

## Whitbread PUBs



**COOKHOUSE+PUB**

### *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 as ingredients may be substituted or changed at short notice.

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.**

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

**Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.**

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 PUBS ALLERGY INFORMATION GUIDE

**Yes** The allergen is present

**Yes** Suitable for ovo-lacto vegetarians/ vegans

**No** Not suitable for ovo-lacto vegetarians/ vegans

COOKHOUSE+PUB



Dish/ Ingredient 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	Ingredient Contains Sesame Or Products	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products	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?	
<b>2024 PUB BRANDS NON GLUTEN CONTAINING INGREDIENTS VALENTINES MENU</b>																											
<b>NGCI STARTERS</b>																											
<b>CLASSIC PRAWN COCKTAIL</b>						Yes	Yes		Yes				Yes													No	No
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Paprika Pepper (10004191)																										Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
Cucumber Cat II (10003878)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
<b>LOADED NACHOS</b>						Yes																				No	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Tortilla Chips (10003312)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Onions Red (10002596)																										Yes	Yes
<b>ADD CHIPOTLE BEEF CHILLI</b>					Yes		Yes					Yes														No	No
Chunky Chipotle Chilli (10002695)					Yes		Yes					Yes														No	No
<b>VEGAN NACHOS</b>																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Tortilla Chips (10003312)																										Yes	Yes
Vegan Sliced Cheese																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Dish/ Ingredient 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	Ingredient Contains Sesame Or Products	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products	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?
<b>NGCI MAINS</b>																										
<b>SMOTHERED CHICKEN</b>					Yes	Yes							Yes			Yes									No	No
BBQ Sauce (10003666)																									Yes	Yes
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
Mozzarella/Mildcheddar Mix (54491)						Yes																		No	Yes	
Raw Chicken Fillet (10004054)																								No	No	
Chips Skin-On (54547)																								Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																								Yes	Yes	
Coleslaw Mix (10004058)																								Yes	Yes	
Mayonnaise Light (54568)					Yes							Yes												No	Yes	
French Dressing (53514)												Yes				Yes								Yes	Yes	
Lettuce Cos (54222)																								Yes	Yes	
Tomato M (54216)																								Yes	Yes	
<b>UPGRADE TO SMOTHERED CHICKEN</b>						Yes																		No	No	
BBQ Sauce (10003666)																								Yes	Yes	
Mozzarella/Mildcheddar Mix (54491)						Yes																		No	Yes	
Raw Chicken Fillet (10004054)																								No	No	
<b>THE LOVE STACK WITH CHIPS AND BUN</b>					Yes	Yes						Yes												No	No	
4oz Steak Burger (53533)																								No	No	
Table Salt (54744)																								Yes	Yes	
Vegan Burger Sauce (10002205)												Yes												Yes	Yes	
Cheese Slices (51545)						Yes																		No	Yes	
NGCI Burger Bun (10004004)					Yes																			No	Yes	
Chips Skin-On (54547)																								Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																								Yes	Yes	
Coleslaw Mix (10004058)																								Yes	Yes	
Mayonnaise Light (54568)					Yes							Yes												No	Yes	
Lettuce Cos (54222)																								Yes	Yes	
Onions Red (10002596)																								Yes	Yes	
Pickled Cucumber Spears (10004312)												Yes												Yes	Yes	

Dish/ Ingredient 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	Ingredient Contains Sesame Or Products	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products	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?	
<b>THE LOVE STACK WITH CHIPS NO BUN</b>					Yes	Yes							Yes												No	No	
4oz Steak Burger (53533)																										No	No
Table Salt (54744)																										Yes	Yes
Vegan Burger Sauce (10002205)													Yes													Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)					Yes							Yes														No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Pickled Cucumber Spears (10004312)													Yes													Yes	Yes
<b>DOUBLE UP YOUR BURGER</b>																											
4oz Steak Burger (53533)																										No	No
Table Salt (54744)																										Yes	Yes
<b>ADD CHEESE</b>																											
Cheese Slices (51545)						Yes																				No	Yes
<b>ADD BACON</b>																											
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
<b>NGCI SIDES</b>																											
<b>SKIN ON CHIPS</b>																											
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>MIXED SIDE SALAD</b>																											
French Dressing (53514)												Yes				Yes										Yes	Yes
Sweetcorn (10004024)												Yes				Yes										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
<b>NGCI DESSERTS</b>																											
<b>ICE CREAM SUNDAE WITH CADBURY NIBBLES</b>																											
Chocstix (54617)					Yes	Yes																				No	Yes
Dairy Aerosal Cream (52672)					Yes	Yes																				No	Yes
Vanilla Dairy Ice Cream (10003957)						Yes																				No	Yes
Cadbury Caramel Pieces (10001378)						Yes																				No	Yes
Chocolate Sauce NEW (10003676)					Yes																					Yes	Yes
Caramel Sauce NEW (10003675)						Yes																				No	Yes