DISHES AND THEIR ALLERGEN CONTENT - RESTAURANT

The following applies to the below chartand is a guideline only:-

✓ = Contains | ? = may contain | No Allergic Ingredients

DISHES																
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Cooking Oil Used	Can Be Made Gluten Free
Tuna Salad [example]	✓			✓	✓		✓		✓							
Starters																
Battered Halloumi Bites	?	✓	?	?	?		✓	?	✓		?	?	✓	✓	✓	
S/Fried Chicken Goujons	?	✓	?	✓	?		?	?	?		?	?	?	?	✓	
Crispy Whitebait	?	✓	?	✓	✓		?	?	✓		?	?	?	?	✓	
Calamari Starter	✓	✓	?	✓	?		?	✓	✓		?	?	✓	?	✓	
Fish (Including Chips, Tartar Sauce)																
Cod	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Haddock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Fish Bites	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Plaice	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Fish Cakes Individual	?	✓	?	✓	✓		✓	?	✓		?	?	?	✓	✓	
Sailors Supper	?	✓	?	✓	✓		✓	?	✓		?	?	✓	✓	✓	
Scampi	?	✓	✓	✓	?		?	?	✓		?	?	?	✓	✓	
Senior Meals																
Senior Cod	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Haddock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Plaice	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Sausage Plain	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Senior Sausage Battered	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Senior Fish Bites	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Alternative Main																
Sausage Plain	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Sausage Battered	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Jumbo Saveloy	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Chicken Nuggets	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Kentish Mayde																
Steak & Ale	?	✓	?	✓	?		?	?	?		?	?	?	✓	✓	
Chicken & Mushroom	?	✓	?	✓	?		✓	?	?		?	?	?	✓	✓	
Spicy Butterbean	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	

30.april

Review date: _____ ***Reviewed by:*** _____

Allergens considered in this book are those recognised as per The Food Information Regulations 2014: celery & celeriac; cereals containing gluten (wheat, barley, rye, spelt and kamut); crustaceans; eggs; fish; lupin; milk; molluscs; mustard; tree nuts; peanuts; sesame; soya and sulphur dioxide. Please ask a member of staff if you have allergies other than these and we can guide accordingly.

DISHES AND THEIR ALLERGEN CONTENT - RESTAURANT

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Cooking Oil Used	Can Be Made Gluten Free
Burgers																
Beefburger (Plain)	?	✓	?	✓	?		✓	?	?		?	?	✓	✓	✓	
Cod Burger	?	✓	?	✓	✓		✓	?	✓		?	?	✓	✓	✓	
Battered Halloumi Burger	?	✓	?	✓	?		✓	?	✓		?	?	✓	✓	✓	
S/Fried Chicken Burger	?	✓	?	✓	?		✓	?	✓		?	?	✓	✓	✓	
Vegetable Burger (FRIBO)	?	✓	?	✓	?		✓	?	✓		?	?	✓	✓	✓	
Kids Meals (Includes Chips, side and a drink)																
Cod Bites	?	✓	?	?	✓		?	?	?		?	?	?	✓	✓	
Chicken Bites	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Sausage Plain	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Sausage Battered	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Kids Mushy Peas																
Kids Baked Beans																
Kids Gravy (Deep Blue)	?	✓					?		?				?	?		
Kids Curry Sauce (Deep Blue)	✓	✓					?		✓				✓	?		
Sides / Extras																
Bread Roll (FAS)		✓										?				
Bread Roll & Butter (FAS)		✓					✓					?				
Bread & Butter		✓					✓						✓			
Chips	?	?	?	?	?		?	?	?		?	?	?	✓	✓	
Mushy Peas																
Baked Beans																
Gravy (Deep Blue)	?	✓					?		?				?	?		
Curry Sauce (Deep Blue)	✓	✓					?		✓				✓	?		
Frickles	✓	✓	?	✓	?		✓	?	✓		?	?	✓	✓	✓	
Onion Rings Hand Made	?	✓	?	?	?		?	?	?		?	?	?	✓	✓	
Additional Sauces																
Tomato Sauce Squeeze Me	✓															
Tartare Sauce Squeeze Me				✓												
Mayonnaise Squeeze Me				✓					✓							
Desserts																
Sticky Toffee		✓		✓			✓						✓			
Apple Pie		✓											✓	✓		
Cherry Pie		✓											✓	✓		
Jam Sponge		✓		✓			?						✓			
Desserts add icream				✓			✓			?	?					

add Custard							✓									
Ben & Jerry's																
Cookie Dough		✓		✓			✓						✓			
Choc Fudge Brownie		✓		✓			✓									
Caramel Chew Chew				✓			✓			?			✓			
Vanilla				✓			✓									
In-House Made Products and Daily Specials																
Rock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	

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