

Whitbread Inns



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 menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas. **We cannot guarantee your order is 100% free from any allergenic ingredient.**

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

In our kitchens we have two fryers, one for chips and fries only and one for all other deep-fried products (non-chip fryer). Cross-contamination of allergens can occur in the non-chip fryer. If you would like further information on our cooking methods, don't be afraid to ask!

The allergen 'Tree Nuts' refers to the following tree nuts and their by-products: almond, Brazil, cashew, hazelnut, macadamia (Queensland nut), pecan, pistachio and walnut. The column 'Tree Nut source (if present)' will show the specific tree nut.

Our drinks allergy information contains the cocktails and similar drinks only. For soft drinks, spirits, wines, beers etc please consult the packaging or ask a member of staff.

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



Product Description	Allergens Present																			Dietary Choices							
	Cereals Containing Gluten				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?	
WHITBREAD INNS JULY 2020																											
STARTERS																											
Seasonal Soup	Yes		Yes																							Yes	Yes
Soup																										Yes	Yes
Malted Brown Bloomer	Yes		Yes																							Yes	Yes
Prawn Cocktail	Yes		Yes		Yes	Yes		Yes				Yes														No	No
Cucumber																										Yes	Yes
Lemon																										No	Yes
Lettuce																										Yes	Yes
Malted Brown Bloomer	Yes		Yes																							Yes	Yes
Paprika Pepper																										Yes	Yes
Seafood Sauce					Yes							Yes														No	Yes
Tomato M																										Yes	Yes
Salted Block Butter						Yes																				No	Yes
Warm Water Prawn								Yes																		No	No
Rosemary & Buttermilk Chicken Goujons	Yes					Yes																				No	No
BBQ Sauce																										Yes	Yes
Buttermilk Chicken Goujons	Yes					Yes																				No	No
Fresh Herbs Flat Parsley																										Yes	Yes
Rapeseed Oil																										Yes	Yes

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Garlic & Herb Breaded Mushrooms (in non veggie fryer)	Yes																								No	No	
BBQ Sauce																										Yes	Yes
Fresh Herbs Flat Parsley																										Yes	Yes
Garlic & Herb Breaded Mushroom	Yes																									Yes	Yes
Rapeseed Oil																										Yes	Yes
MAINS																											
Smothered Chicken (including upgrade)	Yes					Yes	Yes						Yes			Yes										No	No
BBQ Sauce																										Yes	Yes
Chicken Breast Fillets																										No	No
Chips Skin-On																										Yes	Yes
Coleslaw Mix																										Yes	Yes
French Dressing												Yes			Yes											Yes	Yes
Garlic Bread Slices	Yes						Yes																			No	Yes
Mayonnaise Light						Yes						Yes														No	Yes
Salad Leaf Mix																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																Yes										No	No
Tomato																										Yes	Yes
Mozzarella/Mildcheddar Mix							Yes																			No	Yes
Rapeseed Oil																										Yes	Yes

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Product Description	Allergens Present																	Dietary Choices										
	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?		
7oz* Chargrilled Gammon						Yes																				No	No	
Gammon Steak																											No	No
Chips Skin-On																											Yes	Yes
Peas																											Yes	Yes
Sliced Pineapple In Juice																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Cage Free Med Barn Eggs						Yes																				No	Yes	
Chicken Tikka Curry	Yes				Yes		Yes																				No	No
Basmati Rice																											Yes	Yes
Chicken Makhani												Yes															No	No
Greek Yoghurt												Yes															No	Yes
Mango Chutney																											No	Yes
Plain Naan	Yes				Yes		Yes																				No	Yes
Popadom																											Yes	Yes
Grilled Chicken Caesar Salad	Yes		Yes			Yes	Yes						Yes			Yes											No	No
Caesar Dressing Red Cal						Yes	Yes						Yes														No	Yes
Chicken Breast Fillets																											No	No
Lettuce																											Yes	Yes
Malted Brown Bloomer	Yes		Yes																								Yes	Yes
Smoked Dry Cured Streaky Bacon																Yes											No	No
Tomato																											Yes	Yes
Mozzarella/Mildcheddar Mix							Yes																				No	Yes
Rapeseed Oil																											Yes	Yes
Beef and Pork Lasagne	Yes		Yes			Yes	Yes					Yes	Yes			Yes											No	No
Beef and Pork lasagne	Yes		Yes			Yes	Yes					Yes	Yes														No	No
Garlic bread slice	Yes						Yes																				No	Yes
French Dressing												Yes				Yes											Yes	Yes
Salad Leaf Mix																											Yes	Yes
Tomato																											Yes	Yes
Mozzarella/Mildcheddar Mix							Yes																				No	Yes

