



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



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 thereof	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?
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MEATLESS MEALS

STARTERS

LOADED NACHOS		Yes		Yes							Yes													Yes	Yes
Sloppy Joes Vegan (10001740)		Yes		Yes							Yes													Yes	Yes
Chillies Red (54235)																								Yes	Yes
Fresh Herbs Coriander (54239)																								Yes	Yes
Onions Spring Bunch (54250)																								Yes	Yes
Tomato M (54216)																								Yes	Yes
Tortilla Chips (54045)																								Yes	Yes
Vegan Sliced Cheese																								Yes	Yes

CAULIFLOWER BITES	Yes																								Yes	Yes
Battered Cauliflower Wings (10001910)	Yes														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

Pub Brands Meatless Meals Menu Jan 2022 Allergy for Sites

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 thereof	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?
SUPER SIDES																										
LOADED CHILLI CHEEZE FRIES		Yes		Yes								Yes													Yes	Yes
Sloppy Joes Vegan (10001740)		Yes		Yes								Yes													Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Vegan Sliced Cheese																									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
TENDERSTEM BOCCOLI																									Yes	Yes
Tenderstem Broccoli (10000524)																									Yes	Yes
COLESLAW					Yes							Yes													No	Yes
Coleslaw Mix (10001143, 10001144)					Yes							Yes													Yes	Yes
Mayonnaise Light (54568)					Yes							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 thereof	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?
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MAINS

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 (10002903)																									Yes	Yes

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
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes
ADD CHEEZY TOPPED GARDEN GOURMET PATTY	Yes		Yes		Yes																				Yes	Yes
Vegan Sliced Cheese																									Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes
ADD SLOPPY JOE			Yes		Yes							Yes													Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes

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SWEET POTATO CURRY												Yes												Yes	Yes	
Fresh Herbs Coriander (54239)																									Yes	Yes
Mango Chutney (10000690)																									Yes	Yes
Pappodums (51643)																									Yes	Yes
Sweet Potato & Spinach Curry (10001323)												Yes													Yes	Yes
Long Grain Rice (10002397)																									Yes	Yes
ROASTED ROOT VEG BAKE												Yes			Yes										Yes	Yes
Roasted Root Veg Bake (10002277)															Yes										Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)										Yes			Yes												Yes	Yes
Onions Red (10002596)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
ULTIMATE 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 Vegan Sausage (10003018)					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
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 (10003110)	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

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 thereof	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																										
BLACK FOREST SUNDAE	Yes				Yes																				Yes	Yes
Dark Cherry Compote (10001731)																									Yes	Yes
Vegan Chocolate Tore (10003126)	Yes				Yes																				Yes	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Vegan Ice Cream (10002813)																									Yes	Yes
CHOCOLATE TORTE	Yes				Yes																				Yes	Yes
Vegan Chocolate Tore (10003126)	Yes				Yes																				Yes	Yes
Raspberry Sauce (10002188)																									Yes	Yes
ADD VANILLA VEGAN ICE CREAM																									Yes	Yes
Vegan Ice Cream (10002813)																									Yes	Yes
CHURROS, PEANUT BUTTER & CHOC SUNDAE	Yes													Yes											Yes	Yes
Bananas (10002199)																									Yes	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Churros (10000784)	Yes																								Yes	Yes
Peanut Butter (54052)														Yes											Yes	Yes
Vegan Ice Cream (10002813)																									Yes	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
CHOC ORANGE BREAD & BUTTER PUDD	Yes				Yes	Yes	Yes																		No	Yes
Custard - Ready To Serve (53399)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Bread & Butter Pudding (10002926)	Yes				Yes	Yes	Yes																		No	Yes

Pub Brands Meatless Meals Menu Jan 2022 Allergy for Sites

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APPLE & BLACKBERRY CRUMBLE				Yes			Yes																		No	Yes	
Apple & Blackberry Compote (10003092)																										Yes	Yes
Crumble Topping (10003089)				Yes																						Yes	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

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)
MEATLESS MEALS								
STARTERS								
LOADED NACHOS	3022	722	36.8	19.0	81.7	9.4	11.1	3.2
CAULIFLOWER BITES	1114	266	12.8	1.4	32.0	3.3	4.2	2.8
GARLIC FLATBREAD WITH CHEESE	2425	579	42.7	18.6	32.0	2.0	16.1	1.2
GARLIC FLATBREAD WITH CHEESE & ONION	2824	674	42.9	18.7	53.6	22.9	16.5	1.2
SUPER SIDES								
LOADED CHILLI CHEEZE FRIES	3967	947	38.3	12.9	126.9	9.4	16.1	4.3
MIXED SIDE SALAD	176	42	2.0	0.2	4.5	3.6	1.5	0.1
TENDERSTEM BROCCOLI	272	65	3.2	0.2	3.1	2.1	4.7	0.1
COLESLAW	720	172	13.1	1.0	10.1	7.4	2.0	1.1
MAINS								
LENTIL HOTPOT	2143	512	16.3	1.6	61.6	21.6	21.8	1.9
GARDEN GOURMET SENSATIONAL BURGER	4423	1056	51.5	12.5	110.1	16.8	31.5	3.6
ADD CHEEZY TOPPED GARDEN GOURMET PATTY	1177	281	19.6	8.5	7.6	1.2	16.3	1.3
ADD SLOPPY JOE	448	107	1.6	0.2	15.0	7.9	6.0	0.8
SWEET POTATO CURRY	2217	530	13.4	9.6	87.1	25.0	10.9	2.8
ROASTED ROOT VEG BAKE	1860	444	16.1	2.8	61.5	28.5	9.0	2.0
ULTIMATE FILLED YORKIE	4789	1144	44.6	16.2	129.0	13.7	45.0	4.0
MAC & CHEESE	3828	914	41.8	20.8	96.8	11.8	35.4	3.3
DESSERTS								
BLACK FOREST SUNDAE	2002	478	16.2	11.2	80.1	52.2	2.0	0.3
CHOCOLATE TORTE	1206	288	13.7	6.8	37.4	27.1	2.3	0.2
ADD VANILLA VEGAN ICE CREAM	330	79	3.1	2.6	12.8	7.3	0.1	0.0
CHURROS, PEANUT BUTTER & CHOC SUNDAE	3578	855	37.5	12.3	113.3	51.6	13.2	0.6
CADBURY NIBBLES ICE CREAM SUNDAE	2212	528	21.0	13.2	74.6	65.5	8.9	0.4
CHOC ORANGE BREAD & BUTTER PUDD	2196	525	23.8	12.6	65.1	39.9	12.7	0.7
APPLE & BLACKBERRY CRUMBLE	2653	634	16.7	5.5	111.1	64.8	6.0	0.5