujons	Yes						Yes																			No	No

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
CLASSIC WINGS																										No	No	
BBQ Sauce (52975)																											Yes	Yes
Single Joint Chicken Wing (10001902)																											No	No
Fresh Herbs Parsley (54241)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
LOADED WINGS							Yes																				No	No
Nacho Cheese Sauce (10001897)							Yes																				No	Yes
BBQ Sauce (52975)																											Yes	Yes
Single Joint Chicken Wing (10001902)																											No	No
Fresh Herbs Parsley (54241)																											Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																											No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
FEAST OF FLAVOURS SHARING PLATTER	Yes	Yes				Yes	Yes	Yes					Yes			Yes									No	No
Tartare Sauce (10002833)						Yes							Yes												No	Yes
BBQ Sauce (52975)																									Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes						Yes																		No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																							Yes	Yes
Piri Piri Sauce (53253)																Yes									Yes	Yes
Garlic & Herb Breaded Mushroom (10002629)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Fish Goujons	Yes							Yes																	No	No
ADD CHICKEN WINGS																									No	No
Single Joint Chicken Wing (10001902)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD LOADED WINGS							Yes																		No	No
Nacho Cheese Sauce (10001897)						Yes	Yes																		No	Yes
BBQ Sauce (52975)																									Yes	Yes
Single Joint Chicken Wing (10001902)																									No	No
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

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BURGERS																											
CLASSIC CHEESEBURGER	Yes					Yes	Yes				Yes	Yes														No	Yes
6oz Steak Burger (54592)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Tomato M (54216)													Yes													Yes	Yes
Vegan Burger Sauce (10002205)													Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
CLASSIC CHEESEBURGER WITHOUT BUN						Yes	Yes					Yes														No	Yes
6oz Steak Burger (54592)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)													Yes													Yes	Yes
Vegan Burger Sauce (10002205)													Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes

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SMOTHERED CHICKEN BURGER	Yes					Yes	Yes				Yes	Yes													No	No	
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes						Yes																			No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
SMOTHERED CHICKEN BURGER WITHOUT BUN	Yes					Yes	Yes					Yes														No	No
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes						Yes																			No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes

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MAC & CHEESE BURGER	Yes					Yes	Yes				Yes	Yes													No	No	
4oz Steak Burger (53533)																										No	No
BBQ Sauce (52975)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Onions Red (10002596)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MAC & CHEESE BURGER WITHOUT BUN	Yes					Yes	Yes						Yes													No	No
4oz Steak Burger (53533)																										No	No
BBQ Sauce (52975)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Onions Red (10002596)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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BIG STACK BURGER	Yes					Yes	Yes				Yes	Yes													No	No	
4oz Steak Burger (53533)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)													Yes													Yes	Yes
Pickled Cucumber Spears (53016)													Yes													Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
BIG STACK BURGER WITHOUT BUN						Yes	Yes					Yes														No	No
4oz Steak Burger (53533)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Onions Red (10002596)																										Yes	Yes
Pickled Cucumber Spears (53016)													Yes													Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes

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GARDEN GOURMET SENSATIONAL BURGER	Yes	Yes	Yes	Yes	Yes								Yes			Yes									Yes	Yes	
Chips Skin-On (54547)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																						Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Vegan Sliced Cheese																										Yes	Yes
Vegan Burger	Yes		Yes		Yes																					Yes	Yes
GARDEN GOURMET SENSATIONAL BURGER WITHOUT BUN	Yes		Yes		Yes								Yes			Yes										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Vegan Sliced Cheese																										Yes	Yes
Vegan Burger	Yes		Yes		Yes																					Yes	Yes

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BUILD YOUR BURGER																											
SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHEESY GRAVY FRIES							Yes				Yes															No	No
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chips Skin-On (54547)																										Yes	Yes
Gravy (52858)											Yes															No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHEESY GRAVY							Yes				Yes															No	No
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Gravy (52858)											Yes															No	No
GOOEY CHEESE SAUCE							Yes																			No	Yes
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
CHICKEN GOUJONS & CHEESE	Yes						Yes																			No	No
Buttermilk Chicken Goujons (10002889)	Yes						Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
STREAKY BACON																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
BURGER PATTY & CHEESE							Yes																			No	No
4oz Steak Burger (53533)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CHEEZY TOPPED GARDEN GOURMET VEGAN PATTY	Yes	Yes	Yes																						Yes	Yes	
Vegan Sliced Cheese																										Yes	Yes
Vegan Burger	Yes	Yes	Yes																							Yes	Yes
VEGAN SLOPPY JOE			Yes		Yes						Yes															Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes						Yes															Yes	Yes
GREAT GRILLS																											
8OZ RUMP STEAK WITH CHIPS AND ONION RINGS	Yes		Yes																							No	No
8oz Frozen Rump Steak (10001643)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes		Yes																							Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
8OZ RUMP WITH SALAD											Yes			Yes												No	No
8oz Frozen Rump Steak (10001643)																										No	No
Peas Grade A (53692)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)											Yes			Yes												Yes	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
8OZ SIRLOIN STEAK WITH CHIPS AND ONION RINGS	Yes	Yes																							No	No	
8oz Frozen Sirloin Steak (10001659)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
8OZ SIRLOIN WITH SALAD													Yes		Yes											No	No
8oz Frozen Sirloin Steak (10001659)													Yes		Yes											No	No
Peas Grade A (53692)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
TOP WITH BBQ SAUCE BACON & CHEESE							Yes																			No	No
BBQ Sauce (52975)							Yes																			Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHICKEN & RIBS COMBO						Yes							Yes			Yes									No	No
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes			Yes										Yes	Yes
Maple BBQ Pork Ribs (52948)																									No	No
Mayonnaise Light (54568)					Yes							Yes													No	Yes
Onions Red (10002596)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD HALF RACK																									No	No
BBQ Sauce (52975)																									Yes	Yes
Maple BBQ Pork Ribs (52948)																									No	No
MIXED GRILL	Yes	Yes			Yes										Yes										No	No
7oz Boomerang Gammon Steak (10001732, 10001733)																									No	No
8oz Frozen Rump Steak (10001643)																									No	No
Chicken Breast Fillets (52693)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																							Yes	Yes
Peas Grade A (53692)																									Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes														Yes										No	No
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
ADD 4OZS RUMP																									No	No
8oz Frozen Rump Steak (10001643)																									No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SMOTHERED PLATTER	Yes	Yes				Yes	Yes						Yes												No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
8oz Frozen Rump Steak (10001643)																										No	No
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes						Yes																			No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Cheese Slices (51545)							Yes																			No	Yes
PICK A SAUCE OR SIDE																											
DIANE SAUCE						Yes						Yes	Yes													No	No
Diane Sauce (52351)						Yes						Yes	Yes													No	No
PEPPERCORN SAUCE	Yes					Yes						Yes														No	No
Peppercorn Sauce Small (50948)	Yes					Yes						Yes														No	No
MAC & CHEESE	Yes					Yes																				No	Yes
Mac & Cheese (10001009)	Yes					Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
LOADED ONION RINGS	Yes	Yes				Yes																			No	No	
Nacho Cheese Sauce (10001897)						Yes																			No	Yes	
Beer Battered Onion Rings (10001075)	Yes	Yes																							Yes	Yes	
Smoked Dry Cured Streaky Bacon (54125)																									No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
SUPER SIDES																											
GARLIC FLATBREAD WITH CHEESE	Yes					Yes																			No	Yes	
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes	
Garlic & Parsley Butter Blend (48641)						Yes																			No	Yes	
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes	
GARLIC FLATBREAD WITH CHEESE & ONION	Yes					Yes									Yes										No	Yes	
Port & Onion Confit (10001730)						Yes									Yes										No	Yes	
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes	
Garlic & Parsley Butter Blend (48641)						Yes																			No	Yes	
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes	
SKIN-ON FRIES																									Yes	Yes	
Chips Skin-On (54547)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
SWEET POTATO FRIES																									Yes	Yes	
Sweet Potato Fries (10001032)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
MAC & CHEESE	Yes					Yes																			No	Yes	
Mac & Cheese (10001009)	Yes					Yes																			No	Yes	
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes	

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BEER-BATTERED ONION RINGS	Yes	Yes																							No	No	
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
LOADED ONION RINGS	Yes	Yes				Yes																				No	No
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHEESY GRAVY CHIPS TO SHARE						Yes					Yes															No	No
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Chips Skin-On (54547)																										Yes	Yes
Gravy (52858)											Yes															No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MIXED SIDE SALAD												Yes			Yes											Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
MAC & CHEESE TOPPED CHIPS TO SHARE	Yes					Yes																				No	No
Chips Skin-On (54547)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Mac & Cheese (10001009)	Yes					Yes																				No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
TENDERSTEM BROCCOLI																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
COLESLAW						Yes							Yes												No	Yes	
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
BREAD & BUTTER	Yes	Yes				Yes																				No	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes	Yes																								Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
FROM HOME COMFORTS																											
BEEF & ALE PIE	Yes	Yes			Yes	Yes						Yes														No	No
Beef & Ale Pie (10003070)	Yes	Yes			Yes	Yes																				No	No
Gravy (52858)												Yes														No	No
Mash Potato (51094)						Yes																				No	Yes
Peas Grade A (53692)																										Yes	Yes
UHT Whipping Cream (24097)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GAMMON STEAK WITH CHIPS ONLY-																									No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD EGGS						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
ADD PINEAPPLE																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
ADD ONE OF EACH						Yes																				No	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF LASAGNE	Yes					Yes	Yes						Yes			Yes										No	No
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Lasagne Value	Yes					Yes	Yes																			No	No

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MAC & CHEESE	Yes						Yes						Yes			Yes									No	Yes	
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																			No	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
LENTIL HOTPOT			Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Sliced Saute Potatoes																										Yes	Yes
SWEET POTATO CURRY													Yes													No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Mango Chutney (10000690)																										No	Yes
Pappodums (51643)																										No	Yes
Sweet Potato & Spinach Curry (10001323)												Yes														Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CHICKEN TIKKA CURRY	Yes				Yes	Yes																			No	No	
Fresh Herbs Coriander (54239)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Mango Chutney (10000690)																										No	Yes
Pappodums (51643)																										No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes
Chicken Makhani (50375)						Yes																				No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes
ULTIMATE FILLED YORKIE	Yes					Yes	Yes					Yes				Yes										No	No
Gravy (52858)											Yes															No	No
Large Yorkshire Rec (53563)	Yes					Yes	Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
UHT Whipping Cream (24097)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
VEGGIE SAUSAGE FILLED YORKIE	Yes				Yes	Yes	Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Large Yorkshire Rec (53563)	Yes					Yes	Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Garden Gourmet cumberland Sausage (New)					Yes																					Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SMOTHERED CHICKEN	Yes					Yes	Yes						Yes			Yes									No	No
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD EXTRA CHICKEN, CHEESE & BBQ SAUCE							Yes																		No	Yes
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
COTTAGE PIE						Yes						Yes				Yes									No	No
Fresh Herbs Parsley (54241)																									Yes	Yes
Gravy (52858)												Yes													No	No
Mash Potato (51094)						Yes																			No	Yes
Peas Grade A (53692)																									Yes	Yes
UHT Whipping Cream (24097)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Cottage Pie Fill												Yes				Yes									No	No

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHICKEN & MUSHROOM PIE	Yes					Yes	Yes				Yes														No	No
Chicken & Mushroom Pie (10003069)	Yes					Yes	Yes																		No	No
Gravy (52858)											Yes														No	No
Mash Potato (51094)							Yes																		No	Yes
Peas Grade A (53692)																									Yes	Yes
UHT Whipping Cream (24097)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes

LIGHTER BITES																											
CLASSIC SALAD													Yes			Yes										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tenderstem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
TOPPINGS																											
CHICKEN BREAST																										No	No
Chicken Breast Fillets (52693)																										No	No
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BUTTERMILK CHICKEN GOUJONS	Yes					Yes																				No	No
Buttermilk Chicken Goujons (10002889)	Yes					Yes																				No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CAULIFLOWER BITES	Yes																									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
STREAKY BACON																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
MOZZARELLA & CHEDDAR						Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes

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FISHY DISHY																											
BEER-BATTERED HADDOCK & CHIPS	Yes	Yes				Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Doom Bar (900208)			Yes																							No	No
Haddock Fillet Large MSC (54016)								Yes																		No	No
Lemons (54602, 54722)																										No	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
ADD MUSHY PEAS																										Yes	Yes
Mushy Peas (53507)																										Yes	Yes
ADD BREAD AND BUTTER	Yes	Yes				Yes																				No	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes	Yes																								Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

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FISH PIE						Yes	Yes	Yes					Yes			Yes									No	No
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Mash Potato (51094)						Yes																			No	Yes
Onions Red (10002596)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
UHT Whipping Cream (24097)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)								Yes																	No	No
Fish Pie Mix						Yes	Yes						Yes												No	No
SCAMPI & CHIPS	Yes				Yes			Yes				Yes													No	No
Tartare Sauce (10002833)					Yes							Yes													No	Yes
Low Salt Whitby Scampi (10001619)	Yes							Yes																	No	No
Chips Skin-On (54547)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD PEAS																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
ADD MUSHY PEAS																									Yes	Yes
Mushy Peas (53507)																									Yes	Yes

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DESSERTS																											
APPLE & BLACKBERRY CRUMBLE WITH CUSTARD			Yes			Yes																				No	Yes
Apple & Blackberry Compote (10002814)																										Yes	Yes
Crumble Topping (10001739)			Yes																							Yes	Yes
Custard - Ready To Serve (53399)						Yes																				No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
APPLE & BLACKBERRY CRUMBLE WITH ICE CREAM			Yes			Yes																				No	Yes
Apple & Blackberry Compote (10002814)																										Yes	Yes
Crumble Topping (10001739)			Yes																							Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)						Yes																				No	Yes
BAKED COOKIE SMORES	Yes				Yes	Yes	Yes											Yes								No	No
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Chip Cookie (10000046)	Yes				Yes	Yes																				No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Marshmallows (54682)																										No	No
Nutella Choc Spread Portions (53496)					Yes		Yes											Yes								No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
BLACK FOREST SUNDAE	Yes		Yes	Yes																						Yes	Yes
Dark Cherry Compote (10001731)																										Yes	Yes
Vegan Chocolate Torte (10001895)	Yes		Yes	Yes																						Yes	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Vegan Ice Cream																										Yes	Yes
CHOCOLATE TORTE	Yes		Yes	Yes																						Yes	Yes
Vegan Chocolate Torte (10001895)	Yes		Yes	Yes																						Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Raspberry Sauce (10002188)																										Yes	Yes

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ETON MESS SUNDAE						Yes	Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Frozen Strawberry Yogurt (10002481)							Yes																		No	Yes
Meringue Nests (54613)						Yes																			No	Yes
Strawberries (54259)																									Yes	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																		No	Yes
STICKY TOFFEE PUDDING	Yes					Yes	Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
PROFITEROLE SUNDAE	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Profiteroles (51005)	Yes					Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
CADBURY NIBBLES ICE CREAM SUNDAE					Yes		Yes																		No	Yes
Caramel Sauce (10002187)							Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Cadbury Caramel Pieces (10001378)							Yes																		No	Yes

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CHOC ORANGE BRD & BUTTER PUD WITH CUSTARD	Yes				Yes	Yes	Yes																		No	Yes
Custard - Ready To Serve (53399)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Bread & Butter Pudding	Yes				Yes	Yes	Yes																		No	Yes
CHOC ORANGE BRD & BUTTER PUD WITH ICE CREAM	Yes				Yes	Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Bread & Butter Pudding	Yes				Yes	Yes	Yes																		No	Yes
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
CARAMEL APPLE BETTY	Yes					Yes	Yes									Yes									No	Yes
Caramel Apple Crumble (10001696)	Yes					Yes	Yes									Yes									No	Yes
Custard - Ready To Serve (53399)							Yes																		No	Yes
MINI PUDD- PROFITEROLES ONLY	Yes					Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Profiteroles (51005)	Yes					Yes	Yes																		No	Yes

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KIDS																											
STARTERS																											
BAKED GARLIC & PARSLEY FLATBREAD	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Plain Flour (52330)	Yes																									Yes	Yes
TORTILLA CHIPS							Yes																			No	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Tomato M (54216)																										Yes	Yes
Tortilla Chips (54045)																										Yes	Yes
VEGGIE STICKS							Yes																			No	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Pepper Red (54226, 10000329)																										Yes	Yes

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BUILD YOUR OWN MAIN																											
OVEN BAKED FISH BITES WITH CHIPS	Yes						Yes																			No	No
Chips Skin-On (54547)																										Yes	Yes
Pollock Nuggets 25g (10001991)	Yes						Yes																			No	No
10 VEG TOMATO PASTA	Yes											Yes														Yes	Yes
Tomato Pasta Kids (10001986)	Yes										Yes															Yes	Yes
SPAGHETTI BOLOGNESE	Yes																									No	No
Spaghetti Bolognese (10002485)	Yes																									No	No
MARGHERITA PIZZA	Yes						Yes																			No	Yes
KIDS 7 INCH PIZZA	Yes						Yes																			No	Yes
BEEF BURGER WITH CHIPS	Yes						Yes																			No	No
4oz Steak Burger (53533)							Yes																			No	No
Burger Buns Kids (54107)	Yes						Yes																			No	Yes
Chips Skin-On (54547)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
SAUSAGE & MASH	Yes						Yes																			No	No
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Kids Sausage (52927)	Yes																									No	No
Mash Potato (51094)							Yes																			No	Yes
GARDEN GOURMET SAUSAGE & MASH					Yes		Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Mash Potato (51094)							Yes																			No	Yes
Garden Gourmet cumberland Sausage (New)					Yes																					Yes	Yes

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OVEN BAKED POPPIN CHICKEN WITH CHIPS	Yes					Yes																			No	No	
Chips Skin-On (54547)																										Yes	Yes
Mini Chicken Chunks (52926)	Yes					Yes																				No	No
MAC & CHEESE	Yes					Yes							Yes													No	Yes
Mac & Cheese Kids (10001962)	Yes					Yes							Yes													No	Yes
PICK 2 YUMMY SIDES																											
MINI CORN ON THE COBS																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
VEGGIE STICKS																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
SWAP YOUR SPUDS																											
SKIN-ON CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
MASH POTATO						Yes																				No	Yes
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Mash Potato (51094)						Yes																				No	Yes
MINI JACKET POTATOES																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes

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PUDDINGS																											
STRAWBERRY SMASH SUNDAE						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Frozen Strawberry Yogurt (10002481)							Yes																			No	Yes
Meringue Nests (54613)						Yes																				No	Yes
Strawberries (54259)																										Yes	Yes
VANILLA ICE CREAM	Yes				Yes	Yes	Yes																			No	Yes
Chocstix (54617)					Yes	Yes	Yes																			No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes	Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																			No	Yes
STRAWBERRY FROZEN YOGHURT	Yes				Yes	Yes	Yes																			No	Yes
Frozen Strawberry Yogurt (10002481)							Yes																			No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes	Yes																			No	Yes
FRUIT SALAD																										Yes	Yes
Del Monte Fresh Fruit (52205)																										Yes	Yes
PANCAKES	Yes					Yes	Yes																			No	Yes
Bananas (10002199)																										Yes	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																			No	Yes
CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes
Value Brownie (10001825)	Yes				Yes	Yes	Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																			No	Yes

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VALUE MENU																												
MAINS																												
SWEET POTATO & SPINACH CURRY-																										Yes	Yes	
Fresh Herbs Coriander (54239)																											Yes	Yes
Sweet Potato & Spinach Curry (10001323)																											Yes	Yes
Long Grain Rice (10002397)																											Yes	Yes
ADD POPPADUM & MANGO CHUTNEY																												
Mango Chutney (10000690)																											No	Yes
Pappodums (51643)																											No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
7OZ GAMMON STEAK WITH CHIPS ONLY-																												
7oz Boomerang Gammon Steak (10001732, 10001733)																											No	No
Chips Skin-On (54547)																											No	No
Chips Skin-On (54547)																											Yes	Yes
Peas Grade A (53692)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
ADD FRIED EGGS																												
Rapeseed Oil 100 Abv 2X10L (10002276)																											No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Cage Free Med Barn Eggs (10001067)																											No	Yes
ADD PINEAPPLE																												
Sliced Pineapple In Juice (51019)																											Yes	Yes
Sliced Pineapple In Juice (51019)																											No	Yes
ADD ONE OF EACH																												
Sliced Pineapple In Juice (51019)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Cage Free Med Barn Eggs (10001067)																											No	Yes

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SAUSAGE, EGG & CHIPS	Yes					Yes										Yes									No	Yes	
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
GARDEN GOURMET SAUSAGE, EGG & CHIPS					Yes	Yes																				No	Yes
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Garden Gourmet Cumberland Sausage (New)					Yes																					Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
FISH & CHIPS	Yes					Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mushy Peas (53507)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Pollock Fillets MSC (53550)								Yes																		No	No
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
UPGRADE TO BEER-BATTERED HADDOCK	Yes					Yes	Yes						Yes												No	No	
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mushy Peas (53507)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Haddock Fillet Large MSC (54016)							Yes																			No	No
CHICKEN TIKKA CURRY	Yes				Yes	Yes																				No	No
Fresh Herbs Coriander (54239)																										Yes	Yes
Greek Yoghurt (53510)						Yes																				No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes
Chicken Makhani (50375)						Yes																				No	No
Long Grain Rice (10002397)																										Yes	Yes
ADD POPPADUM & MANGO CHUTNEY																										No	Yes
Mango Chutney (10000690)																										No	Yes
Pappodums (51643)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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SMOTHERED CHICKEN	Yes					Yes	Yes						Yes			Yes									No	No
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD EXTRA CHICKEN, CHEESE & BBQ SAUCE							Yes																		No	No
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
SOUTH WESTERN CHICKEN BURGER	Yes					Yes					Yes	Yes				Yes									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Louisiana Chicken Burger (53045)	Yes					Yes																			No	No
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Onions Red (10002596)																									Yes	Yes
Piri Piri Sauce (53253)																	Yes								Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes														No	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

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CLASSIC CHEESEBURGER	Yes					Yes	Yes				Yes	Yes													No	No
4oz Steak Burger (53533)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Onions Red (10002596)																									Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes														No	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes
ADD BACON																									No	No
Smoked Dry Cured Streaky Bacon (54125)																									No	No
ADD BURGER & CHEESE							Yes																		No	No
4oz Steak Burger (53533)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes
BEEF LASAGNE	Yes					Yes	Yes					Yes			Yes										No	No
French Dressing (53514)												Yes			Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Lasagne Value	Yes					Yes	Yes																		No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CLUB SANDWICH & CRISPS	Yes					Yes							Yes												No	No	
Chicken Breast Fillets (52693)																										No	No
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
ADD SKIN-ON CHIPS																										No	No
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
FISH FINGER GOUJON SANDWICH WITH CRISPS	Yes					Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Pickled Cucumber Spears (53016)													Yes													Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
Fish Goujons	Yes						Yes																			No	No
ADD SKIN-ON CHIPS																										No	No
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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ADD A STARTER																											
BUTTERMILK CHICKEN GOUJONS	Yes					Yes																				No	No
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (10002889)	Yes					Yes																				No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GARLIC FLATBREAD WITH CHEESE	Yes					Yes																				No	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																				No	Yes
Garlic & Parsley Butter Blend (48641)						Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
TODAY'S SOUP	Yes																									Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Bread Roll	Yes																									Yes	Yes
GARLIC & HERB BREADED MUSHROOMS	Yes																									No	No
BBQ Sauce (52975)																										Yes	Yes
Garlic & Herb Breaded Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
POTATO DIPPERS						Yes																				No	No
Unsmoked Back Bacon (10001540)																										No	No
Onions Spring Bunch (54250)																										Yes	Yes
Potato Dippers (52706)																										Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ADD A DESSERT																											
ICE CREAM							Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Raspberry Sauce (10002188)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
CARAMEL APPLE BETTY	Yes					Yes	Yes									Yes										No	Yes
Caramel Apple Crumble (10001696)	Yes					Yes	Yes									Yes										No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
WARM CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Value Brownie (10001825)	Yes				Yes	Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
PROFITEROLES	Yes					Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Profiteroles (51005)	Yes					Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

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BAR SNACKS																											
FISH FINGER GOUJON SANDWICH WITH CRISPS	Yes					Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Pickled Cucumber Spears (53016)													Yes													Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
Fish Goujons	Yes						Yes																			No	No
ADD CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CAULIFLOWER BITES	Yes															Yes										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
CLUB SANDWICH WITH CRISPS	Yes					Yes							Yes													No	No
Chicken Breast Fillets (52693)																										No	No
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
ADD CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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CLASSIC WINGS																									No	No	
BBQ Sauce (52975)																										Yes	Yes
Single Joint Chicken Wing (10001902)																										No	No
Fresh Herbs Parsley (54241)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
LOADED WINGS							Yes																			No	No
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
BBQ Sauce (52975)																										Yes	Yes
Single Joint Chicken Wing (10001902)																										No	No
Fresh Herbs Parsley (54241)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MINI FISH & CHIPS	Yes					Yes	Yes						Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Chips Skin-On (54547)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Fish Goujons	Yes						Yes																			No	No
SAUSAGE ROLL	Yes					Yes	Yes						Yes													No	No
English Mustard (51729)	Yes												Yes													Yes	Yes
Sausage Roll	Yes					Yes	Yes																			No	No
SKIN-ON CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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MAC & CHEESE TOPPED CHIPS TO SHARE	Yes						Yes																		No	No	
Chips Skin-On (54547)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHEESY GRAVY CHIPS TO SHARE							Yes					Yes														No	No
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chips Skin-On (54547)																										Yes	Yes
Gravy (52858)												Yes														No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SUNDAY ROAST MENU																											
THE MAIN EVENT																											
HAND-CARVED ROAST BEEF	Yes					Yes	Yes					Yes	Yes			Yes										No	No
Onions Red (10002596)																										Yes	Yes
Sunday Roast Stuffing	Yes					Yes																				No	Yes
Beef Topside Joint (53229)																										No	No
Carrots Medium (54609)																										Yes	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Gravy (52858)											Yes															No	No
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Horseradish (51731)						Yes	Yes						Yes													No	Yes
Lovelli Rosso (900562)																Yes										No	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

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SUCCULENT TURKEY	Yes					Yes	Yes				Yes					Yes									No	No	
Onions Red (10002596)																										Yes	Yes
Sunday Roast Stuffing	Yes						Yes																			No	Yes
Carrots Medium (54609)																										Yes	Yes
Cooked Sliced Turkey Breast (54112)																										No	No
Cracked Black Peppercorns (51753)																										Yes	Yes
Cranberry Sauce (50457)																										Yes	Yes
Gravy (52858)											Yes															No	No
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Lovelli Rosso (900562)																Yes										No	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
HAND-CARVED GAMMON	Yes					Yes	Yes				Yes					Yes									No	No
Onions Red (10002596)																									Yes	Yes
Sunday Roast Stuffing	Yes					Yes																			No	Yes
Apple Sauce (53583)																Yes									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Cracked Black Peppercorns (51753)																									Yes	Yes
Gammon Joint (10002566)																									No	No
Gravy (52858)											Yes														No	No
Honey Glazed Parsnips (10000099)	Yes																								No	Yes
Lovelli Rosso (900562)																Yes									No	Yes
Peas Grade A (53692)																									Yes	Yes
Potatoes Roast Cut (10002599)																									Yes	Yes
Root Veg Mash (54584)							Yes																		No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes				Yes	Yes																			No	Yes
Shredded Savoy Cabbage (10001147)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GO LARGE																											
ADD BEEF & A PIG IN BLANKET							Yes										Yes									No	No
Beef Topside Joint (53229)																										No	No
Salted Block Butter (10001077)							Yes																			No	Yes
Pig In Blanket (10001498)																	Yes									No	No
ADD GAMMON & A PIG IN BLANKET																	Yes									No	No
Gammon Joint (10002566)																										No	No
Pig In Blanket (10001498)																	Yes									No	No
ADD TURKEY & A PIG IN BLANKET																	Yes									No	No
Cooked Sliced Turkey Breast (54112)																										No	No
Pig In Blanket (10001498)																	Yes									No	No
FAKE & ALE PIE	Yes	Yes					Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Fake & Ale Pie (10002344)	Yes	Yes																								Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
VEGAN FAKE & ALE PIE	Yes	Yes																							Yes	Yes	
Vegan Gravy (10001769)																										Yes	Yes
Fake & Ale Pie (10002344)	Yes	Yes																								Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

ADD BOTTOMLESS FAVOURITES

ROAST POTATOES																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

YORKSHIRE	Yes					Yes	Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes

RED WINE GRAVY						Yes						Yes				Yes										No	No
Gravy (52858)												Yes														No	No
Lovelli Rosso (900562)																Yes										No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes

VEGAN GRAVY																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes

TOP IT OFF WITH...

CAULIFLOWER CHEESE						Yes	Yes																			No	Yes
Cauliflower Cheese (52862)						Yes	Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes

PIGS IN BLANKETS																Yes										No	No
Pig In Blanket (10001498)																Yes										No	No

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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KIDS ROAST																											
BEEF	Yes					Yes	Yes																			No	No
Vegan Gravy (10001769)																										Yes	Yes
Beef Topside Joint (53229)																										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

GAMMON	Yes					Yes	Yes																			No	No
Vegan Gravy (10001769)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Gammon Joint (10002566)																										No	No
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

TURKEY	Yes					Yes	Yes																			No	No
Vegan Gravy (10001769)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cooked Sliced Turkey Breast (54112)																										No	No
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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SUNDAY CARVERY

THE MAIN EVENT

HAND-CARVED ROAST BEEF							Yes																			No	No
Beef Topside Joint (53229)																										No	No
Salted Block Butter (10001077)							Yes																			No	Yes

SUCCULENT TURKEY							Yes				Yes				Yes											No	No
Turkey Crown (52859)																										No	No
Gravy (52858)												Yes														No	No
Lovelli Rosso (900562)																										No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

HAND-CARVED GAMMON																										No	No
Gammon Joint (10002566)																										No	No

PIGS IN BLANKETS																Yes										No	No
Pig In Blanket (10001498)																Yes										No	No

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
FAKE & ALE PIE plated	Yes	Yes					Yes																		No	Yes	
Onions Red (10002596)																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Fake & Ale Pie (10002344)	Yes	Yes																								Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
VEGAN FAKE & ALE PIE plated	Yes	Yes																								Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Fake & Ale Pie (10002344)	Yes	Yes																								Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
HELP YOURSELF TO...																											
ROAST POTATOES																										Yes	Yes
Potatoes Roast Cut (10002599)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
YORKSHIRES	Yes					Yes	Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
CAULIFLOWER CHEESE						Yes	Yes																			No	Yes
Cauliflower Cheese (52862)						Yes	Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
ROOT VEG MASH							Yes																			No	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
RED WINE GRAVY							Yes					Yes				Yes										No	No
Gravy (52858)												Yes														No	No
Lovelli Rosso (900562)																	Yes									No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
PEAS							Yes																			No	Yes
Peas Grade A (53692)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
CARROTS							Yes																			No	Yes
Carrots Medium (54609)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
HONEY-ROASTED PARSNIPS	Yes																									No	Yes
Honey Glazed Parsnips (10000099)	Yes																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Pub Brands Autumn Menus Oct 2021 Allergy

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CABBAGE						Yes																			No	Yes	
Cracked Black Peppercorns (51753)																										Yes	Yes
Shredded Savoy Cabbage (10001147)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
STUFFING	Yes					Yes																				No	Yes
Sunday Roast Stuffing	Yes					Yes																				No	Yes
MASHED POTATO						Yes																				No	Yes
Mash Potato (51094)						Yes																				No	Yes
Salted Block Butter (10001077)						Yes																				No	Yes
KIDS GRAVY																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
KIDS TURKEY																										No	No
Turkey Crown (52859)																										No	No
Condiments																											
Apple Sauce (53583)																Yes										Yes	Yes
Cranberry Sauce (50457)																										Yes	Yes
English Mustard (51729)	Yes												Yes													Yes	Yes
Horseradish (51731)						Yes	Yes						Yes													No	Yes

Pub Brands Meetings Rooms Phase 2 Menu Oct 2021 Allergy

Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
PUB BRANDS MEETING ROOMS																										
SANDWICHES																										
GRILLED CHICKEN & MAYO	Yes		Yes			Yes	Yes						Yes												No	No
Chicken Breast Fillets (52693)																									No	No
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
CHEESE & TOMATO	Yes		Yes				Yes																		No	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
PRAWN COCKTAIL	Yes		Yes			Yes	Yes		Yes				Yes												No	No
Cracked Black Peppercorns (51753)																									Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Seafood Sauce (54050)						Yes							Yes												No	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																No	No
BLT SANDWICH	Yes		Yes			Yes	Yes						Yes												No	No
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes

Pub Brands Meetings Rooms Phase 2 Menu Oct 2021 Allergy

Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
EGG MAYO	Yes		Yes			Yes	Yes						Yes												No	Yes	
Cracked Black Peppercorns (51753)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																							Yes	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
White Sandwich Tin Bread (51367)	Yes																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
HAM & TOMATO																											
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes				Yes																			No	No
Ham Sliced			Yes																							Yes	Yes
Tomato M (54216)																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes																									Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
NIBBLES																											
SKIN ON CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BREADED POLLOCK BITES																											
Tartare Sauce (10002833)	Yes					Yes		Yes					Yes													No	No
Pollock Nuggets 25g (10001991)								Yes																		No	Yes
Pollock Nuggets 25g (10001991)	Yes							Yes																		No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
BEER-BATTERED ONION RINGS																											
Beer Battered Onion Rings (10001075)	Yes		Yes																							No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																							Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ASSORTED CRISPS																											
Walkers Salt & Vinegar Crisps 45g (10002504)																										No	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
Walkers Smoky Bacon 45g (10002542)							Yes																			No	Yes
Walkers Cheese & Onion 45g (10002543)						Yes																				No	Yes

Pub Brands Meetings Rooms Phase 2 Menu Oct 2021 Allergy

Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
TORTILLA CRISPS							Yes																		No	Yes	
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Tortilla Chips (54045)																										Yes	Yes
CHICKEN WINGS																										No	No
BBQ Sauce (52975)																										Yes	Yes
Single Joint Chicken Wing (10001902)																										No	No
Onions Spring Bunch (54250)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	Yes						Yes																			No	No
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes						Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
HOUSE SALAD												Yes			Yes											Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Onions Red (10002596)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Cucumber Individual (54220)																										Yes	Yes
CAESAR SALAD	Yes		Yes			Yes	Yes						Yes													No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
POTATO SALAD						Yes						Yes													No	Yes	
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
COLESLAW						Yes						Yes														No	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
GARLIC AND HERB BREADED MUSHROOMS	Yes																									No	No
BBQ Sauce (52975)																										Yes	Yes
Garlic & Herb BreaDED Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
NACHOS							Yes																			No	Yes
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Tortilla Chips (54045)																										Yes	Yes
CAULIFLOWER POPCORN	Yes															Yes										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Piri Piri Sauce (53253)															Yes											Yes	Yes
SAUSAGE ROLLS	Yes					Yes	Yes																			No	No
SAUSAGE ROLLS	Yes					Yes	Yes																			No	No

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Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MINI JACKET POTATOES							Yes																		No	Yes	
Cracked Black Peppercorns (51753)																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
SWEET POTATO AND RED ONION TART																										Yes	Yes
Vegan Tart (10002818)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
BREAD ROLL	Yes																									Yes	Yes
Bread Roll (10003012)	Yes																									Yes	Yes
PIZZAS																											
MARGHERITA	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
PEPPERONI	Yes						Yes																			No	No
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Sliced Pepperoni (49056)																										No	No
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
PORK MEATBALLS WITH CHILLI	Yes						Yes									Yes										No	No
Chillies Red (54235)																										Yes	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Onions Red (10002596)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Rocket Leaf (54258)																										Yes	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes

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Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MIXED VEG	Yes						Yes																		No	Yes	
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Mushroom Cup (54218)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GARLIC	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
CHEESY GARLIC	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes

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Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CREATE YOUR OWN PIZZA BASE	Yes						Yes																		No	Yes	
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
STREAKY BACON																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
CHICKEN																										No	No
Chicken Breast Fillets (52693)																										No	No
MEATBALLS	Yes															Yes										No	No
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
RED ONION																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
RED PEPPER																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
PINEAPPLE																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
FRIED MUSHROOMS																										Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
TOMATO																										Yes	Yes
Tomato M (54216)																										Yes	Yes
ROCKET																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
RED CHILLI																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
PEPPERONI																										No	No
Sliced Pepperoni (49056)																										No	No
HAM																										No	No
Ham Sliced																										No	No

Pub Brands Meetings Rooms Phase 2 Menu Oct 2021 Allergy

Ingredient Name/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
DESSERTS																										
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																		No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
LEMON DRIZZLE CAKE	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake (10001746)	Yes					Yes	Yes																		No	Yes
VEGAN CHOCOLATE TORTE	Yes			Yes	Yes																				Yes	Yes
Vegan Chocolate Torte (10001895)	Yes			Yes	Yes																				Yes	Yes
BLUEBERRY MUFFINS	Yes					Yes	Yes																		No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																		No	Yes
CHOCOLATE CHIP MUFFINS	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Muffin (10002736)	Yes				Yes	Yes	Yes																		No	Yes
FRESH FRUIT																										
APPLE																									Yes	Yes
Apples Green (54605)																									Yes	Yes
BANANA																									Yes	Yes
Bananas (10002199)																									Yes	Yes
CLEMENTINE																									No	Yes
Clementine																									No	Yes
HOT DRINKS																										
Semi Skimmed Milk (10001941)						Yes																			No	Yes
Demerra Sachet Sugar Brown (10002462)																									Yes	Yes
White Sugar Sachets (10002463)																									Yes	Yes
L & Y Fresco Breakfast Blend (47988)																									Yes	Yes
PG Camomile Tea (10002034)																									Yes	Yes
PG Earl Grey Tea (10002036)																									Yes	Yes
PG Decaf Tea (10002037)																									Yes	Yes
PG Tips Envelop Black Tea (10002482)																									Yes	Yes
PG Green Tea (10002027)																									Yes	Yes
PG Raspberry Tea (10002033)																									Yes	Yes
PG Mint Tea (10002035)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
UNLIMITED COOKED BREAKFAST																											
Unsmoked Back Bacon (10001540)																										No	No
PI Breakfast Pork Sausage (10001400)	Yes														Yes											No	No
Garden Gourmet® Sensational™ Sausage					Yes																					yes	Yes
EGGS SCRAMBLED																											
Cage Free Med Barn Eggs (10001067)						Yes	Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
UHT Whipping Cream (24097)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
EGGS FRIED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
EGGS POACHED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
EGGS BOILED																											
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
HASH BROWNS																											
Hash Browns (10000446, 10001329)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Black Pudding (53673)	Yes		Yes																							No	No
CLOSED CUP MUSHROOMS																											
Mushroom Cup (54218)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
GRILLED TOMATOES																									Yes	Yes	
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
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UNLIMITED CONTINENTAL																												
BAKERY																												
Croissant 20 (51768)	Yes					Yes	Yes																				No	Yes
Mini Pain Aux Chocolat (10000935)	Yes				Yes	Yes	Yes																				No	Yes
Chocolate Muffin (10002736)	Yes				Yes	Yes	Yes																				No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																				No	Yes
Plain Bagel	Yes	Yes	Yes																								Yes	Yes
Sourdough Crumpet (53706)	Yes																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																								Yes	Yes
Gluten Free Bread Slice (54731)						Yes																					No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																				No	Yes

PRESERVE, SPREADS & JAMS																												
Nutella Choc Spread Portions (53496)					Yes		Yes										Yes										No	Yes
Orange Marmalade Portions (52229)																											Yes	Yes
Honey Portions (52228)																											No	Yes
Assorted Jam Portions (10001621)																											Yes	Yes
Marmite Portions (45570)	Yes	Yes	Yes	Yes						Yes																	Yes	Yes
Maple Syrup Sachets (53662)																											Yes	Yes
Peanut Butter (54052)													Yes														Yes	Yes
Larderfresh Sunflower Spread (47177)																											Yes	Yes
Salted Butter Ptns (54661)						Yes																					No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
FRUITS																												
Bananas (10002199)																										Yes	Yes	
Apples Green (54605)																											Yes	Yes
Clementine (10002624)																											No	Yes
Fruit Berry Mix (54409)																											Yes	Yes
Del Monte Fresh Fruit (52205)																											Yes	Yes
YOGHURTS & CEREALS																												
Natural Yoghurt							Yes																				No	Yes
Strawberry Yoghurt							Yes																				No	Yes
Kelloggs Muesli Fruit (10000339)	Yes	Yes	Yes	Yes			Yes								Yes												No	Yes
Coco Pops Bag Pack (53882)			Yes																								No	Yes
Cornflakes (50790)			Yes																								No	Yes
Weetabix (51114)	Yes		Yes																								Yes	Yes
Granola Quaker Oat Raisin (10000937)	Yes			Yes																							No	Yes
Special K (10000837)	Yes		Yes																								No	Yes
Rice Krispies Bag Pak (51195)			Yes																								No	Yes
PORRIDGE WITH COWS MILK																												
Oats2Go Porridge Sachets (10000838)				Yes			Yes																				No	Yes
Semi Skimmed Milk (10001941)							Yes																				No	Yes
PORRIDGE WITH SOYA MILK DRINK																												
Oats2Go Porridge Sachets (10000838)				Yes	Yes																						Yes	Yes
Alpro Soya Drink (54298, 60213)					Yes																						Yes	Yes
MILKS																												
Semi Skimmed Milk (10001941)							Yes																				No	Yes
Whole Milk (10001942)							Yes																				No	Yes
Alpro Soya drink (54298, 60213)					Yes																						Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?			
	UNLIMITED DRINKS																												
TEA & COFFEES	See manufacturers websites																												
Demerra Sachet Sugar Brown (10002462)																											Yes	Yes	
Sweet & Low (26181)																												No	Yes
White Sugar Sachets (10002463)																												Yes	Yes
Sunpride Apple Juice (10002729)																												Yes	Yes
Sunpride Cranberry Juice Drink (10002728)																												Yes	Yes
Sunpride Orange Juice (10002730)																												Yes	Yes

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
Pub Brands Autumn 2021																				
FROM THE TAP																				
CARLING	NO	NO	Y		Y															
CARLING	NO	NO	Y		Y															
COORS LIGHT DRAUGHT	NO	NO	Y		Y															
STELLA ARTOIS 50L	YES	YES			Y															
SAN MIGUEL DRAUGHT	YES	YES			Y							Y								
GUINNESS	NO	NO			Y															
DOOM BAR CASK	NO	NO			Y															
THATCHERS DRAUGHT CIDER 11GAL	YES	YES										Y								
MAGNERS ORIGINAL	NO	NO										Y								
GIN																				
WHITLEY NEILL PINK GRAPEFRUIT	YES	YES																		
WHITLEY NEILL RASPBERRY 70CL	YES	YES																		
WHIT NEILL RHUBARB & GINGER 70CL	YES	YES																		
GORDONS GIN	NO	NO																		
GORDON'S SICILIAN LEMON	YES	YES																		
SIPSMITH GIN	YES	YES																		
GORDONS PINK GIN 70CL	YES	YES																		
BOMBAY BRAMBLE	YES	YES																		
BOMBAY SAPPHIRE	YES	YES																		
HENDRICKS 70CL	YES	YES																		
TANQUERAY GIN (70CL)	NO	NO																		
TANQUERAY SEVILLA GIN 70CL	YES	YES																		
WHITLEY NEIL PARMA VIOLET 70CL	YES	YES																		
TANQUERAY BLACKCURRANT ROYALE	YES	YES																		

Product Description	Dietary Choices		Allergens Present																		
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	
			Wheat Products	Rye Products	Barley Products	Oat Products															
VODKA																					
SMIRNOFF RED	NO	NO																			
ABSOLUT ORIGINAL 70CL	YES	YES																			
ABSOLUT VANILLA	NO	NO																			
RUM																					
Captain Morgan Tiki 70cl	YES	YES																			
CAPTAIN MORGAN SPICED RUM	NO	NO																			
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																			
CAPTAIN MORGAN DARK RUM	NO	NO																			
BACARDI SUPERIOR	YES	YES																			
KRAKEN RUM 70CL	YES	YES																			
WHISKEY																					
JACK DANIEL'S TENNESSEE APPLE BELLS 70CL	YES	NO																			
BELLS 70CL	YES	NO																			
JAMESON IRISH WHISKEY	YES	YES																			
GLENFIDDICH MALT 12 YO	YES	YES																			
TALISKER	NO	NO																			
JACK DANIELS No.7	YES	YES																			
GREAT COMBOS																					
Spiced Up																					
JACK DANIELS No.7	YES	YES																			
COCA COLA SIGNTR SPICY MIX 200ML	YES	YES																			
LIMES SMALL	YES	NO																			
Spiced Up																					
Talisker Twist																					
TALISKER	NO	NO																			
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																			
ORANGE MEDIUM	YES	NO																			
Talisker Twist																					
Cuba Libre																					
CAPTAIN MORGAN WHITE 6X70CL	YES	NO																			
COCA COLA CLASSIC	YES	YES																			
LIMES SMALL	YES	NO																			
Cuba Libre																					

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
Twist & Spice																				
COCA COLA SIGNTR SPICY MIX 200ML	YES	YES																		
CAPTAIN MORGAN SPICED RUM	NO	NO																		
LIMES SMALL	YES	NO																		
Twist & Spice																				
	NO	NO																		
It's a Kraken One																				
KRAKEN RUM 70CL	YES	YES																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
LIMES SMALL	YES	NO																		
It's a Kraken One																				
	YES	NO																		
Orange Bliss																				
TANQUERAY SEVILLA GIN 70CL	YES	YES																		
FEVERTREE BLOOD ORANGE SODA	YES	YES																		
ORANGE MEDIUM	YES	NO																		
FRESH HERBS ROSEMARY	YES	YES																		
Orange Bliss																				
	YES	NO																		
Royale																				
TANQUERAY BLACKCURRANT ROYALE	YES	YES																		
FEVERTREE LIGHT TONIC WATER	YES	YES																		
MINT LEAVES	YES	YES																		
BLACKBERRIES	YES	YES																		
Royale																				
	YES	YES																		
Sloe Gin & Ginger																				
GORDON'S SLOE GIN	YES	YES																		
FEVERTREE LIGHT ORANGE GINGR ALE 200ML	YES	YES																		
FRESH HERBS ROSEMARY	YES	YES																		
LEMONS	YES	NO																		
Sloe Gin & Ginger																				
	YES	NO																		
The Parma Violet																				
WHITLEY NEIL PARMA VIOLET 70CL	YES	YES																		
SCHWEPPES LEMONADE 24 X200ML	YES	YES																		
LEMONS	YES	NO																		
FRESH THYME	YES	YES																		
The Parma Violet																				
	YES	NO																		

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
			Wheat Products	Rye Products	Barley Products	Oat Products														
The Classic																				
SMIRNOFF RED	NO	NO																		
COCA COLA SIGNTR SPICY MIX 200ML	YES	YES																		
LIMES SMALL	YES	NO																		
The Classic																				
	NO	NO																		
Very Vanila Vodka Soda																				
ABSOLUT VANILLA	NO	NO																		
AMERICAN CREAM SODA 24 X 330ML	YES	YES																		
STRAWBERRY	YES	YES																		
MINT LEAVES	YES	YES																		
Very Vanila Vodka Soda																				
	NO	NO																		
Pink Smash																				
SMIRNOFF RED	NO	NO																		
SCHWEPES PINK SODA	YES	YES																		
ORANGE MEDIUM	YES	NO																		
LIMES	YES	NO																		
Pink Smash																				
	NO	NO																		
Blood Orange Spritz																				
SMIRNOFF RED	NO	NO																		
FEVERTREE BLOOD ORANGE SODA	YES	YES																		
ORANGE MEDIUM	YES	NO																		
FRESH HERBS ROSEMARY	YES	YES																		
Blood Orange Spritz																				
	NO	NO																		

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB GRUB AUTUMN MENU								
LET'S GET STARTED								
BUTTERMILK CHICKEN GOUJONS	1902	454	22.6	2.7	37.2	8.7	25.1	1.9
BRIE BITES	1905	455	26.1	11.4	37.6	17.0	16.1	1.5
POTATO DIPPERS	1711	409	23.0	8.8	34.4	2.5	16.0	1.1
LOADED NACHOS-	3209	766	46.8	14.5	61.2	6.7	22.6	2.5
ADD 2 BUTTERMILK CHICK GOUJONS	871	208	11.2	1.3	14.1	0.6	12.5	0.8
GARLIC & HERB MUSHROOMS	1752	419	17.5	2.1	53.7	9.4	9.4	1.2
TODAY'S SOUP	1068	255	6.9	2.2	38.4	1.7	7.3	1.4
PRAWN COCKTAIL	1762	421	17.7	4.1	40.6	13.7	22.4	2.1
CAULIFLOWER BITES	1114	266	12.8	1.4	32.0	3.3	4.2	2.8
GARLIC FLATBREAD WITH CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
GARLIC FLATBREAD WITH CHEESE & ONION	1831	437	24.3	9.6	42.0	12.2	11.3	0.8
FISH GOUJONS	1635	390	24.5	1.8	25.6	2.9	15.7	1.3
CLASSIC WINGS 6	1802	430	22.6	5.3	12.1	7.7	44.7	2.0
CLASSIC WINGS 12	3600	860	45.1	10.6	24.1	15.4	89.3	3.9
CLASSIC WINGS 18	5398	1289	67.6	15.9	36.1	23.0	133.9	5.9
LOADED WINGS 6	2148	513	28.8	6.7	14.3	8.5	49.1	2.8
LOADED WINGS 12	4293	1025	57.6	13.4	28.5	17.0	98.0	5.5
LOADED WINGS 18	6437	1537	86.4	20.1	42.7	25.5	147.0	8.3
FEAST OF FLAVOURS SHARING PLATTER-	7478	1786	93.4	12.9	171.8	18.6	58.8	6.2
ADD CHICKEN WINGS	275	66	3.8	0.9	0.5	0.0	7.4	0.3
ADD LOADED WINGS	1595	381	21.3	5.0	13.1	8.4	34.2	2.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BURGERS								
CLASSIC CHEESEBURGER	4862	1161	62.2	19.2	100.0	15.7	44.8	3.6
CLASSIC WITHOUT BUN	4032	963	59.1	18.0	64.0	10.4	39.1	2.8
SMOTHERED CHICKEN BURGER	4797	1146	50.2	11.4	125.5	20.7	42.8	5.5
SMOTHERED CHICKEN WITHOUT BUN	3968	948	47.1	10.2	89.5	15.3	37.1	4.6
MAC & CHEESE BURGER	5496	1313	63.1	23.5	117.9	20.3	62.9	5.0
MAC & CHEESE BURGER WITHOUT BUN	4667	1115	60.0	22.3	81.9	15.0	57.2	4.2
BIG STACK BURGER	4040	965	48.5	13.3	104.2	19.2	23.0	4.0
BIG STACK WITHOUT BUN	3210	767	45.4	12.1	68.2	13.9	17.3	3.2
GARDEN GOURMET SENSATIONAL BURGER	4383	1047	51.5	12.5	107.8	16.8	31.5	3.6
GARDEN GOURMET BURGER WITHOUT BUN	3305	789	44.6	11.5	68.2	10.8	23.4	3.1
BUILD YOUR BURGER								
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
CHEESY GRAVY FRIES	1979	473	22.7	3.7	57.0	2.3	7.4	2.2
CHEESY GRAVY	461	110	8.9	1.6	5.1	1.6	2.3	0.9
GOOEY CHEESE SAUCE	716	171	14.2	2.6	7.0	2.6	3.8	1.2
CHICKEN GOUJONS & CHEESE	1655	395	23.8	6.3	21.1	0.9	23.8	1.6
STREAKY BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
BURGER PATTY & CHEESE	1242	297	22.2	11.3	0.1	0.1	24.1	0.6
CHEEZY TOPPED GARDEN GOURMET VEGAN PATTY	1137	272	19.6	8.5	5.2	1.2	16.3	1.3
VEGAN SLOPPY JOE	448	107	1.6	0.2	15.0	7.9	6.0	0.8
GREAT GRILLS								
8OZ RUMP STEAK WITH CHIPS & ONION RINGS	3598	859	34.6	8.7	75.5	8.0	59.1	2.4
8OZ RUMP STEAK WITH SALAD	1670	399	15.5	6.1	12.5	8.8	53.6	0.9
8OZ SIRLOIN STEAK WITH CHIPS & ONION RINGS	3651	872	36.6	9.7	75.6	7.8	55.3	2.1
8OZ SIRLOIN STEAK WITH SALAD	1723	412	17.4	7.2	12.5	8.7	49.7	0.6
TOP WITH BBQ SAUCE BACON & CHEESE	832	199	11.6	6.1	9.7	7.8	14.0	1.7
CHICKEN & RIBS COMBO	4257	1017	45.0	11.2	77.2	21.5	71.9	4.5
ADD HALF RACK	1592	380	21.4	7.8	15.3	12.4	31.5	1.5
MIXED GRILL	5435	1298	63.8	17.4	75.8	8.5	101.6	5.1
ADD 4OZS RUMP	628	150	6.4	2.9	0.1	0.2	24.3	0.4
SMOTHERED PLATTER	6416	1532	76.5	20.9	118.6	34.0	91.7	6.8
PICK A SAUCE								
DIANE SAUCE	330	79	6.8	4.0	3.1	1.4	1.2	0.4
PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUPER SIDES								
GARLIC FLATBREAD WITH CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
GARLIC FLATBREAD WITH CHEESE & ONION	1831	437	24.3	9.6	42.0	12.2	11.3	0.8
SKIN-ON FRIES	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
MAC & CHEESE	1272	304	14.9	10.6	26.9	0.9	14.0	1.6
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
LOADED ONION RINGS	1518	363	21.2	2.7	33.5	5.0	8.2	1.5
CHEESY GRAVY CHIPS TO SHARE	3926	938	44.9	7.4	113.1	4.6	14.8	4.2
MIXED SIDE SALAD	176	42	2.0	0.2	4.5	3.6	1.5	0.1
MAC & CHEESE TOPPED CHIPS TO SHARE	4433	1059	43.9	14.5	130.7	2.3	28.2	5.0
TENDERSTEM BROCCOLI	185	44	2.2	0.2	2.1	1.4	3.2	0.0
COLESLAW	720	172	13.1	1.0	10.1	7.4	2.0	1.1
BREAD & BUTTER	1711	409	12.6	6.0	59.6	5.5	11.9	1.4
FROM HOME COMFORTS								
BEEF & ALE PIE	4773	1140	62.8	29.4	107.7	8.4	33.7	3.4
GAMMON STEAK WITH CHIPS ONLY-	2730	652	22.0	5.3	58.4	4.3	50.9	4.2
ADD EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD PINEAPPLE	541	129	0.0	0.0	36.7	35.7	0.4	0.1
ADD ONE OF EACH	705	168	8.5	1.8	14.4	12.4	8.3	0.0
BEEF LASAGNE	3056	730	28.9	11.9	73.0	17.3	42.3	3.8
MAC & CHEESE	3771	901	43.5	25.9	86.8	6.4	36.7	4.1
LENTIL HOTPOT	2056	491	15.3	1.5	60.6	20.9	20.3	1.9
SWEET POTATO CURRY	2212	528	13.4	9.6	86.9	25.0	10.9	2.8
CHICKEN TIKKA CURRY	3991	953	30.4	12.1	108.6	23.4	55.6	4.8
ULTIMATE FILLED YORKIE	5344	1276	58.1	20.5	131.6	13.0	49.3	4.9
VEGGIE SAUSAGE FILLED YORKIE	4789	1144	44.6	16.2	129.0	13.7	45.0	4.0
SMOTHERED CHICKEN	3858	922	38.7	10.8	83.1	15.4	55.9	4.9
ADD EXTRA CHICKEN, CHEESE & BBQ SAUCE	1218	291	10.1	5.4	9.6	8.2	40.2	1.9
COTTAGE PIE	2896	692	32.2	19.4	61.4	17.1	27.6	3.6
CHICKEN & MUSHROOM PIE	4557	1088	59.0	26.5	104.0	7.3	33.4	3.3
LIGHTER BITES								
CLASSIC SALAD	624	149	5.6	0.6	14.8	10.4	8.3	0.3
TOPPINGS ADD-								
CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
BUTTERMILK CHICKEN GOUJONS	1743	416	22.5	2.6	28.2	1.2	24.9	1.6
CAULIFLOWER BITES	1043	249	12.2	1.4	30.0	2.9	3.9	1.0
STREAKY BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
MOZZARELLA & CHEDDAR	418	100	7.6	4.8	0.7	0.2	7.4	0.5
FISHY DISH								
BEER-BATTERED HADDOCK & CHIPS	4602	1099	56.5	12.4	93.4	7.2	49.5	4.6
FISH PIE	3071	733	42.0	22.3	49.5	11.1	36.3	3.2
SCAMPI & CHIPS	3883	927	43.7	4.6	102.7	5.6	25.5	3.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DESSERTS								
APPLE & BLACKBERRY CRUMBLE	2549	609	15.8	8.5	105.3	70.0	8.2	0.2
BAKED COOKIE SMORES	2716	649	25.0	12.6	96.1	72.4	8.3	0.9
BLACK FOREST SUNDAE	2373	567	22.6	17.3	87.2	52.1	3.0	0.4
CHOCOLATE TORTE	1953	466	26.7	19.1	51.1	31.0	4.3	0.5
ETON MESS SUNDAE	1184	283	13.2	8.8	31.8	28.2	7.3	0.3
STICKY TOFFEE PUDDING	3019	721	37.6	17.2	87.1	63.5	7.7	0.5
PROFITEROLE SUNDAE	2221	530	30.1	20.1	54.6	39.3	9.5	0.3
CADBURY NIBBLES ICE CREAM SUNDAE	2220	530	21.0	13.2	75.5	62.0	9.1	0.4
CHOC ORANGE BRD & BUTTER PUD	3172	758	48.1	25.7	65.5	35.5	14.8	0.6
TRIPLE CHOCOLATE BROWNIE	2656	634	22.9	13.0	94.8	71.8	8.8	0.3
CARAMEL APPLE BETTY	1730	413	15.1	6.6	61.4	37.6	6.5	0.3
MINI PUDD- PROFITEROLES ONLY	829	198	15.3	10.5	12.4	5.1	2.6	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
VALUE MENU								
MAINS								
SWEET POTATO & SPINACH CURRY-	1822	435	13.2	9.6	67.1	11.0	8.5	1.5
ADD POPPADUM & MANGO CHUTNEY	390	93	0.2	0.0	19.8	13.9	2.4	1.3
7OZ GAMMON STEAK WITH CHIPS ONLY-	2730	652	22.0	5.3	58.4	4.3	50.9	4.2
ADD FRIED EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD PINEAPPLE	541	129	0.0	0.0	36.7	35.7	0.4	0.1
ADD ONE OF EACH	723	173	8.5	1.8	18.4	17.9	8.1	0.0
SAUSAGE, EGG & CHIPS	4151	991	57.0	15.5	70.1	5.9	45.4	3.2
GARDEN GOURMET SAUSAGE, EGG & CHIPS	3498	836	43.3	11.3	63.1	5.3	40.6	2.5
FISH & CHIPS	3960	946	46.5	4.9	84.5	6.1	42.4	4.7
UPGRADE TO BEER-BATTERED HADDOCK	4602	1099	56.5	12.4	93.4	7.2	49.5	4.6
CHICKEN TIKKA CURRY	3600	860	30.2	12.1	88.9	9.5	53.2	3.6
ADD POPPADUM & MANGO CHUTNEY	390	93	0.2	0.0	19.8	13.9	2.4	1.3
SMOTHERED CHICKEN	3858	922	38.7	10.8	83.1	15.4	55.9	4.9
ADD EXTRA CHICKEN , CHEESE & BBQ SAUCE	1218	291	10.1	5.4	9.6	8.2	40.2	1.9
SOUTH WESTERN CHICKEN BURGER	3881	927	39.5	5.8	109.3	12.4	28.9	4.2
CLASSIC CHEESEBURGER	4386	1048	53.6	15.7	99.9	15.6	36.6	3.6
ADD BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
ADD BURGER	1242	297	22.2	11.3	0.1	0.1	24.1	0.6
BEEF LASAGNE	2505	598	23.3	10.4	56.3	14.8	39.1	3.4
CLUB SANDWICH & CRISPS	5213	1245	58.2	7.8	121.9	10.0	54.2	5.7
UPGRADE WITH SKIN-ON CHIPS	5740	1371	57.6	8.7	150.7	10.5	56.6	6.3
FISH FINGER GOUJON SANDWICH WITH CRISPS	3958	945	40.9	3.4	110.9	8.8	29.6	3.1
UPGRADE WITH SKIN-ON CHIPS	4485	1071	40.3	4.4	139.6	9.3	31.9	3.8
ADD A STARTER								
BUTTERMILK CHICKEN GOUJONS	1458	348	16.9	2.0	29.9	8.4	18.8	1.5
GARLIC FLATBREAD WITH CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
TODAY'S SOUP	1068	255	6.9	2.2	38.4	1.7	7.3	1.4
BREADED MUSHROOMS	1752	419	17.5	2.1	53.7	9.4	9.4	1.2
POTATO DIPPERS	1683	402	22.5	8.7	34.4	2.5	15.5	1.0
ADD A DESSERT								
ICE CREAM	777	186	6.1	3.9	28.0	26.6	4.3	0.2
CARAMEL APPLE BETTY	1730	413	15.1	6.6	61.4	37.6	6.5	0.3
WARM CHOCOLATE BROWNIE	2633	629	26.1	5.4	88.1	76.2	8.5	0.4
PROFITEROLES	2127	508	33.4	22.7	44.2	22.6	7.3	0.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BAR SNACKS								
FISH FINGER GOUJON SANDWICH WITH CRISPS	3958	945	40.9	3.4	110.9	8.8	29.6	3.1
FISH FINGER GOUJON SANDWICH WITH CHIPS	4485	1071	40.3	4.4	139.6	9.3	31.9	3.8
CAULIFLOWER BITES	1114	266	12.8	1.4	32.0	3.3	4.2	2.8
CLUB SANDWICH WITH CRISPS	5213	1245	58.2	7.8	121.9	10.0	54.2	5.7
CLUB SANDWICH WITH CHIPS	5740	1371	57.6	8.7	150.7	10.5	56.6	6.3
CLASSIC WINGS 6	1802	430	22.6	5.3	12.1	7.7	44.7	2.0
CLASSIC WINGS 12	3600	860	45.1	10.6	24.1	15.4	89.3	3.9
CLASSIC WINGS 18	5398	1289	67.6	15.9	36.1	23.0	133.9	5.9
LOADED WINGS 6	2148	513	28.8	6.7	14.3	8.5	49.1	2.8
LOADED WINGS 12	4293	1025	57.6	13.4	28.5	17.0	98.0	5.5
LOADED WINGS 18	6437	1537	86.4	20.1	42.7	25.5	147.0	8.3
MINI FISH & CHIPS	2846	680	43.4	3.7	51.6	3.2	18.2	2.0
SAUSAGE ROLL	2272	543	34.1	15.1	35.4	6.5	22.1	3.5
SKIN-ON CHIPS	3036	725	27.5	4.3	103.8	1.4	10.1	2.6
MAC & CHEESE TOPPED CHIPS TO SHARE	4433	1059	43.9	14.5	130.7	2.3	28.2	5.0
CHEESY GRAVY CHIPS TO SHARE	3926	938	44.9	7.4	113.1	4.6	14.8	4.2

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY ROAST MENU								
THE MAIN EVENT								
HAND-CARVED ROAST BEEF	6364	1520	78.7	23.6	135.7	24.9	60.2	7.7
SUCCULENT TURKEY	5943	1419	60.3	16.5	145.2	34.4	67.0	6.9
HAND-CARVED GAMMON	6021	1438	71.2	21.2	138.6	26.8	53.9	10.2
GO LARGE								
ADD A SLICE OF BEEF AND A PIG IN BLANKET	805	192	14.4	6.6	1.7	0.4	13.9	0.6
ADD A SLICE OF TURKEY AND A PIG IN BLANKET	511	122	5.3	1.7	1.7	0.4	16.4	0.7
ADD A SLICE OF GAMMON AND A PIG IN BLANKET	573	137	9.0	3.3	1.8	0.4	12.0	1.8
FAKE & ALE PIE	6612	1579	84.3	28.9	172.3	23.7	26.4	5.9
VEGAN FAKE & ALE PIE	4987	1191	59.6	17.3	132.9	16.0	22.5	4.0
ADD BOTTOMLESS FAVOURITES								
ROAST POTATOES per 100g	748	179	10.0	0.7	18.2	0.4	2.9	0.7
YORKSHIRE	505	121	3.5	0.4	15.4	0.9	6.4	0.3
RED WINE GRAVY per 100g	151	36	2.6	1.1	2.3	0.1	0.2	0.4
VEGAN GRAVY per portion	126	30	1.1	0.1	4.4	0.7	0.4	0.4
TOP IT OFF WITH...								
CAULIFLOWER CHEESE	1183	283	20.2	11.8	10.0	3.8	14.0	1.6
PIGS IN BLANKETS	1172	280	19.1	6.5	8.4	1.6	18.1	2.0
KIDS ROAST								
BEEF	2610	623	29.0	7.2	52.2	9.7	34.0	2.2
GAMMON	2459	587	26.5	5.8	52.4	9.9	30.4	4.8
TURKEY	2334	557	19.1	2.7	52.3	9.8	39.1	2.6

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY CARVERY								
THE MAIN EVENT								
HAND-CARVED ROAST BEEF PER SLICE	570	136	10.6	5.3	0.0	0.0	10.2	0.2
SUCCULENT TURKEY PER SLICE	272	65	1.5	0.5	0.6	0.1	12.1	0.1
HAND-CARVED GAMMON PER SLICE	339	81	5.2	2.0	0.1	0.1	8.4	1.4
PIGS IN BLANKETS	234	56	3.8	1.3	1.7	0.3	3.6	0.4
FAKE & ALE PIE plated	6612	1579	84.3	28.9	172.3	23.7	26.4	5.9
VEGAN FAKE & ALE PIE plated	4987	1191	59.6	17.3	132.9	16.0	22.5	4.0
HELP YOURSELF TO...								
ROAST POTATOES PER 100G	748	179	10.0	0.7	18.2	0.4	2.9	0.7
YORKSHIRES PER EACH	505	121	3.5	0.4	15.4	0.9	6.4	0.3
CAULIFLOWER CHEESE PER 100G	522	125	8.8	5.1	4.9	1.9	5.8	0.7
ROOT VEG MASH PER 100G	496	119	6.6	4.0	12.1	3.5	1.4	0.6
RED WINE GRAVY PER 100G	215	51	3.4	1.2	4.3	0.1	0.3	0.8
PEAS PER 100G	383	91	1.5	0.6	11.2	5.9	5.5	0.0
CARROTS PER 100G	238	57	1.9	1.1	7.9	7.4	0.6	0.1
HONEY-ROASTED PARSNIPS PER 100G	1151	275	14.9	6.3	35.7	5.1	3.1	0.4
CABBAGE PER 100G	455	109	8.4	5.2	4.3	4.2	2.5	1.7
STUFFING PER SQUARE	199	47	0.6	0.2	8.4	0.9	1.2	0.4
MASHED POTATO PER 100G	611	146	8.1	5.1	15.2	0.5	2.0	0.6
VEGAN GRAVY PER SACHET	126	30	1.1	0.1	4.4	0.7	0.4	0.4

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB BRANDS KIDS NUTRITION								
STARTERS								
BAKED GARLIC & PARSLEY FLATBREAD	594	142	5.6	1.4	18.8	0.8	3.6	0.3
TORTILLA CHIPS	667	159	6.4	0.8	21.0	2.5	3.3	0.2
VEGGIE STICKS	105	25	0.2	0.0	3.9	3.7	1.6	0.0
BUILD YOUR OWN MAIN								
OVEN BAKED FISH BITES	1798	430	18.7	1.8	45.3	1.9	18.8	1.3
10 VEG TOMATO PASTA	985	235	3.8	0.5	40.8	6.8	7.5	0.6
SPAGHETTI BOLOGNESE	1486	355	5.8	2.2	52.0	7.3	21.5	0.3
MARGHERITA PIZZA	1305	312	6.7	4.4	49.3	2.6	12.3	1.2
BEEF BURGER	2091	499	23.1	8.6	44.3	1.7	26.0	0.9
SAUSAGE & MASH	1439	344	19.8	7.5	23.9	4.4	16.3	1.6
VEGGIE SAUSAGE & MASH	1171	280	13.0	6.1	23.3	2.5	13.8	1.7
OVEN BAKED POPPIN' CHICKEN	1163	278	12.2	1.9	28.7	0.3	12.2	0.9
MAC & CHEESE	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
PICK TWO YUMMY SIDES								
MINI CORN ON THE COB	100	24	0.6	0.1	2.9	0.8	1.1	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS	67	16	0.1	0.0	2.8	2.7	0.4	0.0
SWAP YOUR SIDE								
SKIN ON CHIPS	569	136	5.2	0.8	19.5	0.3	1.9	0.5
MASH POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
MINI JACKET POTATO	324	77	0.1	0.1	16.3	1.9	2.0	0.0
PUDDINGS								
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
VANILLA ICE CREAM	768	183	6.8	4.4	23.3	17.5	5.5	0.2
STRAWBERRY FROZEN YOGURT	537	128	4.9	3.3	18.1	10.5	2.7	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
PANCAKES WITH BANANA & CHOC FLAV SAUCE	1007	240	6.0	2.5	41.7	20.4	4.0	0.3
CHOCOLATE BROWNIE	1219	291	13.8	3.1	35.1	32.5	5.0	0.2

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB BRANDS MEETING ROOMS								
SANDWICHES Per triangle								
GRILLED CHICKEN & MAYO	382	91	3.4	0.9	8.9	0.7	5.8	0.4
CHEESE & TOMATO	350	84	3.4	2.0	9.1	1.1	3.6	0.3
PRAWN COCKTAIL	305	73	2.2	0.8	9.2	1.1	3.5	0.3
BLT SANDWICH	382	91	3.9	1.3	9.3	1.2	4.3	0.6
EGG MAYO	309	74	2.9	1.0	8.8	0.7	2.6	0.2
HAM & TOMATO	315	75	2.0	0.9	9.1	1.1	4.8	0.4
NIBBLES								
SKIN ON CHIPS Per 100g	850	203	7.7	1.2	29.1	0.4	2.8	0.7
BREADED POLLOCK BITES Per 3	873	208	11.2	0.8	16.6	1.7	10.3	0.7
BEER-BATTERED ONION RINGS Per 3	439	105	5.6	0.5	11.7	1.6	1.4	0.2
ASSORTED CRISPS worse nutrition								
WALKERS SMOKY BACON Per packet	980	234	13.7	1.1	24.0	2.0	2.7	0.6
TORTILLA CRISPS Per portion	651	156	7.3	1.4	19.3	0.9	2.2	0.2
CHICKEN WINGS Per 2	602	144	7.5	1.8	4.1	2.6	14.9	0.7
BUTTERMILK & ROSEMARY CHICKEN GOUJONS Per 2	928	222	11.3	1.3	17.1	3.1	12.6	0.9
HOUSE SALAD per portion	91	22	0.6	0.1	2.9	2.5	1.4	0.0
CAESAR SALAD per portion	266	63	4.6	1.2	3.0	1.9	2.2	0.2
POTATO SALAD per portion	678	162	10.4	0.9	15.0	3.7	1.9	0.7
COLESLAW per 100g	438	105	7.5	0.6	6.7	5.2	1.4	0.7
GARLIC AND HERB BREADED MUSHROOMS per 3	531	127	5.2	0.6	16.4	3.1	2.8	0.4
NACHOS per 100g	837	200	10.9	2.0	21.3	1.7	3.3	0.5
CAULIFLOWER POPCORN per 75g	545	130	6.3	0.7	15.7	1.6	2.1	1.1
SAUSAGE ROLLS per piece	702	168	10.7	4.9	10.6	1.5	6.9	0.6
MINI JACKET POTATOES per 2	677	162	0.6	0.4	33.2	3.9	4.3	0.1
SWEET POTATO AND RED ONION TART per piece	490	117	8.2	2.2	9.5	1.9	1.4	0.4
BREAD ROLLS	463	111	0.5	0.1	21.6	1.4	4.2	0.5
PIZZAS PER PIECE								
MARGHERITA	511	122	5.3	2.1	12.9	1.4	5.4	0.5
PEPPERONI	609	145	7.4	2.8	13.0	1.4	6.4	0.7
PORK MEATBALLS WITH CHILLI	587	140	6.4	2.5	13.5	1.6	6.8	0.5
MIXED VEG	539	129	5.6	2.2	13.6	1.9	5.6	0.5
GARLIC	501	120	6.7	2.2	12.0	0.6	2.4	0.2
CHEESY GARLIC	668	160	9.7	4.1	12.3	0.7	5.4	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CREATE YOUR OWN PIZZA BASE	511	122	5.3	2.1	12.9	1.4	5.4	0.5
TOPPING'S On each piece								
STREAKY BACON	35	8	0.5	0.2	0.0	0.0	0.9	0.1
CHICKEN BREAST	22	5	0.1	0.0	0.0	0.0	1.1	0.0
PORK MEATBALLS	68	16	1.2	0.4	0.5	0.1	1.0	0.1
RED ONION	7	2	0.0	0.0	0.3	0.2	0.0	0.0
RED PEPPER	8	2	0.0	0.0	0.3	0.3	0.1	0.0
PINEAPPLE	18	4	0.0	0.0	1.2	1.2	0.0	0.0
MUSHROOMS	13	3	0.3	0.0	0.0	0.0	0.1	0.0
TOMATO	11	3	0.0	0.0	0.4	0.4	0.1	0.0
ROCKET	1	0	0.0	0.0	0.0	0.0	0.0	0.0
RED CHILLI	1	0	0.0	0.0	0.0	0.0	0.0	0.0
PEPPERONI	97	23	2.1	0.6	0.0	0.0	1.0	0.2
HAM	337	80	2.2	0.7	0.5	0.5	14.4	1.3
DESSERTS per piece								
TRIPLE CHOCOLATE BROWNIE	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
LEMON DRIZZLE CAKE	558	133	5.5	0.6	19.0	11.4	1.8	0.3
VEGAN CHOCOLATE TORTE	542	130	8.0	5.7	12.8	8.1	1.3	0.1
BLUEBERRY MINI MUFFINS	1119	267	12.2	2.5	36.3	18.5	2.8	0.2
CHOCOLATE MINI MUFFINS	1119	267	12.2	2.5	36.3	18.5	2.8	0.2
FRESH FRUIT per each								
APPLE	152	36	0.1	0.0	8.1	8.1	0.2	0.0
BANANA	590	141	0.4	0.1	31.9	28.7	1.7	0.0
CLEMENTINE	192	46	0.1	0.0	10.8	10.8	1.1	0.0

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PREMIER INN BREAKFAST MENU								
UNLIMITED COOKED BREAKFAST per item or as specified								
Bacon	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE	479	114	7.4	2.6	2.9	0.6	8.7	0.5
GARDEN GOURMET SAUSAGE	293	70	4.1	1.8	1.6	0.4	5.5	0.4
EGGS SCRAMBLED per 100g	1028	245	22.6	12.1	1.1	1.1	9.6	0.2
EGGS FRIED	452	108	8.5	1.8	0.1	0.1	7.9	0.0
EGGS POACHED	332	79	5.8	1.7	0.0	0.0	6.8	0.2
EGG BOILED	341	82	5.8	1.7	0.0	0.0	6.8	0.2
HASH BROWNS	420	100	5.3	2.2	12.8	0.3	1.0	0.3
Black Pudding per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
CLOSED CUP MUSHROOMS per 100g	244	58	5.4	0.4	0.3	0.2	1.5	0.3
GRILLED TOMATO per half	117	28	2.1	0.2	1.6	1.6	0.4	0.0
BEANS per 100g	310	74	0.2	0.0	11.9	4.8	4.4	0.5
UNLIMITED CONTINENTAL								
BAKERY per item								
CROISSANT	850	203	12.1	7.7	19.4	3.1	3.8	0.3
MINI PAIN AU CHOCOLAT	821	196	11.1	7.2	19.7	6.2	3.6	0.3
CHOC CHIP MUFFIN	1134	271	13.1	2.6	35.5	17.3	2.5	0.2
BLUEBERRY MUFFIN	1047	250	11.3	1.1	34.3	17.6	2.4	0.2
PLAIN BAGEL	1062	254	1.4	0.2	50.0	4.5	9.0	0.7
SOURDOUGH CRUMPETS	366	88	0.4	0.1	17.6	0.8	2.9	0.6
WHITE SANDWICH BREAD	378	90	1.0	0.2	16.9	1.0	3.0	0.3
MALTED SANDWICH BREAD	379	91	0.8	0.1	16.5	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	14.3	1.0	2.7	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PRESERVE, SPREADS & JAM per item								
NUTELLA CHOCOLATE SPREAD PORTIONS	338	81	4.6	1.6	8.6	8.4	0.9	0.0
ORANGE MARMALADE PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MIXED JAM CASE	141	34	0.0	0.0	8.3	7.0	0.0	0.0
MARMITE PORTIONS	87	21	0.0	0.0	2.4	0.1	2.7	0.9
MAPLE SYRUP PORTIONS	262	63	0.1	0.0	15.3	15.3	0.1	0.2
PEANUT BUTTER	337	81	6.0	1.2	2.4	1.4	3.5	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
SALTED BUTTER PORTIONS	192	46	5.0	3.2	0.0	0.0	0.0	0.1
FRUITS per items								
BANANA MED LARGE	785	188	0.5	0.2	42.5	38.2	2.2	0.1
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
EASY PEELERS	192	46	0.1	0.0	10.8	10.8	1.1	0.0
FRUIT BERRY MIX	117	28	0.0	0.0	5.9	5.8	1.1	0.0
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
YOGHURTS & CEREALS per item or as specified								
GREEK STYLE YOGHURT	327	78	0.0	0.0	8.1	8.1	11.4	0.3
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
KELLOGG'S MUESLI FRUIT per 45g	695	166	2.3	0.4	30.2	8.1	4.2	0.0
COCO POPS per 30g	482	115	0.6	0.3	25.2	5.1	1.9	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
GRANOLA QUAKER OAT RAISIN per 30g	525	125	2.8	0.4	21.3	6.9	2.4	0.0
SPECIAL K per 30g	471	113	0.5	0.1	23.7	4.5	2.7	0.3
RICE KRISPIES per 30g	482	115	0.5	0.1	25.5	2.4	2.1	0.3
PORRIDGE WITH COWS MILK as made	1413	337	9.3	4.0	44.4	14.6	16.4	0.3
PORRIDGE WITH SOYA MILK DRINK as made	1357	324	10.2	1.6	38.4	8.0	16.4	0.2
MILKS per 100ml								
MILK SEMI SKIMMED 4 X 2LTR	194	46	1.6	1.1	4.7	4.7	3.3	0.1
WHOLE MILK	270	64	3.6	2.3	4.6	4.6	3.4	0.1
SOYA DRINK	176	42	1.9	0.3	2.7	2.5	3.3	0.1
UNLIMITED DRINKS Per 100ml or Sachet								
TEAS	SEE MANUFACTURERS WEBSITES OR PACK							
COFFEES	SEE COSTA COFFEE WEBSITE FOR SPECIFIC DRINKS							
SILVERSPOON DEM SACHETS	58	14	0.0	0.0	3.5	3.5	0.0	0.0
SWEET N LOW	15	4	0.0	0.0	0.9	0.0	0.0	0.0
SILVERSPOON WHT SACHETS	59	14	0.0	0.0	3.5	3.5	0.0	0.0
APPLE JUICE	197	47	0.0	0.0	11.2	11.2	0.1	0.0
CRANBERRY JUICE DRINK	84	20	0.0	0.0	4.5	4.5	0.0	0.0
ORANGE JUICE	193	46	0.0	0.0	10.4	10.4	0.5	0.0