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Beer-Battered Haddock & Chips	Yes				Yes		Yes					Yes													No	No
Tartare Sauce					Yes							Yes													No	Yes
Batter Mix	Yes																								Yes	Yes
Chips Skin-On																									Yes	Yes
Haddock Fillet Large MSC							Yes																		No	No
Lemons																									No	Yes
Mushy Peas																									Yes	Yes
Peas																									Yes	Yes
Plain Flour	Yes																								Yes	Yes
Table Salt																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Scampi	Yes				Yes			Yes				Yes													No	No
Tartare Sauce					Yes							Yes													No	Yes
Low Salt Whitby Scampi	Yes							Yes																	No	No
Chips Skin-On																									Yes	Yes
Lemons																									No	Yes
Mushy Peas																									Yes	Yes
Peas																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Mac & Cheese Burger	Yes		Yes		Yes	Yes				Yes		Yes			Yes										No	No
BrewDog Punk BBQ Sauce			Yes																						No	Yes
4oz Steak Burger																									No	No
Chips Skin-On																									Yes	Yes
Coleslaw Mix																									Yes	Yes
Lettuce																									Yes	Yes
Mac & Cheese	Yes					Yes																			No	Yes
Mayonnaise Light					Yes							Yes													No	Yes
Sesame Seeded Burger Bun	Yes				Yes	Yes				Yes															No	Yes
Smoked Dry Cured Streaky Bacon															Yes										No	No
Tomato																									Yes	Yes
Rapeseed Oil																									Yes	Yes

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Double Stack Steak Burger	Yes					Yes	Yes				Yes	Yes														No	No	
4oz Steak Burger																											No	No
Chips Skin-On																											Yes	Yes
Coleslaw Mix																											Yes	Yes
Lettuce																											Yes	Yes
Mayonnaise Light						Yes						Yes														No	Yes	
Sesame Seeded Burger Bun	Yes					Yes	Yes				Yes															No	Yes	
Tomato																											Yes	Yes
Vegan Burger Sauce												Yes															Yes	Yes
Rapeseed Oil																											Yes	Yes
Cheese Slices							Yes																			No	Yes	
Smothered Chicken Burger	Yes		Yes			Yes	Yes				Yes	Yes			Yes											No	No	
BrewDog Punk BBQ Sauce			Yes																							No	Yes	
Buttermilk Chicken Goujons	Yes						Yes																			No	No	
Chips Skin-On																											Yes	Yes
Coleslaw Mix																											Yes	Yes
Lettuce Cos																											Yes	Yes
Mayonnaise Light						Yes						Yes														No	Yes	
Sesame Seeded Burger Bun	Yes					Yes	Yes				Yes															No	Yes	
Smoked Dry Cured Streaky Bacon																Yes										No	No	
Tomato																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Cheese Slices							Yes																			No	Yes	

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The South Western	Yes		Yes			Yes	Yes				Yes		Yes			Yes									No	No
Chips Skin-On																									Yes	Yes
Coleslaw Mix																									Yes	Yes
Lettuce																									Yes	Yes
Louisiana Chicken Burger	Yes					Yes																			No	No
Mayonnaise Light						Yes						Yes													No	Yes
Onions Red																									Yes	Yes
Piri Piri Sauce															Yes										Yes	Yes
Sesame Seeded Burger Bun	Yes					Yes	Yes				Yes														No	Yes
Tomato																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Vegan Sloppy Joe Burger	Yes	Yes	Yes	Yes	Yes						Yes	Yes			Yes										Yes	Yes
Sloppy Joes Vegan			Yes		Yes						Yes														Yes	Yes
Beyond Meat Burger																									Yes	Yes
Chips Skin-On																									Yes	Yes
Cucumber																									Yes	Yes
French Dressing												Yes			Yes										Yes	Yes
Lettuce																									Yes	Yes
Salad Leaf Mix																									Yes	Yes
Tomato																									Yes	Yes
Vegan Bun	Yes	Yes		Yes																					Yes	Yes
Vegan Burger Sauce												Yes													Yes	Yes
Rapeseed Oil																									Yes	Yes

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Chicken And Half Rack of Ribs			Yes			Yes									Yes					Yes									No	No
BrewDog Punk BBQ Sauce			Yes																										No	Yes
Chicken Breast Fillet																													No	No
Chips Skin-On																												Yes	Yes	
Coleslaw Mix																												Yes	Yes	
Cucumber																												Yes	Yes	
French Dressing															Yes					Yes								Yes	Yes	
Maple BBQ Pork Ribs																												No	No	
Mayonnaise Light									Yes							Yes												No	Yes	
Salad Leaf Mix																												Yes	Yes	
Tomato																												Yes	Yes	
Rapeseed Oil																												Yes	Yes	
8oz Sirloin	Yes																												No	No
8oz Sirloin																													No	No
Chips Skin-On																												Yes	Yes	
Peas																												Yes	Yes	
Table salt																												Yes	Yes	
Tomato																												Yes	Yes	
Rapeseed Oil																												Yes	Yes	
8oz Rump Steak	Yes																												No	No
8oz Rump Steak																													No	No
Chips Skin-On																												Yes	Yes	
Table salt																												Yes	Yes	
Peas																												Yes	Yes	
Tomato																												Yes	Yes	
Rapeseed Oil																												Yes	Yes	

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Product Description	Allergens Present																			Dietary Choices							
	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?	
Mixed Grill (including 8oz rump upgrade)	Yes					Yes										Yes										No	No
4oz Rump																										No	No
7oz Boomerang Gammon Steak																										No	No
Chicken Breast Fillets																										No	No
Chips Skin-On																										Yes	Yes
Beer Battered Onion Rings	Yes																									Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage	Yes														Yes											No	No
Tomato																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Cage Free Med Barn Eggs						Yes																				No	Yes
Sausage, Egg & Chips	Yes					Yes										Yes										No	No
Chips Skin-On																										Yes	Yes
Peas																										Yes	Yes
PI Breakfast Pork Sausage	Yes														Yes											No	No
Rapeseed Oil																										Yes	Yes
Cage Free Med Barn Eggs						Yes																				No	Yes
Veggie Sausage, Egg & Chips	Yes		Yes			Yes	Yes																			No	Yes
Peas																										Yes	Yes
Quorn Sausage	Yes		Yes			Yes	Yes																			No	Yes
Rapeseed Oil																										Yes	Yes
Cage Free Med Barn Eggs						Yes																				No	Yes
Chips Skin-On																										Yes	Yes
Rapeseed Oil																										Yes	Yes
SIDES																											
Beer Battered Onion Rings	Yes																									No	No
Beer Battered Onion Rings	Yes																									No	No
Rapeseed Oil																										Yes	Yes
Chips																										Yes	Yes
Chips Skin-On																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Peppercorn sauce	Yes					Yes					Yes															No	No
Peppercorn sauce	Yes					Yes					Yes															No	No

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Allergens Present

Dietary Choices

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DESSERTS

Caramel Choc-a-Block Cadbury Sundae	Yes																																		No	Yes
Caramel Sauce																																			No	Yes
Chocolate Sauce																																			Yes	Yes
Dairy Aerosal Cream																																			No	Yes
Rolled Biscuit	Yes																																		No	Yes
Vanilla Dairy Ice Cream																																			No	Yes
Cadbury Caramel Pieces																																			No	Yes

Triple Chocolate Brownie	Yes					Yes	Yes	Yes																											No	Yes	
Chocolate Sauce																																				Yes	Yes
Mint																																				Yes	Yes
Triple Chocolate Brownie	Yes					Yes	Yes	Yes																											No	Yes	
Vanilla Dairy Ice Cream								Yes																											No	Yes	

Belgian Waffle	Yes							Yes	Yes																										No	Yes	
Belgian Waffles	Yes								Yes	Yes																										No	Yes
Caramel Sauce										Yes																										No	Yes
Chocolate Sauce																																				Yes	Yes
Vanilla Dairy Ice Cream										Yes																										No	Yes

Caramel Apple Betty	Yes							Yes	Yes																											No	Yes
Caramel Apple Crumble	Yes							Yes	Yes																											No	Yes
Custard - Ready To Serve									Yes																											No	Yes

Meringue Kisses								Yes	Yes																											No	Yes
Meringue Kisses								Yes	Yes																											No	Yes
Dairy Aerosal Cream									Yes																											No	Yes
Fresh Herbs Mint																																				Yes	Yes

Vanilla Ice Cream									Yes																										No	Yes	
Caramel Sauce									Yes																											No	Yes
Chocolate Sauce																																				Yes	Yes
Raspberry Sauce																																				Yes	Yes
Vanilla Dairy Ice Cream									Yes																											No	Yes

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Whitbread Inns Kids July Menu 2020 Allergy

Ingredient/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?
WHITBREAD INNS KIDS MAIN MENU - SEE SWAPSIES FOR ALTERNATIVE SIDES																										
OVEN BAKED FISH BITES & CHIPS	Yes						Yes																		No	No
Chips Skin-On																									Yes	Yes
Fish Bites	Yes						Yes																		No	No
Rapeseed Oil																									Yes	Yes
Baked beans																									Yes	Yes
TOMATO PASTA	Yes						Yes				Yes														No	Yes
Kids Tomato Pasta	Yes										Yes														Yes	Yes
Veggies sticks																									Yes	Yes
Garlic bread	Yes						Yes																		No	Yes
BEEF BURGER AND CHIPS	Yes					Yes																			No	No
4oz Steak Burger						Yes																			No	No
Burger Buns Kids	Yes					Yes																			No	Yes
Lettuce																									Yes	Yes
Chips Skin-On																									Yes	Yes
Tomato																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Corn On Cob Bites																									Yes	Yes
OVEN BAKED POPPIN' CHICKEN AND CHIPS	Yes						Yes																		No	No
Mini Chicken Chunks	Yes						Yes																		No	No
Chips Skin-On																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Baked Beans																									Yes	Yes
CHICKEN BURGER	Yes					Yes					Yes														No	Yes
Burger Buns Kids	Yes					Yes					Yes														No	Yes
Chicken breast fillet																									No	No
Mayonnaise Light						Yes					Yes														No	Yes
Lettuce																									Yes	Yes
Chips Skin-On																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Baked Beans																									Yes	Yes

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SWAPSIES																											
GARDEN PEAS																										Yes	Yes
Peas																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans																										Yes	Yes
MINI CORN ON COB																										Yes	Yes
Corn On Cob Bites																										Yes	Yes
VEGGIE STICKS																										Yes	Yes
Carrots Medium																										Yes	Yes
Cucumber																										Yes	Yes
SIDE SALAD																										Yes	Yes
Coleslaw mix																										Yes	Yes
Salad leaf mix																										Yes	Yes
Cucumber																										Yes	Yes
GARLIC BREAD	Yes						Yes																			No	Yes
Garlic bread slice	Yes						Yes																			No	Yes
CHIPS																										Yes	Yes
Chips Skin-On																										Yes	Yes
Rapeseed Oil																										Yes	Yes
DESSERTS																											
ICE CREAM	Yes				Yes	Yes																				No	Yes
Pompadour Fan Wafer	Yes				Yes	Yes																				No	Yes
Ice Cream						Yes																				No	Yes
Raspberry Flavoured sauce						Yes																				Yes	Yes
Caramel sauce						Yes																				No	Yes
Chocolate Flavoured sauce																										Yes	Yes
FRUIT SALAD																										Yes	Yes
Fresh fruit																										Yes	Yes
STRAWBERRY YOGHURT							Yes																			No	Yes
Strawberry Yogurt							Yes																			No	Yes
PANCAKE	Yes					Yes	Yes																			No	Yes
Fruit																										Yes	Yes
Chocolate Sauce																										Yes	Yes
Reduced Sugar Pancake	Yes					Yes	Yes																			No	Yes

YES The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans