

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

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



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)
SEASONAL SPECIALS								
OUR STARTERS								
HONEY & MUSTARD CHICKEN SKEWERS	991	237	6.6	1.0	14.2	11.5	29.6	1.4
TEMPURA PRAWNS	1530	365	18.9	1.9	40.0	13.6	8.6	2.4
TASTY MAINS								
CLUCK 'N' ALE BURGER	6496	1552	78.1	13.4	141.3	16.8	66.4	6.0
BACON & BLUE CHEESE SALAD	1595	381	23.6	11.0	21.3	10.8	18.7	2.0
FIRE-KISSED BUTTERNUT SQUASH	1966	470	29.1	9.2	42.1	30.5	8.8	2.1
LEMON & THYME MARINATED HALF CHICKEN	6052	1445	92.0	20.8	53.2	23.1	97.4	3.7
FILLET STEAK WITH BERNAISE SAUCE	4094	978	52.6	25.0	64.1	7.8	57.0	3.3
FILLET STEAK WITH PEPPERCORN SAUCE	3707	885	41.7	17.0	64.7	8.5	57.6	3.6
FILLET STEAK WITH DIANE SAUCE	3888	929	46.9	19.8	63.9	7.5	57.7	3.4
CLASSIC PUDDINGS								
MIXED BERRY PAVLOVA	573	137	4.3	3.0	22.2	21.8	1.9	0.1
RHUBARB & CUSTARD SUNDAE	2307	551	23.9	12.5	68.7	56.5	9.5	0.5

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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								
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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
WHITBREAD INNS SUMMER MENU								
STARTERS								
CHICKEN WINGS	1272	304	14.9	4.3	19.3	7.9	23.2	1.4
CALAMARI	1832	438	24.2	1.9	39.5	13.8	15.0	4.3
GARLIC & HERB BREADED MUSHROOMS	1315	314	15.2	1.2	35.1	8.6	6.0	0.9
CLASSIC PRAWN COCKTAIL	1923	459	22.0	6.8	40.3	13.8	23.3	2.4
LOADED NACHOS	2596	620	36.8	14.5	54.4	4.1	14.3	1.8
LOADED NACHOS WITH PULLED BEEF	3035	725	38.4	14.9	67.0	11.9	20.5	2.3
TOMATO SOUP	1180	282	7.7	3.3	41.9	11.6	8.2	2.0
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	1702	407	20.0	2.4	33.9	8.6	22.4	1.8
SHARING PLATTER	7776	1857	102.8	21.5	169.3	18.2	58.4	6.8
PLATTER WITH CHICKEN WINGS	8669	2071	114.7	24.9	177.6	18.5	76.8	7.7
SHARING LOADED NACHOS	5160	1233	62.0	19.9	124.6	19.1	31.4	3.5
BURGERS & GRILLS								
DOUBLE STACK STEAK BURGER WITH CHEESE	5242	1252	70.2	26.4	92.4	16.2	60.0	4.1
DOUBLE STACK STEAK BURGER WITH CHEESE & BACON	5505	1315	74.2	27.6	92.6	16.3	66.5	5.0
BBQ VEGAN BURGER	3874	925	35.6	3.5	107.4	25.0	37.5	4.8
SLOPPY JOE BURGER	5505	1315	69.5	24.1	108.8	28.9	61.6	5.6
LAMB RUMP	3028	723	37.3	20.6	34.2	10.7	61.6	3.0
OUR SIGNATURE MIXED GRILL	4920	1175	56.4	18.1	75.4	10.2	85.8	5.1
OUR SIGNATURE MIXED GRILL WITH RUMP STEAK	5612	1340	62.8	21.5	75.4	10.4	115.6	5.7
SURF & TURF COMBO	5132	1226	59.2	13.0	90.0	9.6	79.5	5.6
STEAK & FRITES	2782	665	32.4	8.8	48.7	2.1	43.0	1.9
STEAK & SALAD	1319	315	14.2	5.1	6.4	4.9	39.6	0.4
8OZ RUMP STEAK	3433	820	37.4	14.4	60.3	6.1	58.8	3.3
8OZ RUMP STEAK WITH SALAD	2107	503	24.8	12.6	14.4	9.9	55.6	2.1
8OZ SIRLOIN STEAK	3486	833	39.3	15.5	60.3	6.0	54.9	3.0
8OZ SIRLOIN STEAK WITH SALAD	2160	516	26.7	13.6	14.4	9.8	51.8	1.8
10OZ RIB-EYE STEAK	4262	1018	51.6	21.6	62.5	8.2	71.2	3.0
GET SAUCY								
PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7
BEARNAISE SAUCE	510	122	11.6	8.4	3.4	1.5	0.8	0.4
DIANE SAUCE	305	73	5.9	3.2	3.2	1.1	1.6	0.5

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A BIT ON THE SIDE								
CHIPS	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
SKINNY CUT FRIES	1377	329	13.2	1.0	46.2	0.1	4.7	1.5
MIXED SIDE SALAD	192	46	1.2	0.3	6.0	4.5	1.9	0.1
BEER-BATTERED ONION RINGS	879	210	11.2	0.9	23.5	3.2	2.8	0.5
MIXED GREEN VEGETABLES	470	112	5.2	3.2	7.2	4.2	6.9	0.4
TIGER FRIES	1479	353	16.1	1.5	46.7	7.4	3.3	1.3
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
TENDERSTEM BROCCOLI	581	139	11.3	5.5	3.2	2.1	4.7	0.2
HALLOUMI FRIES	2455	586	44.3	15.5	17.5	14.3	29.1	4.4
CLASSICS								
CHICKEN & CHORIZO PIE	2327	556	29.2	12.1	44.1	12.9	28.2	1.8
THAI GREEN CURRY	3628	866	34.0	24.5	116.1	35.2	17.0	2.3
THAI GREEN CURRY WITH CHICKEN BREAST	4276	1021	36.5	25.1	116.3	35.7	49.7	3.4
GAMMON STEAK WITH CHIPS AND EGGS	3670	877	39.1	9.0	60.1	6.0	67.1	4.2
GAMMON STEAK WITH CHIPS AND GRILLED PINEAPPLE	3088	737	22.1	5.4	81.8	27.1	51.5	4.2
GAMMON STEAK WITH CHIPS AND ONE OF EACH	3379	807	30.6	7.2	71.0	16.5	59.3	4.2
GAMMON STEAK WITH JKT POT AND EGGS	3725	890	33.9	12.1	76.0	8.0	70.8	3.1
GAMMON STEAK WITH JKT POT AND GRILLED PINEAPPLE	3143	751	16.9	8.5	97.7	29.1	55.1	3.2
GAMMON STEAK WITH JKT POT AND ONE OF EACH	3434	820	25.4	10.3	86.9	18.5	63.0	3.2
CHICKEN MAKHANI CURRY	3910	934	30.7	12.1	106.3	23.4	53.7	5.1
HALLOUMI & CHIPS WITH PEAS	4189	1001	63.5	15.0	68.4	7.3	34.3	5.0
HALLOUMI & CHIPS WITH MUSHY PEAS	4348	1039	63.6	15.1	74.9	6.0	36.6	5.9
SWEET POTATO & FETA LASAGNE	2962	708	39.8	16.8	60.5	14.1	24.5	2.8
HUNTER'S CHICKEN WITH CHIPS	3126	747	27.6	8.4	67.3	12.1	52.6	4.0
HUNTER'S CHICKEN WITH JKT POT	3181	760	22.4	11.6	83.2	14.1	56.2	3.0
BREADED SCAMPI & CHIPS WITH PEAS	3338	797	38.7	4.1	87.8	6.7	19.7	2.7
BREADED SCAMPI & CHIPS WITH MUSHY PEAS	3497	835	38.8	4.2	94.3	5.4	22.0	3.6
RIBS & SMOKY PAPRIKA CHICKEN	4137	988	38.8	10.6	78.4	20.8	77.1	4.5
WHOLE RACK OF RIBS & SMOKY PAPRIKA CHICKEN	4137	988	38.8	10.6	78.4	20.8	77.1	4.5
CHICKEN FORESTIERE	3220	769	44.2	21.7	41.6	4.6	47.6	4.0
BEEF & STOUT PIE	5058	1208	65.0	29.4	116.8	6.7	30.0	3.3
CHICKEN ESCALOPE	5675	1355	76.0	16.1	107.8	3.4	57.0	3.3
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS	4632	1106	56.5	12.3	96.5	7.7	48.4	2.7
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	4791	1144	56.6	12.4	103.0	6.4	50.7	3.6
OVEN-BAKED COD LOIN	1717	410	17.5	6.9	31.3	12.1	30.6	1.2
FISH & CHIP SHOP PLATTER	5212	1245	70.2	9.9	108.8	6.2	39.7	4.0
SALADS								
GRILLED HALLOUMI	1573	376	24.4	14.7	12.4	9.4	23.5	2.0
GRILLED CHICKEN	1041	249	4.9	1.2	12.4	9.8	36.6	1.3
PUDDINGS								
SALTED TOFFEE APPLE CRUMBLE	2513	600	15.1	6.4	104.6	65.2	9.3	1.6
WARM CHOCOLATE BROWNIE	2228	532	20.2	6.0	77.8	36.4	7.7	0.2
CHOCOLATE MINT SUNDAE WITH AERO BUBBLES	2692	643	28.2	18.1	84.8	71.7	8.2	0.5
CHOCOLATE CHURROS SUNDAE	3133	748	32.0	13.3	97.9	44.7	12.2	0.6
CHOCOLATE FUDGE SENSATION CAKE	3392	810	45.0	17.2	92.7	69.9	7.2	0.5
STICKY TOFFEE PUDDING	3013	720	37.4	17.0	86.3	62.6	7.6	0.5
FROZEN STRAWBERRY YOGHURT	692	165	1.3	0.7	32.3	28.1	5.4	0.2
GIN FIZZ SORBET	586	140	0.3	0.3	34.0	30.1	0.1	0.0

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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
WHITBREAD INNS KIDS MENU								
STARTERS								
CHICKEN MEATBALLS	743	177	5.8	1.7	15.2	7.9	15.3	0.4
GARLIC BREAD	467	112	4.6	1.4	14.5	0.8	2.5	0.3
VEGGIE STICKS	199	48	0.3	0.1	7.8	7.4	2.5	0.1
MAINS								
CHICKEN CURRY	1859	444	9.9	4.7	65.4	16.7	20.5	0.5
TOMATO PENNE PASTA	1503	359	10.0	2.9	54.6	10.1	10.2	0.8
POPPIN CHICKEN	1651	394	15.8	2.4	43.6	4.2	16.9	1.5
COD BITES	2124	507	24.8	4.0	53.0	4.9	14.3	0.9
BANGERS & MASH	1683	402	20.8	8.0	31.4	6.7	19.3	1.8
VEGGIE BANGERS & MASH	1481	354	11.8	3.5	37.4	5.3	18.7	2.1
CHICKEN BURGER	1897	453	7.3	1.7	64.8	9.0	27.5	1.6
TOMATO PASTA & CHICKEN MEATBALLS	2200	525	16.9	4.9	61.9	10.2	28.2	1.0
BEEF BURGER	2590	619	26.5	9.2	62.5	9.0	28.9	1.1
SPAGHETTI BOLOGNESE	1347	322	8.4	2.9	44.9	9.6	12.7	0.9
SWAPSIES								
CHIPS	759	181	6.9	1.1	26.0	0.4	2.5	0.6
MINI JACKET POTATOES	648	155	0.3	0.2	32.6	3.7	4.1	0.1
MASHED POTATO	550	131	4.5	2.8	19.0	0.6	2.5	0.6
BROWN RICE	804	192	1.2	0.4	39.6	0.1	4.6	0.1
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
BAKED BEANS	213	51	0.8	0.1	7.2	3.8	2.5	0.4
MINI CORN ON THE COB	330	79	1.8	0.3	12.4	7.8	2.4	0.0
VEGGIE STICKS	109	26	0.2	0.1	4.7	4.4	0.6	0.0
SIDE SALAD	98	23	0.1	0.3	3.5	1.6	1.6	0.0
GARLIC BREAD	456	109	4.6	1.4	14.2	0.5	2.4	0.3
PUDS								
MIXED FRUIT SALAD	205	49	0.1	0.0	10.3	10.3	0.6	0.0
ICE CREAM WITH RASPBERRY SAUCE	826	197	5.4	3.3	30.3	22.5	4.3	0.1
ICE CREAM WITH CHOCOLATE SAUCE	831	199	5.5	3.4	30.2	21.9	4.4	0.2
ICE CREAM WITH CARAMEL SAUCE	832	199	5.8	3.6	29.7	23.2	4.5	0.2
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
STRAWBERRY FROZEN YOGHURT	593	142	1.2	0.6	28.3	20.4	4.2	0.1
MINI DOUGHNUTS	850	203	6.5	3.0	33.3	20.1	2.2	0.3
PANCAKES	913	218	3.3	0.5	42.8	23.0	4.0	0.4
FUNNY FACE SUNDAE	820	196	5.7	3.5	29.2	23.4	4.3	0.1
SUNDAY CARVERY								
TOPSIDE OF BEEF	2949	704	31.8	9.5	67.0	10.9	32.9	1.1
CHICKEN	2769	661	21.3	4.7	67.1	11.4	45.2	2.1

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DAYTIME SAVER MENU								
OUR STARTERS								
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	1702	407	20.0	2.4	33.9	8.6	22.4	1.8
TOMATO SOUP	1180	282	7.7	3.3	41.9	11.6	8.2	2.0
POTATO DIPPERS	1784	426	24.0	9.4	34.4	2.6	18.2	1.4
GARLIC & HERB BREADED MUSHROOMS	1315	314	15.2	1.2	35.1	8.6	6.0	0.9
MAIN MEALS								
JACKET POTATO WITH CHEESE & BEANS	3172	758	26.6	15.3	94.8	16.8	32.5	2.6
HALLOUMI & CHIPS WITH PEAS	4189	1001	63.5	15.0	68.4	7.3	34.3	5.0
HALLOUMI & CHIPS WITH MUSHY PEAS	4348	1039	63.6	15.1	74.9	6.0	36.6	5.9
GAMMON STEAK WITH CHIPS & AN EGG	3218	769	30.6	7.2	60.1	5.9	59.2	4.2
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING	2927	699	22.1	5.4	70.9	16.5	51.4	4.2
GAMMON STEAK WITH JKT POT & AN EGG	3273	782	25.4	10.3	75.9	7.9	62.8	3.1
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING	2982	712	16.9	8.5	86.8	18.5	55.0	3.2
CHICKEN & HAM PIE	4443	1061	56.6	26.9	102.8	7.5	29.3	3.2
HAND-BATTERED FISH & CHIPS WITH PEAS	3774	901	46.3	4.8	76.9	6.4	39.8	2.8
HAND-BATTERED FISH & CHIPS WITH MUSHY PEAS	3933	939	46.4	4.9	83.5	5.1	42.1	3.7
HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	4791	1144	56.6	12.4	103.0	6.4	50.7	3.6
HAND-BATTERED HADDOCK & CHIPS WITH PEAS	4632	1106	56.5	12.3	96.5	7.7	48.4	2.7
SWEET POTATO & FETA LASAGNE	2547	608	34.0	15.0	51.3	13.5	22.2	2.6
CHICKEN & BACON OPEN CLUB SANDWICH	3589	857	28.9	3.9	93.4	6.9	52.4	4.8
CLASSIC BEEF STEAK BURGER WITH CHEESE	4000	955	48.0	15.1	92.3	16.1	35.9	3.5
DOUBLE BEEF STEAK BURGER WITH CHEESE	4894	1169	63.2	22.0	92.4	16.2	54.9	3.7
HAM, EGG & CHIPS	3586	857	42.1	10.1	52.8	1.6	63.3	5.8
MAC & CHEESE	3308	790	37.8	24.4	73.6	6.8	34.5	3.7
LASAGNE	2417	577	26.0	12.8	53.4	15.7	30.3	3.3
PAPRIKA CHICKEN	2189	523	16.8	1.7	48.8	2.5	42.5	3.1
STEAK & FRITES	2782	665	32.4	8.8	48.7	2.1	43.0	1.9
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
PERFECT PUDDINGS								
WARM CHOCOLATE BROWNIE	2228	532	20.2	6.0	77.8	36.4	7.7	0.2
CARAMEL APPLE PIE WITH CREAM	2362	564	33.1	19.7	61.0	27.1	4.6	0.4
CARAMEL APPLE PIE WITH CUSTARD	2077	496	18.5	9.8	75.0	36.9	6.4	0.5
CARAMEL APPLE PIE WITH ICE CREAM	1936	462	18.1	9.8	67.3	32.8	5.2	0.4
DAIRY ICE CREAM WITH CARAMEL SAUCE	1161	277	8.7	5.5	40.3	37.6	6.0	0.2
DAIRY ICE CREAM WITH CHOCOLATE SAUCE	1156	276	9.0	5.7	38.5	36.1	6.4	0.4
DAIRY ICE CREAM WITH RASPBERRY SAUCE	1145	273	7.7	4.9	42.2	35.7	5.1	0.2
GIN FIZZ SORBET	586	140	0.3	0.3	34.0	30.1	0.1	0.0
FROZEN STRAWBERRY YOGHURT	692	165	1.3	0.7	32.3	28.1	5.4	0.2

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Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
EVENING VALUE								
TO START								
GARLIC & HERB BREADED MUSHROOMS	1315	314	15.2	1.2	35.1	8.6	6.0	0.9
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	1702	407	20.0	2.4	33.9	8.6	22.4	1.8
TOMATO SOUP	1180	282	7.7	3.3	41.9	11.6	8.2	2.0
TASTY MAINS								
CHICKEN & HAM PIE	4443	1061	56.6	26.9	102.8	7.5	29.3	3.2
FISH & CHIPS WITH PEAS	3774	901	46.3	4.8	76.9	6.4	39.8	2.8
FISH & CHIPS WITH MUSHY PEAS	3933	939	46.4	4.9	83.5	5.1	42.1	3.7
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	4791	1144	56.6	12.4	103.0	6.4	50.7	3.6
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS	4632	1106	56.5	12.3	96.5	7.7	48.4	2.7
LASAGNE	2417	577	26.0	12.8	53.4	15.7	30.3	3.3
GAMMON STEAK WITH CHIPS & AN EGG	3218	769	30.6	7.2	60.1	5.9	59.2	4.2
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING	2927	699	22.1	5.4	70.9	16.5	51.4	4.2
GAMMON STEAK WITH JKT POT & AN EGG	3273	782	25.4	10.3	75.9	7.9	62.8	3.1
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING	2982	712	16.9	8.5	86.8	18.5	55.0	3.2
THAI GREEN CURRY	3628	866	34.0	24.5	116.1	35.2	17.0	2.3
THAI GREEN CURRY WITH CHICKEN	4276	1021	36.5	25.1	116.3	35.7	49.7	3.4
CLASSIC BURGER WITH CHEESE	4000	955	48.0	15.1	92.3	16.1	35.9	3.5
DOUBLE BURGER WITH CHEESE	4894	1169	63.2	22.0	92.4	16.2	54.9	3.7
MAC & CHEESE	3308	790	37.8	24.4	73.6	6.8	34.5	3.7
PERFECT PUDDINGS								
CARAMEL APPLE PIE WITH CREAM	2362	564	33.1	19.7	61.0	27.1	4.6	0.4
CARAMEL APPLE PIE WITH CUSTARD	2077	496	18.5	9.8	75.0	36.9	6.4	0.5
CARAMEL APPLE PIE WITH ICE CREAM	1936	462	18.1	9.8	67.3	32.8	5.2	0.4
DAIRY ICE CREAM WITH CARAMEL SAUCE	1161	277	8.7	5.5	40.3	37.6	6.0	0.2
DAIRY ICE CREAM WITH CHOCOLATE SAUCE	1156	276	9.0	5.7	38.5	36.1	6.4	0.4
DAIRY ICE CREAM WITH RASPBERRY SAUCE	1145	273	7.7	4.9	42.2	35.7	5.1	0.2
GIN FIZZ SORBET	586	140	0.3	0.3	34.0	30.1	0.1	0.0
WARM CHOCOLATE BROWNIE	2228	532	20.2	6.0	77.8	36.4	7.7	0.2
STRAWBERRY FROZEN YOGHURT	692	165	1.3	0.7	32.3	28.1	5.4	0.2
GIN FIZZ SORBET	586	140	0.3	0.3	34.0	30.1	0.1	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)
SUNDAY LUNCH								
TOPSIDE OF BEEF	5545	1324	63.0	21.1	134.5	20.6	54.8	3.3
SLOW-COOKED PORK	5909	1411	64.1	20.1	134.6	21.3	73.8	3.4
CHICKEN	6212	1484	65.9	18.6	134.7	20.9	88.2	5.2
ROOT VEGETABLE WELLINGTON	6886	1645	82.5	34.5	194.5	22.0	31.8	3.8
ADD								
CAULIFLOWER CHEESE	1183	283	20.2	11.8	10.0	3.8	14.0	1.6

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)
WHITBREAD INNS BUFFET MENU								
BUFFET 1								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	451	108	6.0	3.6	8.8	0.8	4.3	0.4
EGG MAYO (PER 1/4)	411	98	5.1	2.0	8.8	0.5	3.8	0.4
HAM & MUSTARD (PER 1/4)	579	138	5.6	2.5	9.1	0.9	12.4	1.6
PRAWN & MARIE ROSE (PER 1/4)	477	114	5.5	1.7	10.7	2.7	5.0	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	533	127	5.4	1.6	17.3	3.5	2.4	0.5
POP IN CHICKEN (PER 6)	509	122	6.1	0.9	7.9	0.0	8.9	0.3
CHIPS (PER 200G)	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	108	26	0.2	0.0	4.1	3.9	1.5	0.0
GARLIC BREAD (PER SLICE)	456	109	4.6	1.4	14.2	0.5	2.4	0.3
MIXED SALAD (PER 1/4 PORTION)	87	21	1.1	0.3	1.9	1.0	0.6	0.1
BUFFET 2								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	451	108	6.0	3.6	8.8	0.8	4.3	0.4
EGG MAYO (PER 1/4)	411	98	5.1	2.0	8.8	0.5	3.8	0.4
HAM & MUSTARD (PER 1/4)	579	138	5.6	2.5	9.1	0.9	12.4	1.6
PRAWN & MARIE ROSE (PER 1/4)	477	114	5.5	1.7	10.7	2.7	5.0	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	533	127	5.4	1.6	17.3	3.5	2.4	0.5
CHICKEN GOUJONS (PER 3 PLUS DIP)	1211	289	15.0	1.8	21.7	3.3	16.7	1.2
CHIPS (PER 200G)	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	108	26	0.2	0.0	4.1	3.9	1.5	0.0
CHEESY GARLIC BREAD (PER SLICE)	595	142	7.1	3.0	14.4	0.6	4.8	0.4
MIXED SALAD (PER 1/4 PORTION)	87	21	1.1	0.3	1.9	1.0	0.6	0.1
TORTILLA CHIPS & DIP (30G PLUS DIPS)	718	172	8.5	1.6	20.2	1.2	2.4	0.3
ONION RINGS (PER 3)	463	110	6.2	0.4	11.9	1.3	1.3	0.3
TEMPURA PRAWNS (2 EACH PLUS DIP)	504	120	6.3	0.6	13.1	4.3	2.8	0.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BUFFET 3								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	451	108	6.0	3.6	8.8	0.8	4.3	0.4
EGG MAYO (PER 1/4)	411	98	5.1	2.0	8.8	0.5	3.8	0.4
CHICKEN & BACON (PER 1/4)	335	80	3.8	1.5	9.0	1.0	2.2	0.3
PRAWN & MARIE ROSE (PER 1/4)	477	114	5.5	1.7	10.7	2.7	5.0	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	533	127	5.4	1.6	17.3	3.5	2.4	0.5
CHICKEN GOUJONS (PER 3 PLUS DIP)	1211	289	15.0	1.8	21.7	3.3	16.7	1.2
CHIPS (PER 200G)	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	108	26	0.2	0.0	4.1	3.9	1.5	0.0
CHEESY GARLIC BREAD (PER SLICE)	595	142	7.1	3.0	14.4	0.6	4.8	0.4
MIXED SALAD (PER 1/4 PORTION)	87	21	1.1	0.3	1.9	1.0	0.6	0.1
TORTILLA CHIPS & DIP (30G PLUS DIPS)	718	172	8.5	1.6	20.2	1.2	2.4	0.3
ONION RINGS (PER 3)	463	110	6.2	0.4	11.9	1.3	1.3	0.3
TEMPURA PRAWNS (2 EACH PLUS DIP)	504	120	6.3	0.6	13.1	4.3	2.8	0.8
THREE CHEESE CRUSTLESS QUICHE (PER PORTION)	414	99	7.5	3.7	4.2	0.6	4.1	0.2
POTATO DIPPERS (PER PORTION)	331	79	6.1	3.8	1.0	0.6	5.3	0.3
SAUSAGE ROLLS (PER 2)	938	224	15.3	7.1	17.2	0.6	4.3	0.7
DESSERTS								
CHOCOLATE BROWNIE (1 PLUS SAUCE)	647	155	5.6	1.3	23.7	8.4	1.9	0.0
PROFITEROLES (1 PLUS SAUCE)	383	92	5.6	3.1	9.0	5.3	1.2	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)
BREAKFAST MENU								
FULL BREAKFAST								
BACK BACON per rasher	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE per sausage	479	114	7.4	2.6	2.9	0.6	8.7	0.5
QUORN SAUSAGE per sausage	325	78	3.2	0.3	4.2	0.4	6.4	0.5
SCRAMBLED EGG per portion	1128	269	23.3	12.0	2.1	2.1	12.9	0.0
FRIED EGG per egg	452	108	8.5	1.8	0.1	0.1	7.9	0.0
POACHED EGGS per egg	332	79	5.8	1.7	0.0	0.0	6.8	0.2
BOILED EGGS per egg	341	82	5.8	1.7	0.0	0.0	6.8	0.2
OMELETTE per portion	1690	404	39.2	22.1	0.9	0.9	12.0	0.4
HASH BROWNS each	392	94	4.9	2.1	12.0	0.3	0.9	0.2
BUBBLE AND SQUEAK per portion	707	169	13.3	1.2	9.6	1.3	1.6	0.5
BLACK PUDDING per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
MUSHROOMS WITH BUTTER per portion	674	161	16.7	10.5	0.5	0.3	1.6	0.4
TOMATO M per half	36	9	0.2	0.1	1.6	1.6	0.4	0.0
TOMATO (RATIONAL) per half	111	27	2.2	0.2	1.6	1.6	0.4	0.0
BAKED BEANS per portion	381	91	1.4	0.2	12.8	6.8	4.5	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CONTINENTAL BREAKFAST								
BAKERY nutrition per item								
CROISSANT	674	161	7.5	4.3	19.3	2.2	3.7	0.4
MINI PAIN AUX RAISIN	534	128	5.8	3.9	16.0	6.6	2.3	0.2
MINI PAIN AUX CHOCOLAT	718	172	9.7	6.3	17.3	5.5	3.1	0.3
CINNAMON AND RAISIN BAGELS	1228	293	1.4	0.2	59.2	9.9	9.5	0.8
BLUEBERRY MINI MUFFIN	476	114	6.2	0.6	12.8	7.1	1.3	0.1
SOURDOUGH CRUMPETS	380	91	0.6	0.1	17.8	0.8	3.1	0.6
WHITE SANDWICH BREAD	384	92	1.0	0.2	17.1	1.0	3.1	0.3
MALTED SANDWICH BREAD	386	92	0.8	0.1	16.7	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	15.1	1.0	2.7	0.3
NUTELLA CHOCOLATE SPREAD PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
PEANUT BUTTER	PLEASE REFER TO PACKET FOR INFORMATION							
MAPLE SYRUP PORTIONS	261	62	0.0	0.0	15.5	15.5	0.1	0.2
ORANGE MARMALADE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MARMITE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
STRAWBERRY JAM PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
ASSORTED JAM PORTIONS- RASPBERRY	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- BLACKCURRANT	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- APRICOT	PLEASE REFER TO PACKET FOR INFORMATION							
SALTED BUTTER PORTIONS	201	48	5.3	3.4	0.1	0.1	0.0	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
FRUITS								
FRUIT SALAD per portion	205	49	0.1	0.0	10.3	10.3	0.6	0.0
APPLES GREEN each	283	68	0.1	0.0	15.0	15.0	0.4	0.0
BANANAS each	517	124	0.4	0.1	27.8	25.1	1.4	0.0
FRUIT BERRY MIX per portion	97	23	0.2	0.0	5.1	5.1	0.7	0.0
DRIED FRUIT MIX per 100g	1290	308	0.5	0.0	76.1	59.9	2.0	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
YOGHURTS AND CEREALS								
STRAWBERRY YOGHURT each	482	115	4.7	3.1	12.7	12.4	5.5	0.2
VANILLA YOGHURT each	402	96	0.0	0.0	16.9	16.8	7.0	0.2
GREEK STYLE YOGHURT each	364	87	0.0	0.0	10.5	10.5	11.4	0.2
COCO POPS per 30g	480	115	0.6	0.3	25.2	5.1	1.9	0.2
CRUNCHY NUT CORNFLAKES per 30g	500	119	1.4	0.2	24.6	10.5	1.8	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
SPECIAL K per 30g	471	113	0.5	0.1	23.7	5.1	2.7	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
KELLOGG'S MUESLI FRUIT per 45g	463	111	1.5	0.2	20.1	5.4	2.8	0.0
RICE KRISPIES per 30g	482	115	0.5	0.1	25.5	2.4	2.1	0.3
BRAN FLAKES per 30g	447	107	0.6	0.2	19.8	6.0	3.3	0.3
GRANOLA QUAKER OAT RAISIN per portion	875	209	4.6	0.6	35.5	11.5	4.0	0.0
OATS2GO PORRIDGE SACHET per sachet without milk	415	99	2.3	0.4	15.1	0.3	3.3	0.0

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														
SEASONAL SPECIALS																				
OUR STARTERS																				
HONEY & MUSTARD CHICKEN SKEWERS																				
HONEY MUSTARD DRESSING	YES	NO						Y							Y					
RAW CHICKEN INNER FILLET	NO	NO																		
RAPESEED OIL	YES	YES																		
SMOKEY TOMATO DIP	YES	YES												Y	Y					
ROCKET LEAF	YES	YES																		
HONEY & MUSTARD CHICKEN SKEWERS	NO	NO						Y						Y	Y					
TEMPURA PRAWNS																				
TEMPURA BATTERED TAIL ON KING PRAWNS	NO	NO	Y								Y									
RAPESEED OIL	YES	YES																		
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
LEMON CASE	YES	NO																		
TEMPURA PRAWNS	NO	NO	Y								Y									
TASTY MAINS																				
CLUCK 'N' ALE BURGER																				
BEER BATTERED ONION RINGS	NO	NO	Y		Y															
RAPESEED OIL	YES	YES																		
CHEESE SLICES	YES	NO						Y												
PLAIN FLOUR	YES	YES	Y																	
CHICKEN BREAST	NO	NO																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
TOMATO M	YES	YES																		
LETTUCE ICEBERG	YES	YES																		
ONIONS RED	YES	YES																		
COLESLAW MIX	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
BATTER MIX	YES	YES	Y																	
DOOM BAR CASK	NO	NO			Y															
LIGHT MAYONNAISE	YES	NO						Y										Y		
PIRI PIRI SAUCE	YES	YES										Y								
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
CLUCK 'N' ALE BURGER	NO	NO	Y		Y			Y	Y				Y	Y				Y		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
BACON & BLUE CHEESE SALAD																				
STILTON	YES	NO						Y												
FRENCH DRESSING	YES	YES										Y			Y					
SMOKED DRY CURED STREAKY BACON	NO	NO																		
CIABATTA LOAF	YES	YES	Y	Y																
RAPESEED OIL	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
BACON & BLUE CHEESE SALAD	NO	NO	Y	Y				Y				Y			Y					
FIRE-KISSED BUTTERNUT SQUASH																				
TENDER STEM BROCCOLI	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
REDUCED FAT SOUR CREAM	YES	NO						Y												
ONIONS SPRING BUNCH	YES	YES																		
BUTTERNUT SQUASH	YES	YES			Y															
FIRE-KISSED BUTTERNUT SQUASH	YES	NO			Y			Y												
LEMON & THYME MARINATED HALF CHICKEN																				
LEMON & THYME CHICKEN	NO	NO																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
GRILLED CORN ON THE COB	YES	YES																		
ROCKET LEAF	YES	YES																		
LEMON CASE	YES	NO																		
SWEET POTATO FRIES	YES	YES																		
RAPESEED OIL	YES	YES																		
LEMON & THYME MARINATED HALF CHICKEN	NO	NO						Y								Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
FILLET STEAK WITH BERNAISE SAUCE																				
RAPESEED OIL	YES	YES						Y	Y					Y						
BERNAISE SAUCE	YES	NO						Y	Y					Y						
FILLET STEAK 8OZ	NO	NO																		
PEAS GRADE A	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
FILLET STEAK WITH BERNAISE SAUCE	NO	NO						Y	Y					Y						
FILLET STEAK WITH PEPPERCORN SAUCE																				
RAPESEED OIL	YES	YES																		
PEPPERCORN SAUCE	NO	NO	Y						Y					Y						
FILLET STEAK 8OZ	NO	NO																		
PEAS GRADE A	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
FILLET STEAK WITH PEPPERCORN SAUCE	NO	NO	Y						Y					Y						
FILLET STEAK WITH DIANE SAUCE																				
RAPESEED OIL	YES	YES																		
DIANE SAUCE	NO	NO							Y					Y	Y					
FILLET STEAK 8OZ	NO	NO																		
PEAS GRADE A	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
FILLET STEAK WITH DIANE SAUCE	NO	NO							Y					Y	Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
CLASSIC PUDDINGS																				
MIXED BERRY PAVLOVA	YES	NO																		
DAIRY AEROSOL CREAM	YES	NO						Y												
FRESH HERBS MINT	YES	YES																		
STRAWBERRIES	YES	YES																		
FRUIT BERRY MIX	YES	YES																		
RIPPLE PAVLOVA	YES	NO						Y												
MIXED BERRY PAVLOVA	YES	NO						Y	Y											
RHUBARB & CUSTARD SUNDAE																				
RHUBARB CUSTARD COMPOTE	YES	YES																		
DAIRY AEROSOL CREAM	YES	NO						Y												
CUSTARD RTS	YES	NO						Y												
FRESH HERBS MINT	YES	YES																		
VANILLA ICE CREAM	YES	NO						Y												
CUSTARD CAKE SLICE	YES	NO	Y					Y	Y											
RHUBARB & CUSTARD SUNDAE	YES	NO	Y					Y	Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
WHITBREAD INNS SUMMER MENU																				
STARTERS																				
CHICKEN WINGS																				
	RAPESEED OIL	YES	YES																	
	BBQ SAUCE	YES	YES																	
	ROCKET LEAF	YES	YES																	
	TULIP CHICKEN WINGS	NO	NO																	
CHICKEN WINGS																				
		NO	NO																	
CALAMARI																				
	CALAMARI	NO	NO	Y								Y								
	THAI SWEET CHILLI DIPPING SAUCE	YES	YES																	
	FRESH HERBS FLAT PARSLEY	YES	YES																	
	LEMON CASE	YES	NO																	
CALAMARI																				
		NO	NO	Y								Y								
GARLIC & HERB BREADED MUSHROOMS																				
	RAPESEED OIL	YES	YES																	
	GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																
	BBQ SAUCE	YES	YES																	
	ROCKET LEAF	YES	YES																	
GARLIC & HERB BREADED MUSHROOMS																				
		NO	NO	Y																
CLASSIC PRAWN COCKTAIL																				
	SALTED BUTTER BLOCK	YES	NO						Y											
	WARM WATER PRAWNS	NO	NO								Y									
	PAPRIKA PEPPER	YES	YES																	
	MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y														
	SEAFOOD SAUCE	YES	NO					Y								Y				
	TOMATO M	YES	YES																	
	CUCUMBER	YES	YES																	
	LETTUCE ICEBERG	YES	YES																	
	LEMON CASE	YES	NO																	
CLASSIC PRAWN COCKTAIL																				
		NO	NO	Y		Y		Y	Y		Y					Y				
LOADED NACHOS																				
	FETA CHEESE	YES	NO						Y											
	CAJUN JACK CHEESE SAUCE	YES	NO						Y						Y					
	REDUCED FAT SOUR CREAM	YES	NO						Y											
	GUACAMOLE	YES	YES																	
	TORTILLA CHIPS	YES	YES																	
	FRESH HERBS CORIANDER	YES	YES																	
	ONIONS SPRING BUNCH	YES	YES																	
	RADISH	YES	YES																	
LOADED NACHOS																				
		YES	NO						Y							Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
LOADED NACHOS WITH COWBOY BEANS																				
FETA CHEESE	YES	NO							Y											
CAJUN JACK CHEESE SAUCE	YES	NO							Y							Y				
SMOKEY BEEF COWBOY BEANS	NO	NO	Y		Y											Y				
REDUCED FAT SOUR CREAM	YES	NO							Y											
GUACAMOLE	YES	YES																		
TORTILLA CHIPS	YES	YES																		
FRESH HERBS CORIANDER	YES	YES																		
ONIONS SPRING BUNCH	YES	YES																		
RADISH	YES	YES																		
LOADED NACHOS WITH COWBOY BEANS																				
	NO	NO	Y		Y				Y							Y				
TOMATO SOUP																				
SALTED BUTTER BLOCK	YES	NO							Y											
TOMATO SOUP CONCENTRATE	YES	NO							Y						Y					
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
FRESH HERBS FLAT PARSLEY	YES	YES																		
TOMATO SOUP																				
	YES	NO	Y		Y				Y						Y					
BUTTERMILK & ROSEMARY CHICKEN GOUJONS																				
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y						Y											
BUTTERMILK & ROSEMARY CHICKEN GOUJONS																				
	NO	NO	Y						Y											
SHARING PLATTER																				
RAPESEED OIL	YES	YES																		
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
REDUCED FAT SOUR CREAM	YES	NO							Y											
POTATO DIPPERS	YES	YES																		
BBQ SAUCE	YES	YES																		
GARLIC BREAD SLICES	YES	NO	Y						Y											
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y						Y											
LIGHT MAYONNAISE	YES	NO							Y							Y				
PIRI PIRI SAUCE	YES	YES										Y								
RAPESEED OIL	YES	YES																		
BATTER MIX	YES	YES	Y																	
HALLOUMI	NO	NO							Y											
BEER BATTERED ONION RINGS	NO	NO	Y		Y															
RAPESEED OIL	YES	YES																		
SHARING PLATTER																				
	NO	NO	Y		Y				Y	Y				Y		Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
SHARING PLATTER WITH CHICKEN WINGS																					
RAPESEED OIL	YES	YES																			
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																		
REDUCED FAT SOUR CREAM	YES	NO						Y													
POTATO DIPPERS	YES	YES																			
BBQ SAUCE	YES	YES																			
GARLIC BREAD SLICES	YES	NO	Y					Y													
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y					Y													
TULIP CHICKEN WINGS	NO	NO																			
LIGHT MAYONNAISE	YES	NO						Y							Y						
PIRI PIRI SAUCE	YES	YES										Y									
RAPESEED OIL	YES	YES																			
BATTER MIX	YES	YES	Y																		
HALLOUMI	NO	NO						Y													
BEER BATTERED ONION RINGS	NO	NO	Y		Y																
RAPESEED OIL	YES	YES																			
SHARING PLATTER WITH CHICKEN WINGS																					
	NO	NO	Y		Y			Y	Y				Y			Y					
SHARING LOADED NACHOS																					
FETA CHEESE	YES	NO						Y													
CAJUN JACK CHEESE SAUCE	YES	NO						Y								Y					
SMOKEY BEEF COWBOY BEANS	NO	NO	Y		Y											Y					
REDUCED FAT SOUR CREAM	YES	NO						Y													
GUACAMOLE	YES	YES																			
TORTILLA CHIPS	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
RADISH	YES	YES																			
SHARING LOADED NACHOS																					
	NO	NO	Y		Y			Y								Y					
BURGERS & GRILLS																					
DOUBLE STACK STEAK BURGER WITH CHEESE																					
VEGAN BURGER SAUCE	YES	YES														Y					
CHEESE SLICES	YES	NO						Y													
STEAK BURGER 4OZ	NO	NO																			
HAMBURGER RELISH	YES	YES										Y			Y						
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y								
TOMATO M	YES	YES																			
LETTUCE ICEBERG	YES	YES																			
ONIONS RED	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
DOUBLE STACK STEAK BURGER WITH CHEESE																					
	NO	NO	Y					Y	Y			Y	Y		Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
DOUBLE STACK STEAK BURGER WITH CHEESE & BACON																					
VEGAN BURGER SAUCE	YES	YES																			
CHEESE SLICES	YES	NO							Y												
STEAK BURGER 4OZ	NO	NO																			
HAMBURGER RELISH	YES	YES										Y									
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y					Y							
TOMATO M	YES	YES																			
LETTUCE ICEBERG	YES	YES																			
ONIONS RED	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
RAPESEED OIL	YES	YES																			
SMOKED DRY CURED STREAKY BACON	NO	NO																			
DOUBLE STACK STEAK BURGER WITH CHEESE & BACON	NO	NO	Y					Y	Y				Y	Y		Y					
BBQ VEGAN BURGER																					
VEGAN BURGER SAUCE	YES	YES																			
HAMBURGER RELISH	YES	YES										Y									
VEGAN BURGER	YES	YES	Y				Y														
BBQ PULLED VEGGIES	YES	YES	Y				Y		Y												
VEGAN BUN	YES	YES	Y	Y		Y															
TOMATO M	YES	YES																			
LETTUCE ICEBERG	YES	YES																			
ONIONS RED	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
BBQ VEGAN BURGER	YES	YES	Y	Y		Y	Y					Y				Y					
SLOPPY JOE BURGER																					
SLOPPY JOE MIX	NO	NO					Y														
RAPESEED OIL	YES	YES																			
CHEESE SLICES	YES	NO							Y												
AGED CHEESE SAUCE	YES	NO					Y		Y												
STEAK BURGER 4OZ	NO	NO																			
HAMBURGER RELISH	YES	YES										Y									
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y					Y							
VEGAN BURGER SAUCE	YES	YES																			
TOMATO M	YES	YES																			
LETTUCE ICEBERG	YES	YES																			
ONIONS RED	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
SLOPPY JOE BURGER	NO	NO	Y				Y	Y	Y			Y	Y		Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
LAMB RUMP																					
TENDER STEM BROCCOLI	YES	YES																			
LAMB RUMP	NO	NO																			
MALBEC SAUCE	NO	NO						Y				Y									
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO						Y													
MINT SAUCE	YES	YES																			
POTATO MID	YES	YES																			
LAMB RUMP																					
LAMB RUMP	NO	NO						Y				Y									
OUR SIGNATURE MIXED GRILL																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
BEER BATTERED ONION RINGS	NO	NO	Y		Y																
RAPESEED OIL	YES	YES																			
TOPSIDE MINUTE STEAK	NO	NO																			
BREAKFAST SAUSAGE	NO	NO	Y									Y									
GAMMON STEAK 7OZ	NO	NO																			
PEPPERCORN SAUCE	NO	NO	Y					Y						Y							
CHICKEN BREAST	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
SALTED BUTTER BLOCK	YES	NO						Y													
MUSHROOM CUP	YES	YES																			
OUR SIGNATURE MIXED GRILL																					
OUR SIGNATURE MIXED GRILL	NO	NO	Y		Y			Y	Y			Y		Y							
OUR SIGNATURE MIXED GRILL WITH RUMP STEAK																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
BEER BATTERED ONION RINGS	NO	NO	Y		Y																
RAPESEED OIL	YES	YES																			
BREAKFAST SAUSAGE	NO	NO	Y									Y									
GAMMON STEAK 7OZ	NO	NO																			
PEPPERCORN SAUCE	NO	NO	Y					Y						Y							
RUMP STEAK 8OZ	NO	NO																			
CHICKEN BREAST	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
SALTED BUTTER BLOCK	YES	NO						Y													
MUSHROOM CUP	YES	YES																			
OUR SIGNATURE MIXED GRILL WITH RUMP STEAK																					
OUR SIGNATURE MIXED GRILL WITH RUMP STEAK	NO	NO	Y		Y			Y	Y			Y		Y							

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
SURF & TURF COMBO																				
CALAMARI	NO	NO	Y									Y								
RAPESEED OIL	YES	YES																		
SIRLOIN STEAK 8OZ	NO	NO																		
EASY PEEL KING PRAWNS	NO	NO									Y									
TOMATO M	YES	YES																		
ROCKET LEAF	YES	YES																		
COLESLAW MIX	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SURF & TURF COMBO																				
	NO	NO	Y					Y			Y	Y				Y				
STEAK & FRITES																				
RAPESEED OIL	YES	YES																		
TOPSIDE MINUTE STEAK	NO	NO																		
GARLIC AND PARSLEY SPREAD	YES	NO							Y											
TOMATO M	YES	YES																		
ROCKET LEAF	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRITES	YES	YES																		
STEAK & FRITES																				
	NO	NO						Y												
STEAK & SALAD																				
RAPESEED OIL	YES	YES																		
TOPSIDE MINUTE STEAK	NO	NO																		
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y				Y				
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
STEAK & SALAD																				
	NO	NO										Y				Y				
8OZ RUMP STEAK																				
RAPESEED OIL	YES	YES																		
RUMP STEAK 8OZ	NO	NO																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
8OZ RUMP STEAK																				
	NO	NO						Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
8OZ RUMP STEAK WITH SALAD																				
RAPESEED OIL	YES	YES																		
RUMP STEAK 8OZ	NO	NO																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
PEAS GRADE A	YES	YES																		
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
8OZ RUMP STEAK WITH SALAD																				
	NO	NO							Y				Y			Y				
8OZ SIRLOIN STEAK																				
RAPESEED OIL	YES	YES																		
SIRLOIN STEAK 8OZ	NO	NO																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
8OZ SIRLOIN STEAK																				
	NO	NO							Y											
8OZ SIRLOIN STEAK WITH SALAD																				
RAPESEED OIL	YES	YES																		
SIRLOIN STEAK 8OZ	NO	NO																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
PEAS GRADE A	YES	YES																		
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
8OZ SIRLOIN STEAK WITH SALAD																				
	NO	NO							Y				Y			Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
10OZ RIB-EYE STEAK																				
RAPESEED OIL	YES	YES																		
RIBEYE STEAK 10OZ	NO	NO																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
TABLE SALT	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MUSHROOM CUP	YES	YES																		
10OZ RIB-EYE STEAK																				
	NO	NO							Y											
GET SAUCY																				
PEPPERCORN SAUCE																				
PEPPERCORN SAUCE	NO	NO	Y						Y						Y					
PEPPERCORN SAUCE	NO	NO	Y						Y						Y					
BEARNAISE SAUCE																				
BEARNAISE SAUCE	YES	NO						Y	Y			Y								
BEARNAISE SAUCE	YES	NO						Y	Y			Y								
DIANE SAUCE																				
DIANE SAUCE	NO	NO							Y						Y	Y				
DIANE SAUCE	NO	NO							Y						Y	Y				
A BIT ON THE SIDE																				
CHIPS																				
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
CHIPS	YES	YES																		
SKINNY CUT FRIES																				
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
MIXED SIDE SALAD																				
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y				Y				
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
MIXED SIDE SALAD	YES	YES										Y				Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
BEER-BATTERED ONION RINGS																					
BEER BATTERED ONION RINGS	NO	NO	Y		Y																
RAPESEED OIL	YES	YES																			
BEER-BATTERED ONION RINGS																					
NO	NO	Y		Y																	
MIXED GREEN VEGETABLES																					
VEG MIX GREEN	YES	NO					Y	Y													
MIXED GREEN VEGETABLES																					
YES	NO					Y	Y														
TIGER FRIES																					
SWEET POTATO FRIES	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
TIGER FRIES																					
YES	YES																				
SWEET POTATO FRIES																					
SWEET POTATO FRIES	YES	YES																			
RAPESEED OIL	YES	YES																			
SWEET POTATO FRIES																					
YES	YES																				
TENDERSTEM BROCCOLI																					
TENDER STEM BROCCOLI	YES	YES																			
SALTED BUTTER BLOCK	YES	NO						Y													
TENDERSTEM BROCCOLI																					
YES	NO							Y													
HALLOUMI FRIES																					
RAPESEED OIL	YES	YES																			
BATTER MIX	YES	YES	Y																		
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
HALLOUMI	NO	NO						Y													
HALLOUMI FRIES																					
NO	NO	Y						Y													
CLASSICS																					
CHICKEN & CHORIZO PIE																					
CHX CHORIZO PIE	NO	NO	Y					Y	Y												
SALTED BUTTER BLOCK	YES	NO						Y													
POTATO MID	YES	YES																			
COLESLAW MIX	YES	YES																			
SALAD LEAF MIX	YES	YES																			
FRENCH DRESSING	YES	YES										Y			Y						
TOMATO CHERRY RED	YES	YES																			
CUCUMBER	YES	YES																			
ONIONS RED	YES	YES																			
PEPPER RED	YES	YES																			
CHICKEN & CHORIZO PIE																					
NO	NO	Y						Y	Y			Y			Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
THAI GREEN CURRY																					
BASMATI RICE	YES	YES																			
COLESLAW MIX	YES	YES																			
VEGAN CURRY NGCI	YES	YES					Y														
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
THAI GREEN CURRY																					
BASMATI RICE	YES	YES					Y														
COLESLAW MIX	YES	YES																			
RAPESEED OIL	YES	YES																			
VEGAN CURRY NGCI	YES	YES					Y														
CHICKEN BREAST	NO	NO																			
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
THAI GREEN CURRY WITH CHICKEN BREAST																					
BASMATI RICE	YES	YES					Y														
COLESLAW MIX	YES	YES																			
RAPESEED OIL	YES	YES																			
VEGAN CURRY NGCI	YES	YES					Y														
CHICKEN BREAST	NO	NO																			
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
THAI GREEN CURRY WITH CHICKEN BREAST																					
BASMATI RICE	NO	NO					Y														
COLESLAW MIX	YES	YES																			
RAPESEED OIL	YES	YES																			
VEGAN CURRY NGCI	YES	YES					Y														
CHICKEN BREAST	NO	NO																			
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
THAI GREEN CURRY WITH CHICKEN BREAST																					
BASMATI RICE	NO	NO					Y														
COLESLAW MIX	YES	YES																			
RAPESEED OIL	YES	YES																			
VEGAN CURRY NGCI	YES	YES					Y														
CHICKEN BREAST	NO	NO																			
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
GAMMON STEAK WITH CHIPS AND EGGS																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS AND EGGS																					
CAGE FREE MED BARN EGGS	NO	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS AND GRILLED PINEAPPLE																					
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS AND GRILLED PINEAPPLE																					
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS AND GRILLED PINEAPPLE																					
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
GAMMON STEAK WITH CHIPS AND ONE OF EACH																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS AND ONE OF EACH																					
	NO	NO						Y													
GAMMON STEAK WITH JKT POT AND EGGS																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
BAKING POTATOES	YES	YES																			
RAPESEED OIL	YES	YES																			
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO								Y											
GAMMON STEAK WITH JKT POT AND EGGS																					
	NO	NO						Y	Y												
GAMMON STEAK WITH JKT POT AND GRILLED PINEAPPLE																					
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
BAKING POTATOES	YES	YES																			
RAPESEED OIL	YES	YES																			
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO								Y											
GAMMON STEAK WITH JKT POT AND GRILLED PINEAPPLE																					
	NO	NO						Y	Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
GAMMON STEAK WITH JKT POT AND ONE OF EACH																				
CAGE FREE MED BARN EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
PINEAPPLE IN JUICE	YES	YES																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
BAKING POTATOES	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
GAMMON STEAK WITH JKT POT AND ONE OF EACH																				
	NO	NO						Y	Y											
CHICKEN MAKHANI CURRY																				
BASMATI RICE	YES	YES																		
MANGO CHUTNEY	YES	YES																		
CHICKEN MAKHANI CURRY	NO	NO							Y											
GREEK STYLE YOGHURT	YES	NO								Y										
PLAIN NAAN	YES	NO	Y				Y			Y										
CHICKEN MAKHANI CURRY																				
	NO	NO	Y				Y			Y										
HALLOUMI & CHIPS WITH PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
GARDEN PEAS	YES	YES																		
HALLOUMI	NO	NO								Y										
TARTARE SAUCE	YES	NO							Y							Y				
LEMON CASE	YES	NO																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
VINEGAR MALT	YES	YES																		
BATTER MIX	YES	YES	Y																	
HALLOUMI & CHIPS WITH PEAS																				
	NO	NO	Y					Y	Y							Y				
HALLOUMI & CHIPS WITH MUSHY PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
MUSHY PEAS	YES	YES																		
HALLOUMI	NO	NO								Y										
TARTARE SAUCE	YES	NO							Y							Y				
LEMON CASE	YES	NO																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
VINEGAR MALT	YES	YES																		
BATTER MIX	YES	YES	Y																	
HALLOUMI & CHIPS WITH MUSHY PEAS																				
	NO	NO	Y					Y	Y							Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
SWEET POTATO & FETA LASAGNE																					
GARLIC AND PARSLEY SPREAD	YES	NO							Y	Y											
SPINACH & FETA LASAGNE	YES	NO	Y					Y	Y						Y	Y					
FRESH HERBS FLAT PARSLEY	YES	YES																			
MOZZ/MILD CHEDDAR MIX	YES	NO							Y												
FLATBREAD HAND PRESSED	YES	NO	Y						Y												
SWEET POTATO & FETA LASAGNE	YES	NO	Y					Y	Y						Y	Y					
HUNTER'S CHICKEN WITH CHIPS																					
RAPESEED OIL	YES	YES																			
CHEESE SLICES	YES	NO							Y												
CHICKEN BREAST	NO	NO																			
BBQ SAUCE	YES	YES																			
GARDEN PEAS	YES	YES																			
SMOKED DRY CURED STREAKY BACON	NO	NO																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
HUNTER'S CHICKEN WITH CHIPS	NO	NO							Y												
HUNTER'S CHICKEN WITH JKT POT																					
RAPESEED OIL	YES	YES																			
CHEESE SLICES	YES	NO							Y												
CHICKEN BREAST	NO	NO																			
BBQ SAUCE	YES	YES																			
GARDEN PEAS	YES	YES																			
SMOKED DRY CURED STREAKY BACON	NO	NO																			
BAKING POTATOES	YES	YES																			
RAPESEED OIL	YES	YES																			
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO							Y												
HUNTER'S CHICKEN WITH JKT POT	NO	NO							Y												
BREADED SCAMPI & CHIPS WITH PEAS																					
WHITBY SCAMPI	NO	NO	Y								Y										
GARDEN PEAS	YES	YES																			
TARTARE SAUCE	YES	NO							Y							Y					
LEMON CASE	YES	NO																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
BREADED SCAMPI & CHIPS WITH PEAS	NO	NO	Y						Y		Y					Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
BREADED SCAMPI & CHIPS WITH MUSHY PEAS																				
WHITBY SCAMPI	NO	NO	Y								Y									
MUSHY PEAS	YES	YES																		
TARTARE SAUCE	YES	NO						Y								Y				
LEMON CASE	YES	NO																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
BREADED SCAMPI & CHIPS WITH MUSHY PEAS																				
	NO	NO	Y					Y			Y					Y				
RIBS & SMOKY PAPRIKA CHICKEN																				
RAPESEED OIL	YES	YES																		
MAPLE FLAVOUR BBQ PORK RIBS	NO	NO																		
BBQ SAUCE	YES	YES																		
PAPRIKA CHICKEN BREAST	NO	NO																		
GARDEN PEAS	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
RIBS & SMOKY PAPRIKA CHICKEN																				
	NO	NO																		
WHOLE RACK OF RIBS & SMOKY PAPRIKA CHICKEN																				
RAPESEED OIL	YES	YES																		
MAPLE FLAVOUR BBQ PORK RIBS	NO	NO																		
BBQ SAUCE	YES	YES																		
PAPRIKA CHICKEN BREAST	NO	NO																		
GARDEN PEAS	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
MAPLE FLAVOUR BBQ PORK RIBS	NO	NO																		
WHOLE RACK OF RIBS & SMOKY PAPRIKA CHICKEN																				
	NO	NO																		
CHICKEN FORESTIERE																				
DIANE SAUCE	NO	NO						Y						Y	Y					
CHICKEN BREAST	NO	NO																		
SMOKED DRY CURED STREAKY BACON	NO	NO																		
SALTED BUTTER BLOCK	YES	NO						Y												
MUSHROOM CUP	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
ONIONS RED	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
MASHED POTATO	YES	NO						Y												
CHICKEN FORESTIERE																				
	NO	NO	Y					Y						Y	Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
BEEF & STOUT PIE																					
BEEF STOUT PIE	NO	NO	Y		Y			Y	Y												
SALTED BUTTER BLOCK	YES	NO							Y												
GRAVY CONCENTRATE	NO	NO													Y						
WHOLE GREEN BEANS	YES	YES																			
SALTED BUTTER BLOCK	YES	NO							Y												
MASHED POTATO	YES	NO							Y												
BEEF & STOUT PIE	NO	NO	Y		Y			Y	Y						Y						
CHICKEN ESCALOPE																					
CHICKEN ESCALOPE	NO	NO	Y																		
CAGE FREE MED BARN EGGS	YES	NO						Y													
GARLIC AND PARSLEY SPREAD	YES	NO							Y												
CHEESE SLICES	YES	NO							Y												
SMOKED DRY CURED STREAKY BACON	NO	NO																			
LEMON CASE	YES	NO																			
SALAD LEAF MIX	YES	YES																			
FRENCH DRESSING	YES	YES											Y				Y				
CUCUMBER	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
CHICKEN ESCALOPE	NO	NO	Y					Y	Y				Y				Y				
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS																					
RAPESEED OIL	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
GARDEN PEAS	YES	YES																			
HADDOCK FILLET LARGE	NO	NO								Y											
TARTARE SAUCE	YES	NO						Y											Y		
LEMON CASE	YES	NO																			
BATTER MIX	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS	NO	NO	Y					Y		Y									Y		
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS																					
RAPESEED OIL	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
MUSHY PEAS	YES	YES																			
HADDOCK FILLET LARGE	NO	NO								Y											
TARTARE SAUCE	YES	NO						Y											Y		
LEMON CASE	YES	NO																			
BATTER MIX	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	NO	NO	Y					Y		Y									Y		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)	
OVEN-BAKED COD LOIN																					
HERB DRESSING	YES	YES																			
MSC COD LOINS	NO	NO								Y											
RATATOUILLE	YES	NO																			
ROCKET LEAF	YES	YES																			
LEMON CASE	YES	NO																			
SALTED BUTTER BLOCK	YES	NO								Y											
POTATO MID	YES	YES																			
OVEN-BAKED COD LOIN																					
	NO	NO								Y	Y										
FISH & CHIP SHOP PLATTER																					
WHITBY SCAMPI	NO	NO	Y									Y									
RAPESEED OIL	YES	YES																			
SEASIDE MUSHY PEA BITES	NO	NO	Y		Y				Y												
BREAKFAST SAUSAGE	NO	NO	Y										Y								
PLAIN FLOUR	YES	YES	Y																		
POLLOCK FILLETS	NO	NO								Y											
ROCKET LEAF	YES	YES																			
TARTARE SAUCE	YES	NO							Y							Y					
LEMON CASE	YES	NO																			
BATTER MIX	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
FISH & CHIP SHOP PLATTER																					
	NO	NO	Y		Y				Y	Y	Y	Y		Y		Y					
SALADS																					
GRILLED HALLOUMI																					
RAPESEED OIL	YES	YES																			
HALLOUMI	YES	NO								Y											
COLESLAW MIX	YES	YES																			
SALAD LEAF MIX	YES	YES																			
FRENCH DRESSING	YES	YES											Y				Y				
TOMATO CHERRY RED	YES	YES																			
CUCUMBER	YES	YES																			
ONIONS RED	YES	YES																			
PEPPER RED	YES	YES																			
GRILLED HALLOUMI																					
	YES	NO								Y			Y			Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
GRILLED CHICKEN																				
RAPESEED OIL	YES	YES																		
CHICKEN BREAST	NO	NO																		
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
GRILLED CHICKEN																				
	NO	NO										Y			Y					
PUDDINGS																				
SALTED TOFFEE APPLE CRUMBLE																				
CUSTARD RTS	YES	NO						Y												
SALTED TOFFEE APPLE FILLING	YES	NO						Y												
SHORTCAKE OATY CRUMBLE	YES	NO	Y			Y		Y												
SALTED TOFFEE APPLE CRUMBLE																				
	YES	NO	Y			Y		Y												
WARM CHOCOLATE BROWNIE																				
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y							Y		Y		
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
WARM CHOCOLATE BROWNIE																				
	YES	NO	Y					Y	Y							Y		Y		
CHOCOLATE MINT SUNDAE WITH AERO BUBBLES																				
MINT AERO BUBBLES	YES	NO						Y												
DAIRY AEROSOL CREAM	YES	NO						Y												
MINT SYRUP	YES	YES																		
CHOCOLATE SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO						Y												
CHOCOLATE MINT SUNDAE WITH AERO BUBBLES																				
	YES	NO						Y	Y											
CHOCOLATE CHURROS SUNDAE																				
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y							Y		Y		
DAIRY AEROSOL CREAM	YES	NO							Y											
FRESH HERBS MINT	YES	YES																		
CHOCOLATE SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO						Y												
CHURROS	YES	YES	Y																	
CHOCOLATE CHURROS SUNDAE																				
	YES	NO	Y					Y	Y							Y		Y		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present													
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	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)
CHOCOLATE FUDGE SENSATION CAKE																				
CHOCOLATE CAKE GF	YES	NO						Y	Y											
UHT WHIPPING CREAM	YES	NO							Y											
CHOCOLATE FUDGE SENSATION CAKE																				
CHOCOLATE FUDGE SENSATION CAKE	YES	NO						Y	Y											
STICKY TOFFEE PUDDING																				
STICKY TOFFEE PUDDING	YES	NO	Y					Y	Y											
FRESH HERBS MINT	YES	YES																		
VANILLA ICE CREAM	YES	NO							Y											
STICKY TOFFEE PUDDING																				
STICKY TOFFEE PUDDING	YES	NO	Y					Y	Y											
FROZEN STRAWBERRY YOGHURT																				
FRESH HERBS MINT	YES	YES																		
STRAWBERRIES	YES	YES																		
STRAWBERRY FROZEN YOGHURT	YES	NO						Y												
FROZEN STRAWBERRY YOGHURT																				
FROZEN STRAWBERRY YOGHURT	YES	NO						Y												
GIN FIZZ SORBET																				
GIN FIZZ SORBET	YES	YES																		
FRESH HERBS MINT	YES	YES																		
GIN FIZZ SORBET																				
GIN FIZZ SORBET	YES	YES																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
WHITBREAD INNS KIDS MENU																				
STARTERS																				
CHICKEN MEATBALLS																				
BBQ SAUCE	YES	YES																		
CUCUMBER	YES	YES																		
CHICKEN MEATBALLS KIDS	NO	NO																		
CHICKEN MEATBALLS	NO	NO																		
GARLIC BREAD																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
CUCUMBER	YES	YES																		
GARLIC BREAD	YES	NO	Y					Y												
VEGGIE STICKS																				
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBER	YES	YES																		
FRESH HERBS MINT	YES	YES																		
VEGGIE STICKS	YES	NO						Y												
MAINS																				
CHICKEN CURRY																				
CHICKEN CURRY KIDS	NO	NO	Y					Y												
BROWN RICE KIDS	YES	YES																		
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
CHICKEN CURRY	NO	NO	Y					Y												
TOMATO PENNE PASTA																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
KIDS PENNE PASTA IN TOM SCE	YES	YES	Y																	
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
TOMATO PENNE PASTA	YES	NO	Y					Y												
POPPIN CHICKEN																				
BAKED BEANS	YES	YES																		
MINI CHICKEN CHUNKS	NO	NO	Y					Y												
CHIPS SKIN ON	YES	YES																		
RAPESEED OIL	YES	YES																		
POPPIN CHICKEN	NO	NO	Y					Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
COD BITES																				
COD CUBES	NO	NO	Y						Y											
GARDEN PEAS	YES	YES																		
CHIPS SKIN ON	YES	YES																		
RAPESEED OIL	YES	YES																		
COD BITES																				
NO	NO	Y							Y											
BANGERS & MASH																				
MASHED POTATO	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
KIDS SAUSAGE	NO	NO	Y																	
GARDEN PEAS	YES	YES																		
BANGERS & MASH																				
NO	NO	Y						Y						Y						
VEGGIE BANGERS & MASH																				
VEGETARIAN ROAST GRAVY	YES	NO	Y					Y						Y						
MASHED POTATO	YES	NO						Y												
QUORN CUMBERLAND SAUSAGE	YES	NO	Y					Y	Y											
GARDEN PEAS	YES	YES																		
VEGGIE BANGERS & MASH																				
YES	NO	Y						Y	Y					Y						
CHICKEN BURGER																				
BAKED BEANS	YES	YES																		
CHICKEN BREAST	NO	NO																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
BURGER BUN KIDS	YES	NO	Y					Y												
LETTUCE ICEBERG	YES	YES																		
POTATO MID	YES	YES																		
CHICKEN BURGER																				
NO	NO	Y						Y						Y						
TOMATO PASTA & CHICKEN MEATBALLS																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
KIDS PENNE PASTA IN TOM SCE	YES	YES	Y																	
CHICKEN MEATBALLS KIDS	NO	NO																		
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
TOMATO PASTA & CHICKEN MEATBALLS																				
NO	NO	Y						Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
BEEF BURGER																				
STEAK BURGER 4OZ	NO	NO																		
GRILLED CORN ON THE COB	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
CHIPS SKIN ON	YES	YES																		
RAPESEED OIL	YES	YES																		
BEEF BURGER																				
	NO	NO	Y					Y												
SPAGHETTI BOLOGNESE																				
SPAGHETTI BOLOGNAISE	NO	NO	Y											Y						
GARLIC BREAD SLICES	YES	NO	Y					Y												
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
SPAGHETTI BOLOGNESE																				
	NO	NO	Y					Y						Y						
SWAPSIES																				
CHIPS																				
CHIPS SKIN ON	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS																				
	YES	YES																		
MINI JACKET POTATOES																				
POTATO MID	YES	YES																		
MINI JACKET POTATOES																				
	YES	YES																		
MASHED POTATO																				
MASHED POTATO	YES	NO						Y												
MASHED POTATO																				
	YES	NO						Y												
BROWN RICE																				
BROWN RICE KIDS	YES	YES																		
BROWN RICE																				
	YES	YES																		
PEAS																				
GARDEN PEAS	YES	YES																		
PEAS																				
	YES	YES																		
BAKED BEANS																				
BAKED BEANS	YES	YES																		
BAKED BEANS																				
	YES	YES																		
MINI CORN ON THE COB																				
GRILLED CORN ON THE COB	YES	YES																		
MINI CORN ON THE COB																				
	YES	YES																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
VEGGIE STICKS																				
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
CARROTS MEDIUM	YES	YES																		
VEGGIE STICKS																				
SIDE SALAD																				
CUCUMBER	YES	YES																		
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
SIDE SALAD																				
GARLIC BREAD																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
GARLIC BREAD																				
	YES	NO	Y					Y												
PUDS																				
MIXED FRUIT SALAD																				
FRUIT SALAD	YES	YES																		
MIXED FRUIT SALAD																				
	YES	YES																		
ICE CREAM WITH RASPBERRY SAUCE																				
POMPADOUR FAN WAFERS	YES	NO	Y				Y	Y												
RASPBERRY SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO						Y												
ICE CREAM WITH RASPBERRY SAUCE																				
	YES	NO	Y				Y	Y												
ICE CREAM WITH CHOCOLATE SAUCE																				
POMPADOUR FAN WAFERS	YES	NO	Y				Y	Y												
CHOCOLATE SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO						Y												
ICE CREAM WITH CHOCOLATE SAUCE																				
	YES	NO	Y				Y	Y												
ICE CREAM WITH CARAMEL SAUCE																				
POMPADOUR FAN WAFERS	YES	NO	Y				Y	Y												
CARAMEL SAUCE	YES	NO						Y												
VANILLA ICE CREAM	YES	NO						Y												
ICE CREAM WITH CARAMEL SAUCE																				
	YES	NO	Y				Y	Y												
STRAWBERRY YOGHURT																				
STRAWBERRY YOGHURT	YES	NO						Y												
STRAWBERRY YOGHURT																				
	YES	NO						Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
STRAWBERRY FROZEN YOGHURT																				
POMPADOUR FAN WAFERS	YES	NO	Y				Y		Y											
STRAWBERRY FROZEN YOGHURT	YES	NO							Y											
STRAWBERRY FROZEN YOGHURT																				
STRAWBERRY FROZEN YOGHURT	YES	NO	Y				Y		Y											
MINI DOUGHNUTS																				
MINI RING DOUGHNUTS- SUGARED	YES	NO	Y				Y	Y	Y	Y										
CHOCOLATE SAUCE	YES	YES																		
MINI SMARTIES	NO	NO								Y										
MINI DOUGHNUTS																				
MINI DOUGHNUTS	NO	NO	Y				Y	Y	Y	Y										
PANCAKES																				
REDUCED SUGAR PANCAKE	YES	NO	Y						Y	Y										
BANANAS	YES	YES																		
STRAWBERRIES	YES	YES																		
CHOCOLATE SAUCE	YES	YES																		
PANCAKES																				
PANCAKES	YES	NO	Y						Y	Y										
FUNNY FACE SUNDAE																				
STRAWBERRY LACES	YES	YES	Y																	
VANILLA ICE CREAM	YES	NO								Y										
CUP CONES	YES	YES	Y					Y												
MARSHMALLOWS	NO	NO																		
MINI SMARTIES	NO	NO								Y										
FUNNY FACE SUNDAE																				
FUNNY FACE SUNDAE	NO	NO	Y				Y		Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
SUNDAY CARVERY																				
TOPSIDE OF BEEF																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y				Y	Y												
PEAS GRADE A	YES	YES																		
RAPESEED OIL	YES	YES																		
GRAVY CONCENTRATE	NO	NO												Y						
BEEF TOPSIDE JOINT	NO	NO																		
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
PREP WHOLE CARROTS	YES	YES																		
SALTED BUTTER	YES	NO						Y												
FRESH HERBS FLAT PARSLEY	YES	YES																		
TOPSIDE OF BEEF																				
	NO	NO	Y					Y	Y					Y						
CHICKEN																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y					Y	Y											
PEAS GRADE A	YES	YES																		
RAPESEED OIL	YES	YES																		
CHICKEN BREAST	NO	NO																		
GRAVY CONCENTRATE	NO	NO												Y						
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
PREP WHOLE CARROTS	YES	YES																		
SALTED BUTTER	YES	NO						Y												
FRESH HERBS FLAT PARSLEY	YES	YES																		
CHICKEN																				
	NO	NO	Y					Y	Y					Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
DAYTIME SAVER MENU																				
TO START																				
BUTTERMILK & ROSEMARY CHICKEN GOUJONS																				
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y					Y												
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	NO	NO	Y					Y												
TOMATO SOUP																				
SALTED BUTTER BLOCK	YES	NO						Y												
TOMATO SOUP CONCENTRATE	YES	NO						Y						Y						
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
FRESH HERBS FLAT PARSLEY	YES	YES																		
TOMATO SOUP	YES	NO	Y		Y			Y						Y						
POTATO DIPPERS																				
UNSMOKED BACK BACON	NO	NO																		
REDUCED FAT SOUR CREAM	YES	NO						Y												
POTATO DIPPERS	YES	YES																		
ONIONS SPRING BUNCH	YES	YES																		
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
POTATO DIPPERS	NO	NO						Y												
GARLIC & HERB BREADED MUSHROOMS																				
RAPESEED OIL	YES	YES																		
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
BBQ SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
GARLIC & HERB BREADED MUSHROOMS	NO	NO	Y																	
MAIN MEALS																				
JACKET POTATO WITH CHEESE & BEANS																				
BAKING POTATOES	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
BAKED BEANS	YES	YES																		
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
JACKET POTATO WITH CHEESE & BEANS	YES	NO						Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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															
HALLOUMI & CHIPS WITH PEAS																					
RAPESEED OIL	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
GARDEN PEAS	YES	YES																			
HALLOUMI	YES	NO						Y													
TARTARE SAUCE	YES	NO						Y							Y						
LEMON CASE	YES	NO																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
VINEGAR MALT	YES	YES																			
BATTER MIX	YES	YES	Y																		
HALLOUMI & CHIPS WITH PEAS																					
	YES	NO	Y					Y	Y						Y						
HALLOUMI & CHIPS WITH MUSHY PEAS																					
RAPESEED OIL	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
MUSHY PEAS	YES	YES																			
HALLOUMI	YES	NO							Y												
TARTARE SAUCE	YES	NO						Y							Y						
LEMON CASE	YES	NO																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
VINEGAR MALT	YES	YES																			
BATTER MIX	YES	YES	Y																		
HALLOUMI & CHIPS WITH MUSHY PEAS																					
	YES	NO	Y					Y	Y						Y						
GAMMON STEAK WITH CHIPS & AN EGG																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
GAMMON STEAK WITH CHIPS & AN EGG																					
	NO	NO						Y													

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING																				
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
PINEAPPLE IN JUICE	YES	YES																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING																				
NO	NO																			
GAMMON STEAK WITH JKT POT & AN EGG																				
CAGE FREE MED BARN EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
BAKING POTATOES	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
GAMMON STEAK WITH JKT POT & AN EGG																				
NO	NO							Y	Y											
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING																				
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
PINEAPPLE IN JUICE	YES	YES																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
BAKING POTATOES	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING																				
NO	NO							Y	Y											
CHICKEN & HAM PIE																				
CHICKEN & HAM PIE	NO	NO	Y					Y	Y							Y	Y			
GRAVY CONCENTRATE	NO	NO													Y					
GARDEN PEAS	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MASHED POTATO	YES	NO							Y											
CHICKEN & HAM PIE																				
NO	NO	Y						Y	Y						Y	Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
HAND-BATTERED FISH & CHIPS WITH PEAS																				
GARDEN PEAS	YES	YES																		
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
POLLOCK FILLETS	NO	NO							Y											
TARTARE SAUCE	YES	NO							Y						Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
HAND-BATTERED FISH & CHIPS WITH PEAS																				
	NO	NO	Y						Y		Y				Y					
HAND-BATTERED FISH & CHIPS WITH MUSHY PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
MUSHY PEAS	YES	YES																		
POLLOCK FILLETS	NO	NO									Y									
TARTARE SAUCE	YES	NO							Y						Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
HAND-BATTERED FISH & CHIPS WITH MUSHY PEAS																				
	NO	NO	Y						Y		Y				Y					
HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
MUSHY PEAS	YES	YES																		
HADDOCK FILLET LARGE	NO	NO									Y									
TARTARE SAUCE	YES	NO							Y						Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS																				
	NO	NO	Y						Y		Y				Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
HAND-BATTERED HADDOCK & CHIPS WITH PEAS																				
PEAS GRADE A	YES	YES																		
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
HADDOCK FILLET LARGE	NO	NO							Y											
TARTARE SAUCE	YES	NO						Y							Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
HAND-BATTERED HADDOCK & CHIPS WITH PEAS																				
	NO	NO	Y					Y		Y						Y				
SWEET POTATO & FETA LASAGNE																				
GARLIC BREAD SLICES	YES	NO	Y						Y											
SPINACH & FETA LASAGNE	YES	NO	Y					Y	Y					Y	Y					
FRESH HERBS FLAT PARSLEY	YES	YES																		
MOZZ/MILD CHEDDAR MIX	YES	NO							Y											
SWEET POTATO & FETA LASAGNE																				
	YES	NO	Y					Y	Y					Y	Y					
CHICKEN & BACON OPEN CLUB SANDWICH																				
CIABATTA LOAF	YES	YES	Y	Y																
CHICKEN BREAST	NO	NO																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
SMOKED DRY CURED STREAKY BACON	NO	NO																		
TOMATO M	YES	YES																		
LETTUCE ICEBERG	YES	YES																		
ROCKET LEAF	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
CHICKEN & BACON OPEN CLUB SANDWICH																				
	NO	NO	Y	Y				Y							Y					
CLASSIC BEEF STEAK BURGER WITH CHEESE																				
VEGAN BURGER SAUCE	YES	YES													Y					
CHEESE SLICES	YES	NO							Y											
STEAK BURGER 4OZ	NO	NO																		
HAMBURGER RELISH	YES	YES										Y			Y					
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y					Y						
TOMATO M	YES	YES																		
LETTUCE ICEBERG	YES	YES																		
ONIONS RED	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
CLASSIC BEEF STEAK BURGER WITH CHEESE																				
	NO	NO	Y					Y	Y			Y	Y		Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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															
DOUBLE BEEF STEAK BURGER WITH CHEESE																					
VEGAN BURGER SAUCE	YES	YES																		Y	
CHEESE SLICES	YES	NO						Y													
STEAK BURGER 4OZ	NO	NO																			
HAMBURGER RELISH	YES	YES										Y			Y						
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y								
TOMATO M	YES	YES																			
LETTUCE ICEBERG	YES	YES																			
ONIONS RED	YES	YES																			
RAPESEED OIL	YES	YES																			
SKINNY CUT FRIES	YES	YES																			
DOUBLE BEEF STEAK BURGER WITH CHEESE																					
NO	NO	Y						Y	Y				Y	Y		Y					
HAM, EGG & CHIPS																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
THICK CUT HAM SLICES	NO	NO																			
RAPESEED OIL	YES	YES																			
CHIPS SKIN ON	YES	YES																			
HAM, EGG & CHIPS																					
NO	NO							Y													
MAC & CHEESE																					
MAC & CHEESE	YES	NO	Y					Y													
GARLIC BREAD SLICES	YES	NO	Y					Y													
MOZZ/MILD CHEDDAR MIX	YES	NO						Y													
COLESLAW MIX	YES	YES																			
SALAD LEAF MIX	YES	YES																			
FRENCH DRESSING	YES	YES										Y			Y						
TOMATO CHERRY RED	YES	YES																			
CUCUMBER	YES	YES																			
ONIONS RED	YES	YES																			
PEPPER RED	YES	YES																			
MAC & CHEESE																					
YES	NO	Y						Y				Y			Y						
LASAGNE																					
GARLIC BREAD SLICES	YES	NO	Y					Y													
MEAT LASAGNE	NO	NO	Y		Y			Y	Y					Y	Y						
MOZZ/MILD CHEDDAR MIX	YES	NO						Y	Y												
LASAGNE																					
NO	NO	Y		Y				Y	Y					Y	Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
PAPRIKA CHICKEN																				
PAPRIKA CHICKEN BREAST	NO	NO																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
CUCUMBER	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
PAPRIKA CHICKEN																				
	NO	NO											Y			Y				
STEAK & FRITES																				
RAPESEED OIL	YES	YES																		
TOPSIDE MINUTE STEAK	NO	NO																		
GARLIC AND PARSLEY SPREAD	YES	NO							Y											
TOMATO M	YES	YES																		
ROCKET LEAF	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
STEAK & FRITES																				
	NO	NO							Y											
SWEET POTATO FRITES																				
SWEET POTATO FRITES	YES	YES																		
RAPESEED OIL	YES	YES																		
SWEET POTATO FRITES																				
	YES	YES																		
PERFECT PUDDINGS																				
WARM CHOCOLATE BROWNIE																				
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y								Y		Y	
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
WARM CHOCOLATE BROWNIE																				
	YES	NO	Y					Y	Y								Y		Y	
CARAMEL APPLE PIE WITH CREAM																				
UHT WHIPPING CREAM	YES	NO							Y											
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y					Y	Y	Y										
CARAMEL APPLE PIE WITH CREAM																				
	YES	NO	Y					Y	Y	Y										
CARAMEL APPLE PIE WITH CUSTARD																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y					Y	Y	Y										
CUSTARD RTS	YES	NO								Y										
CARAMEL APPLE PIE WITH CUSTARD																				
	YES	NO	Y					Y	Y	Y										

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
CARAMEL APPLE PIE WITH ICE CREAM																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
VANILLA ICE CREAM	YES	NO							Y											
CARAMEL APPLE PIE WITH ICE CREAM																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CARAMEL SAUCE																				
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CARAMEL SAUCE																				
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CHOCOLATE SAUCE																				
CHOCOLATE FUDGE SAUCE	YES	NO					Y		Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CHOCOLATE SAUCE																				
CHOCOLATE FUDGE SAUCE	YES	NO					Y		Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH RASPBERRY SAUCE																				
RASPBERRY SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH RASPBERRY SAUCE																				
RASPBERRY SAUCE	YES	NO							Y											
GIN FIZZ SORBET																				
GIN FIZZ SORBET	YES	YES																		
FRESH HERBS MINT	YES	YES																		
GIN FIZZ SORBET																				
FRESH HERBS MINT	YES	YES																		
FROZEN STRAWBERRY YOGHURT																				
FRESH HERBS MINT	YES	YES																		
STRAWBERRIES	YES	YES																		
STRAWBERRY FROZEN YOGHURT	YES	NO							Y											
FROZEN STRAWBERRY YOGHURT																				
STRAWBERRY FROZEN YOGHURT	YES	NO							Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
EVENING VALUE																				
TO START																				
GARLIC & HERB BREADED MUSHROOMS																				
RAPESEED OIL	YES	YES																		
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
BBQ SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
GARLIC & HERB BREADED MUSHROOMS	NO	NO	Y																	
BUTTERMILK & ROSEMARY CHICKEN GOUJONS																				
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
ROCKET LEAF	YES	YES																		
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y					Y												
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	NO	NO	Y					Y												
TOMATO SOUP																				
SALTED BUTTER BLOCK	YES	NO						Y												
TOMATO SOUP CONCENTRATE	YES	NO						Y						Y						
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
FRESH HERBS FLAT PARSLEY	YES	YES																		
TOMATO SOUP	YES	NO	Y		Y			Y						Y						
TASTY MAINS																				
CHICKEN & HAM PIE																				
CHICKEN & HAM PIE	NO	NO	Y					Y	Y									Y		
GRAVY CONCENTRATE	NO	NO												Y						
GARDEN PEAS	YES	YES																		
SALTED BUTTER BLOCK	YES	NO							Y											
MASHED POTATO	YES	NO							Y											
CHICKEN & HAM PIE	NO	NO	Y					Y	Y					Y	Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
FISH & CHIPS WITH PEAS																				
GARDEN PEAS	YES	YES																		
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
POLLOCK FILLETS	NO	NO							Y											
TARTARE SAUCE	YES	NO						Y							Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
FISH & CHIPS WITH PEAS	NO	NO	Y					Y		Y					Y					
FISH & CHIPS WITH MUSHY PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
MUSHY PEAS	YES	YES																		
POLLOCK FILLETS	NO	NO								Y										
TARTARE SAUCE	YES	NO						Y							Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
FISH & CHIPS WITH MUSHY PEAS	NO	NO	Y					Y		Y					Y					
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS																				
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
MUSHY PEAS	YES	YES																		
HADDOCK FILLET LARGE	NO	NO								Y										
TARTARE SAUCE	YES	NO						Y							Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
GIANT HAND-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	NO	NO	Y					Y		Y					Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS																				
PEAS GRADE A	YES	YES																		
RAPESEED OIL	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
HADDOCK FILLET LARGE	NO	NO							Y											
TARTARE SAUCE	YES	NO							Y						Y					
LEMON CASE	YES	NO																		
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
GIANT HAND-BATTERED HADDOCK & CHIPS WITH PEAS																				
	NO	NO	Y						Y		Y					Y				
LASAGNE																				
GARLIC BREAD SLICES	YES	NO	Y						Y											
MEAT LASAGNE	NO	NO	Y		Y				Y	Y					Y	Y				
MOZZ/MILD CHEDDAR MIX	YES	NO								Y										
LASAGNE																				
	NO	NO	Y		Y				Y	Y					Y	Y				
GAMMON STEAK WITH CHIPS & AN EGG																				
CAGE FREE MED BARN EGGS	YES	NO							Y											
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
GAMMON STEAK WITH CHIPS & AN EGG																				
	NO	NO							Y											
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING																				
RAPESEED OIL	YES	YES																		
GAMMON STEAK 7OZ	NO	NO																		
PINEAPPLE IN JUICE	YES	YES																		
GARDEN PEAS	YES	YES																		
TOMATO M	YES	YES																		
RAPESEED OIL	YES	YES																		
CHIPS SKIN ON	YES	YES																		
GAMMON STEAK WITH CHIPS & A PINEAPPLE RING																				
	NO	NO																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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															
GAMMON STEAK WITH JKT POT & AN EGG																					
CAGE FREE MED BARN EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
BAKING POTATOES	YES	YES																			
RAPESEED OIL	YES	YES																			
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO							Y												
GAMMON STEAK WITH JKT POT & AN EGG																					
	NO	NO						Y	Y												
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING																					
RAPESEED OIL	YES	YES																			
GAMMON STEAK 7OZ	NO	NO																			
PINEAPPLE IN JUICE	YES	YES																			
GARDEN PEAS	YES	YES																			
TOMATO M	YES	YES																			
BAKING POTATOES	YES	YES																			
RAPESEED OIL	YES	YES																			
TABLE SALT	YES	YES																			
SALTED BUTTER BLOCK	YES	NO								Y											
GAMMON STEAK WITH JKT POT & A PINEAPPLE RING																					
	NO	NO								Y											
THAI GREEN CURRY																					
BASMATI RICE	YES	YES																			
COLESLAW MIX	YES	YES																			
VEGAN CURRY NGCI	YES	YES						Y													
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																			
CHILLIES RED	YES	YES																			
FRESH HERBS CORIANDER	YES	YES																			
ONIONS SPRING BUNCH	YES	YES																			
THAI GREEN CURRY																					
	YES	YES						Y													

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
THAI GREEN CURRY WITH CHICKEN																				
BASMATI RICE	YES	YES																		
COLESLAW MIX	YES	YES																		
RAPESEED OIL	YES	YES																		
VEGAN CURRY NGCI	YES	YES					Y													
CHICKEN BREAST	NO	NO																		
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																		
CHILLIES RED	YES	YES																		
FRESH HERBS CORIANDER	YES	YES																		
ONIONS SPRING BUNCH	YES	YES																		
THAI GREEN CURRY WITH CHICKEN	NO	NO					Y													
CLASSIC BURGER WITH CHEESE																				
VEGAN BURGER SAUCE	YES	YES														Y				
CHEESE SLICES	YES	NO						Y												
STEAK BURGER 4OZ	NO	NO																		
HAMBURGER RELISH	YES	YES										Y				Y				
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
TOMATO M	YES	YES																		
LETTUCE ICEBERG	YES	YES																		
ONIONS RED	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
CLASSIC BURGER WITH CHEESE	NO	NO	Y					Y	Y				Y	Y		Y				
DOUBLE BURGER WITH CHEESE																				
VEGAN BURGER SAUCE	YES	YES														Y				
CHEESE SLICES	YES	NO							Y											
STEAK BURGER 4OZ	NO	NO																		
HAMBURGER RELISH	YES	YES										Y				Y				
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
TOMATO M	YES	YES																		
LETTUCE ICEBERG	YES	YES																		
ONIONS RED	YES	YES																		
RAPESEED OIL	YES	YES																		
SKINNY CUT FRIES	YES	YES																		
DOUBLE BURGER WITH CHEESE	NO	NO	Y					Y	Y				Y	Y		Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
MAC & CHEESE																				
MAC & CHEESE	YES	NO	Y					Y												
GARLIC BREAD SLICES	YES	NO	Y					Y												
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO CHERRY RED	YES	YES																		
CUCUMBER	YES	YES																		
ONIONS RED	YES	YES																		
PEPPER RED	YES	YES																		
MAC & CHEESE	YES	NO	Y					Y				Y			Y					
PERFECT PUDDINGS																				
CARAMEL APPLE PIE WITH CREAM																				
UHT WHIPPING CREAM	YES	NO						Y												
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
CARAMEL APPLE PIE WITH CREAM	YES	NO	Y				Y	Y	Y											
CARAMEL APPLE PIE WITH CUSTARD																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
CUSTARD RTS	YES	NO							Y											
CARAMEL APPLE PIE WITH CUSTARD	YES	NO	Y				Y	Y	Y											
CARAMEL APPLE PIE WITH ICE CREAM																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
VANILLA ICE CREAM	YES	NO							Y											
CARAMEL APPLE PIE WITH ICE CREAM	YES	NO	Y				Y	Y	Y											
DAIRY ICE CREAM WITH CARAMEL SAUCE																				
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CARAMEL SAUCE	YES	NO							Y											
DAIRY ICE CREAM WITH CHOCOLATE SAUCE																				
CHOCOLATE FUDGE SAUCE	YES	NO					Y		Y											
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH CHOCOLATE SAUCE	YES	NO					Y		Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
DAIRY ICE CREAM WITH RASPBERRY SAUCE																				
RASPBERRY SAUCE	YES	YES																		
VANILLA ICE CREAM	YES	NO							Y											
DAIRY ICE CREAM WITH RASPBERRY SAUCE	YES	NO							Y											
GIN FIZZ SORBET																				
GIN FIZZ SORBET	YES	YES																		
FRESH HERBS MINT	YES	YES																		
GIN FIZZ SORBET	YES	YES																		
WARM CHOCOLATE BROWNIE																				
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y									Y		Y
CARAMEL SAUCE	YES	NO							Y											
VANILLA ICE CREAM	YES	NO							Y											
WARM CHOCOLATE BROWNIE	YES	NO	Y					Y	Y									Y		Y
STRAWBERRY FROZEN YOGHURT																				
FRESH HERBS MINT	YES	YES																		
STRAWBERRIES	YES	YES																		
STRAWBERRY FROZEN YOGHURT	YES	NO							Y											
STRAWBERRY FROZEN YOGHURT	YES	NO							Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
WHITBREAD INNS SUNDAY LUNCH PLATED																				
TOPSIDE OF BEEF																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y				Y	Y												
HONEY GLAZED PARSNIPS 4X2.5KG	YES	NO	Y																	
SALTED BUTTER BLOCK	YES	NO						Y												
SHREDDED SAVOY CABBAGE	YES	YES																		
BEEF TOPSIDE JOINT	NO	NO																		
GARDEN PEAS	YES	YES																		
WHOLE GREEN BEANS	YES	YES																		
ROOT VEG MASH	YES	NO						Y												
SUNDAY ROAST STUFFING	YES	YES	Y																	
PIGS IN BLANKETS	NO	NO										Y								
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
VILLA D'ELSA ROSSO	YES	NO										Y			Y					
TOPSIDE OF BEEF	NO	NO	Y				Y	Y				Y		Y						
SLOW COOKED PORK																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y				Y	Y												
HONEY GLAZED PARSNIPS 4X2.5KG	YES	NO	Y																	
SALTED BUTTER BLOCK	YES	NO						Y												
SHREDDED SAVOY CABBAGE	YES	YES																		
SLOW COOKED PORK COLLAR	NO	NO																		
GARDEN PEAS	YES	YES																		
WHOLE GREEN BEANS	YES	YES																		
ROOT VEG MASH	YES	NO						Y												
SUNDAY ROAST STUFFING	YES	YES	Y																	
PIGS IN BLANKETS	NO	NO										Y								
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
VILLA D'ELSA ROSSO	YES	NO										Y			Y					
SLOW COOKED PORK	NO	NO	Y				Y	Y				Y		Y						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
CHICKEN																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y				Y	Y												
HONEY GLAZED PARSNIPS 4X2.5KG	YES	NO	Y																	
SALTED BUTTER BLOCK	YES	NO						Y												
SHREDDED SAVOY CABBAGE	YES	YES																		
GARDEN PEAS	YES	YES																		
WHOLE GREEN BEANS	YES	YES																		
ROASTED HALF CHICKEN	NO	NO																		
ROOT VEG MASH	YES	NO						Y												
SUNDAY ROAST STUFFING	YES	YES	Y																	
PIGS IN BLANKETS	NO	NO										Y								
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
SALTED BUTTER BLOCK	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
VILLA D'ELSA ROSSO	YES	NO										Y		Y						
CHICKEN	NO	NO	Y					Y	Y			Y		Y						
ROOT VEG WELLINGTON																				
RUSTIC YORKSHIRE 3" GASTRO	YES	NO	Y					Y	Y											
HONEY GLAZED PARSNIPS 4X2.5KG	YES	NO	Y																	
ROOT VEG WELLINGTON	YES	NO	Y					Y	Y							Y				
SALTED BUTTER BLOCK	YES	NO							Y											
SHREDDED SAVOY CABBAGE	YES	YES																		
VEGETARIAN ROAST GRAVY	YES	NO	Y						Y					Y						
GARDEN PEAS	YES	YES																		
WHOLE GREEN BEANS	YES	YES																		
ROOT VEG MASH	YES	NO						Y												
SUNDAY ROAST STUFFING	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
POTATOES ROAST CUT	YES	YES																		
TABLE SALT	YES	YES																		
ROOT VEG WELLINGTON	YES	NO	Y					Y	Y					Y	Y					
ADD																				
CAULIFLOWER CHEESE																				
CAULIFLOWER CHEESE	YES	NO						Y	Y											
MOZZ/MILD CHEDDAR MIX	YES	NO							Y											
CAULIFLOWER CHEESE	YES	NO						Y	Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
WHITBREAD INNS BUFFET MENU																				
BUFFET 1																				
SANDWICHES																				
CHEESE & TOMATO																				
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y																	
CHEESE SLICES	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
TOMATO M	YES	YES																		
TOTAL CHEESE & TOMATO	YES	NO	Y		Y			Y												
EGG MAYO																				
CRACKED BLACK PEPPER	YES	YES																		
TABLE SALT	YES	YES																		
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
LIGHT MAYONNAISE	YES	NO						Y							Y					
MED FRESH EGGS	YES	NO						Y												
SALTED BUTTER	YES	NO							Y											
TOTAL EGG MAYO	YES	NO	Y		Y			Y	Y						Y					
HAM & MUSTARD																				
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
ENGLISH MUSTARD	YES	YES	Y												Y					
THICK CUT HAM SLICES	NO	NO																		
SALTED BUTTER	YES	NO							Y											
TOTAL HAM & MUSTARD	NO	NO	Y		Y				Y						Y					
PRAWN & MARIE ROSE																				
SALTED BUTTER	YES	NO							Y											
WHITE BLOOMER BREAD	YES	YES	Y																	
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
SEAFOOD SAUCE	YES	NO						Y							Y					
COOKED & PEELED COLD WATER PRAWNS	NO	NO									Y									
TOTAL PRAWN & MARIE ROSE	NO	NO	Y		Y			Y	Y		Y				Y					
GARLIC BREADED MUSHROOMS																				
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
TOTAL GARLIC BREADED MUSHROOMS	NO	NO	Y																	
POP IN CHICKEN																				
RAPESEED OIL	YES	YES																		
MINI CHICKEN CHUNKS	NO	NO	Y						Y											
TOTAL POP IN CHICKEN	NO	NO	Y						Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
VEGETABLE STICKS & DIP																				
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBER	YES	YES																		
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
PREP WHOLE CARROTS	YES	YES																		
FRESH HERBS MINT	YES	YES																		
TOTAL VEGETABLE STICKS & DIP	YES	NO						Y												
GARLIC BREAD																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
TOTAL GARLIC BREAD	YES	NO	Y					Y												
MIXED SIDE SALAD																				
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO M	YES	YES																		
CUCUMBER	YES	YES																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
TOTAL MIXED SIDE SALAD	YES	NO	Y		Y			Y				Y			Y					
BUFFET 2 SANDWICHES																				
CHEESE & TOMATO																				
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
CHEESE SLICES	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
TOMATO M	YES	YES																		
TOTAL CHEESE & TOMATO	YES	NO	Y		Y			Y												
HAM & MUSTARD																				
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
ENGLISH MUSTARD	YES	YES	Y													Y				
THICK CUT HAM SLICES	NO	NO																		
SALTED BUTTER	YES	NO						Y												
TOTAL HAM & MUSTARD	NO	NO	Y		Y			Y								Y				
PRAWN & MARIE ROSE																				
SALTED BUTTER	YES	NO						Y												
WHITE BLOOMER BREAD	YES	YES	Y																	
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
SEAFOOD SAUCE	YES	NO						Y								Y				
COOKED & PEELED COLD WATER PRAWNS	NO	NO								Y										
TOTAL PRAWN & MARIE ROSE	NO	NO	Y		Y			Y	Y	Y					Y					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
GARLIC BREADED MUSHROOMS																				
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
TOTAL GARLIC BREADED MUSHROOMS	NO	NO	Y																	
CHICKEN GOUJONS																				
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y					Y												
TOTAL CHICKEN GOUJONS	NO	NO	Y					Y												
CHIPS																				
PREMIUM CHIP	YES	YES																		
RAPESEED OIL	YES	YES																		
TOTAL CHIPS	YES	YES																		
VEGETABLE STICKS & DIP																				
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBER	YES	YES																		
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
PREP WHOLE CARROTS	YES	YES																		
FRESH HERBS MINT	YES	YES																		
TOTAL VEGETABLE STICKS & DIP	YES	NO						Y												
CHEESY GARLIC BREAD																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
TOTAL CHEESY GARLIC BREAD	YES	NO	Y					Y												
MIXED SIDE SALAD																				
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO M	YES	YES																		
CUCUMBER	YES	YES																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
TOTAL MIXED SIDE SALAD	YES	NO	Y		Y			Y				Y			Y					
TORTILLA CHIPS & DIP																				
REDUCED FAT SOUR CREAM	YES	NO						Y												
GUACAMOLE	YES	YES																		
TORTILLA CHIPS	YES	YES																		
TOTAL TORTILLA CHIPS & DIP	YES	NO						Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
ONION RINGS																				
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
TOTAL ONION RINGS	NO	NO	Y																	
TEMPURA PRAWNS																				
RAPESEED OIL	YES	YES																		
TEMPURA BATTERED TAIL ON KING PRAWNS	NO	NO	Y							Y										
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																		
TOTAL TEMPURA PRAWNS	NO	NO	Y							Y										
BUFFET 3 SANDWICHES																				
CHEESE & TOMATO																				
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
CHEESE SLICES	YES	NO							Y											
SALTED BUTTER	YES	NO							Y											
TOMATO M	YES	YES																		
TOTAL CHEESE & TOMATO	YES	NO	Y		Y				Y											
EGG MAYO																				
CRACKED BLACK PEPPER	YES	YES																		
TABLE SALT	YES	YES																		
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
LIGHT MAYONNAISE	YES	NO							Y							Y				
MED FRESH EGGS	YES	NO							Y											
SALTED BUTTER	YES	NO							Y	Y										
TOTAL EGG MAYO	YES	NO	Y		Y				Y	Y						Y				
CHICKEN & BACON																				
RAPESEED OIL	YES	YES																		
CHICKEN BREAST	NO	NO																		
LIGHT MAYONNAISE	YES	NO							Y							Y				
WHITE BLOOMER BREAD	YES	YES	Y																	
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
SMOKED DRY CURED STREAKY BACON	NO	NO																		
SALTED BUTTER	YES	NO								Y										
LEMON CASE	YES	NO																		
TOTAL CHICKEN & BACON	NO	NO	Y		Y				Y	Y						Y				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
PRAWN & MARIE ROSE																				
SALTED BUTTER	YES	NO						Y												
WHITE BLOOMER BREAD	YES	YES	Y																	
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
SEAFOOD SAUCE	YES	NO					Y								Y					
COOKED & PEELED COLD WATER PRAWNS	NO	NO								Y										
TOTAL PRAWN & MARIE ROSE	NO	NO	Y		Y		Y	Y		Y					Y					
GARLIC BREADED MUSHROOMS																				
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
TOTAL GARLIC BREADED MUSHROOMS	NO	NO	Y																	
CHICKEN GOUJONS																				
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
BUTTERMILK CHICKEN GOUJONS	NO	NO	Y					Y												
TOTAL CHICKEN GOUJONS	NO	NO	Y					Y												
CHIPS																				
PREMIUM CHIP	YES	YES																		
RAPESEED OIL	YES	YES																		
TOTAL CHIPS	YES	YES																		
VEGETABLE STICKS & DIP																				
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBER	YES	YES																		
CUCUMBER	YES	YES																		
PEPPER RED	YES	YES																		
PREP WHOLE CARROTS	YES	YES																		
FRESH HERBS MINT	YES	YES																		
TOTAL VEGETABLE STICKS & DIP	YES	NO						Y												
CHEESY GARLIC BREAD																				
GARLIC BREAD SLICES	YES	NO	Y					Y												
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
TOTAL CHEESY GARLIC BREAD	YES	NO	Y					Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
MIXED SIDE SALAD																				
COLESLAW MIX	YES	YES																		
SALAD LEAF MIX	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
TOMATO M	YES	YES																		
CUCUMBER	YES	YES																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
TOTAL MIXED SIDE SALAD	YES	NO	Y		Y			Y				Y			Y					
TORTILLA CHIPS & DIP																				
REDUCED FAT SOUR CREAM	YES	NO						Y												
GUACAMOLE	YES	YES																		
TORTILLA CHIPS	YES	YES																		
TOTAL TORTILLA CHIPS & DIP	YES	NO						Y												
ONION RINGS																				
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
TOTAL ONION RINGS	NO	NO	Y																	
TEMPURA PRAWNS																				
RAPESEED OIL	YES	YES																		
TEMPURA BATTERED TAIL ON KING PRAWNS	NO	NO	Y							Y										
THAI SWEET CHILLI DIPPING SAUCE	YES	YES																		
TOTAL TEMPURA PRAWNS	NO	NO	Y							Y										
THREE CHEESE CRUSTLESS QUICHE																				
QUICHE CHZ CRUSTLESS	YES	NO	Y					Y	Y											
TOTAL THREE CHEESE CRUSTLESS QUICHE	YES	NO	Y					Y	Y											
POTATO DIPPERS																				
REDUCED FAT SOUR CREAM	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	YES	YES																		
ONIONS SPRING BUNCH	YES	YES																		
MOZZ/MILD CHEDDAR MIX	YES	NO						Y												
TOTAL POTATO DIPPERS	YES	NO						Y												
SAUSAGE ROLLS																				
COCKTAIL SAUSAGE ROLLS	NO	NO	Y									Y								
TOTAL SAUSAGE ROLLS	NO	NO	Y									Y								

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
DESSERTS																				
CHOCOLATE BROWNIE																				
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y										Y	Y
CHOCOLATE SAUCE	YES	YES					Y													
TOTAL CHOCOLATE BROWNIE	YES	NO	Y				Y	Y	Y										Y	Y
PROFITEROLES																				
PROFITEROLES	YES	NO	Y					Y	Y											
CHOCOLATE SAUCE	YES	YES					Y													
TOTAL PROFITEROLES	YES	NO	Y				Y	Y	Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
WHITBREAD INNS SUMMER DRINKS																				
PIMMS																				
PIMMS	NO	NO																		
R WHITES	YES	YES																		
CUCUMBER	YES	YES																		
STRAWBERRIES	YES	YES																		
ORANGE MEDIUM	YES	NO																		
FRESH HERBS MINT	YES	YES																		
FRESH HERBS MINT	YES	YES																		
PIMMS	NO	NO																		
WHITELEY NEILL RASPBERRY GIN																				
Whitley Neill Raspberry Gin	YES	YES																		
BVC TONIC WATER	YES	YES																		
LIME	YES	NO																		
WHITELEY NEILL RASPBERRY GIN	YES	NO																		
SIPSMITH LEMON DRIZZLE GIN																				
LEMON DRIZZLE	YES	YES																		
BVC TONIC WATER	YES	YES																		
LEMONS	YES	NO																		
SIPSMITH LEMON DRIZZLE GIN	YES	NO																		
TANQUERY GIN & TONIC																				
TANQUERAY FLOR DE SEVILLA	YES	YES																		
BVC TONIC WATER	YES	YES																		
LIME	YES	NO																		
TANQUERY GIN & TONIC	YES	NO																		
SIPSMITH GIN & TONIC																				
SIPSMITH GIN	YES	YES																		
BVC TONIC WATER	YES	YES																		
LIME	YES	NO																		
SIPSMITH GIN & TONIC	YES	NO																		
GORDONS GIN & TONIC																				
GORDONS GIN	NO	NO																		
BVC TONIC WATER	YES	YES																		
LIME	YES	NO																		
GORDONS GIN & TONIC	NO	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														
HENDRICKS GIN																				
HENDRICKS	YES	YES																		
BVC TONIC WATER	YES	YES																		
CUCUMBER	YES	YES																		
HENDRICKS GIN																				
HENDRICKS	YES	YES																		
BOMBAY SAPPHIRE GIN																				
BOMBAY SAPPHIRE	YES	YES																		
BVC TONIC WATER	YES	YES																		
LEMONS	YES	NO																		
BOMBAY SAPPHIRE GIN																				
BOMBAY SAPPHIRE	YES	NO																		
GORDONS PINK GIN																				
GORDONS PINK GIN	YES	YES																		
BVC TONIC WATER	YES	YES																		
STRAWBERRIES	YES	YES																		
GORDONS PINK GIN																				
GORDONS PINK GIN	YES	YES																		
TANQUERY FLOR DE SEVILLA																				
TANQUERAY FLOR DE SEVILLA	YES	YES																		
BVC TONIC WATER	YES	YES																		
ORANGE MEDIUM	YES	NO																		
TANQUERY FLOR DE SEVILLA																				
TANQUERAY FLOR DE SEVILLA	YES	NO																		
WARNER EDWARDS RHUBARB GIN																				
WARNER EDWARDS RHUBARB GIN	YES	YES																		
BVC TONIC WATER	YES	YES																		
LEMONS	YES	NO																		
WARNER EDWARDS RHUBARB GIN																				
WARNER EDWARDS RHUBARB GIN	YES	NO																		
ALTERNATIVE TONICS																				
FEVER TREE TONIC	YES	YES																		
FEVER TREE LIGHT TONIC	YES	YES																		
FEVER TREE GINGER BEER	YES	YES																		
FEVERTREE MEDITERRANEAN TONIC	YES	YES																		
FEVERTREE AROMATIC TONIC	YES	YES																		
FEVERTREE ELDERFLOWER TONIC	YES	YES																		
BSD LOW CAL TONIC WATER	YES	YES																		
BVC TONIC WATER	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														
BREAKFAST MENU																				
ACCOMPANIMENTS																				
SEMI SKIMMED MILK	YES	NO						Y												
WHOLE MILK	YES	NO						Y												
SKIMMED MILK	YES	NO						Y												
ALPRO SOYA MILK	YES	YES					Y													
SWEET N LOW	YES	NO																		
WHITE SUGAR SACHETS	YES	YES																		
BROWN SUGAR SACHETS	YES	YES																		
FULL BREAKFAST																				
BACON																				
UNSMOKED BACK BACON	NO	NO																		
TOTAL BACON	NO	NO																		
SAUSAGE																				
BREAKFAST SAUSAGE	NO	NO	Y									Y								
TOTAL SAUSAGE	NO	NO	Y									Y								
VEGETARIAN SAUSAGE																				
QUORN CUMBERLAND SAUSAGE	YES	NO	Y					Y	Y											
TOTAL VEGETARIAN SAUSAGE	YES	NO	Y					Y	Y											
SCRAMBLED EGG																				
MED FRESH EGGS	YES	NO						Y												
SEMI SKIMMED MILK	YES	NO							Y											
TOTAL SCRAMBLED EGG	YES	NO						Y	Y											
FRIED EGG																				
MED FRESH EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
TOTAL FRIED EGG	YES	NO						Y												
POACHED EGG																				
MED FRESH EGGS	YES	NO						Y												
TOTAL POACHED EGG	YES	NO						Y												
BOILED EGG																				
MED FRESH EGGS	YES	NO						Y												
TOTAL BOILED EGG	YES	NO						Y												
OMELETTE																				
MED FRESH EGGS	YES	NO						Y												
SALTED BUTTER	YES	NO							Y											
TOTAL OMELETTE	YES	NO						Y	Y											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
HASH BROWNS																				
HASH BROWNS	YES	YES																		
RAPESEED OIL	YES	YES																		
TOTAL HASH BROWNS	YES	YES																		
BUBBLE AND SQUEAK																				
BUBBLE AND SQUEAK	YES	NO						Y												
RAPESEED OIL	YES	YES																		
TOTAL BUBBLE AND SQUEAK	YES	NO						Y												
BLACK PUDDING																				
BLACK PUDDING	NO	NO	Y		Y															
TOTAL BLACK PUDDING	NO	NO	Y		Y															
MUSHROOMS WITH BUTTER																				
MUSHROOM CUP	YES	YES																		
SALTED BUTTER	YES	NO						Y												
TOTAL MUSHROOMS WITH BUTTER	YES	NO						Y												
TOMATO																				
TOMATO M	YES	YES																		
TOTAL TOMATO	YES	YES																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
TOMATO (RATIONAL)																				
TOMATO M	YES	YES																		
RAPESEED OIL	YES	YES																		
TOTAL TOMATO (RATIONAL)	YES	YES																		
BEANS																				
BAKED BEANS	YES	YES																		
TOTAL BEANS	YES	YES																		
CONTINENTAL BREAKFAST																				
BAKERY																				
CROISSANT	YES	NO	Y					Y	Y											
MINI PAIN AUX RAISIN	YES	NO	Y					Y	Y											
MINI PAIN AUX CHOCOLAT	YES	NO	Y					Y	Y	Y										
CINNAMON AND RAISIN BAGELS	YES	YES	Y		Y															
BLUEBERRY MINI MUFFIN	YES	NO	Y					Y	Y											
SOURDOUGH CRUMPETS	YES	YES	Y																	
WHITE SANDWICH BREAD	YES	YES	Y																	
MALTED SANDWICH BREAD	YES	YES	Y		Y															
GLUTEN FREE BREAD SLICE	YES	NO						Y												
REDUCED SUGAR PANCAKE	YES	NO	Y					Y	Y											
NUTELLA CHOCOLATE SPREAD PORTIONS																				
PEANUT BUTTER																				
MAPLE SYRUP PORTIONS	YES	YES																		
ORANGE MARMALADE PORTIONS																				
HONEY PORTION	YES	NO																		
MARMITE PORTIONS																				
STRAWBERRY JAM PORTIONS	YES	YES																		
ASSORTED JAM PORTIONS- RASPBERRY																				
ASSORTED JAM PORTIONS- BLACKCURRANT																				
ASSORTED JAM PORTIONS- APRICOT																				
SALTED BUTTER PORTIONS	YES	NO							Y											
SUNFLOWER SPREAD	YES	NO																		
FRUITS																				
FRUIT SALAD	YES	YES																		
APPLES GREEN	YES	YES																		
BANANAS	YES	YES																		
FRUIT BERRY MIX	YES	YES																		
DRIED FRUIT MIX	YES	YES																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

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														
YOGHURTS AND CEREALS																				
STRAWBERRY YOGHURT	YES	NO						Y												
VANILLA YOGHURT	YES	NO						Y												
GREEK STYLE YOGHURT	YES	NO						Y												
COCO POPS	YES	NO			Y															
CRUNCHY NUT CORNFLAKES	YES	NO			Y											Y				
CORNFLAKES	YES	NO			Y															
SPECIAL K	YES	NO	Y		Y															
WEETABIX	YES	YES	Y		Y															
KELLOGG'S MUESLI FRUIT	YES	NO	Y	Y	Y	Y		Y				Y								
RICE KRISPIES	YES	NO			Y															
BRAN FLAKES	YES	NO	Y		Y	Y														
GRANOLA QUAKER OAT RAISIN	YES	NO	Y			Y														
OATS2GO PORRIDGE SACHETS	YES	YES				Y														
DRINKS																				
TEAS PLEASE SEE TWINNINGS WEBSITE																				
COSTA COFFEE-ALLERGY DEPENDS ON DRINK. SEE COSTA WEBSITE																				
FRUIT JUICES & SMOOTHIES																				
ORANGE JUICE	YES	YES																		
APPLE JUICE	YES	YES																		
CRANBERRY JUICE	YES	YES										Y								
TROPICAL SMOOTHIE	YES	YES																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans