

Our Allergen Guide

This guide contains details of the allergens which can be found in the dishes we serve. Customers with specific needs must inform staff of their requirements, before ordering, to minimise the risk of cross contamination and so we can cater for your needs. Ingredients and specifications can change, so, even if you have dined with us before, it is important to review this information before ordering.

Some of our recipes can be adapted to meet your needs and we can also offer Gluten Free versions of certain dishes with appropriate notice.

This information identifies the 14 major allergens only. The information provided relates only to the actual ingredients of the menu items and does not take into account any customisation or requests made at time of ordering.

Some of the ingredients which we use are produced in factories which handle additional allergens. Although controls are in place there may be a small risk of cross- contamination.

The information in the guide is also dependant on which accompaniments you choose for your meal. For example chips, baby potatoes or vegetables or side salad.

Chips we cannot guarantee our fryers are gluten free because of the other deep fried items we provide on our menu.

If there are ingredients you need to avoid/ dislike we can bear this in mind when producing your meals if you advise us accordingly.

The majority of our menu is in the following pages; if you are ordering anything that is not listed please ask for further details.

FOOD ALLERGIES AND INTOLERANCE

BEFORE YOU ORDER
YOUR FOOD AND
DRINKS PLEASE SPEAK
TO A MEMBER OF
STAFF IF YOU HAVE A
FOOD ALLERGEN OR
FOOD INTOLERANCE.

Creamy Garlic Mushrooms

Mushrooms cooked in cream with garlic puree, served on slice of toast and garnished with salad.

ALLERGY ADVICE – GLUTEN-WHEAT – can be avoided by not serving on toast.

Kerrymaid double cream used- CONTAINS MILK BUT IS SUITABLE FOR GLUTEN FREE AND VEGETARIAN DIETS

No preservatives

Very lazy garlic – contains SULPHITES- suitable for vegetarians, vegans and coeliacs.

ORIENTAL KING PRAWN ROLLS

Ingredients- Prawn 50%, Water, Wheat Flour, Wheat Starch, Rice Flour, Salt, Garlic Powder, White Pepper

Stabilisers- Sodium Polyphosphate, Sodium Tripolyphosphate

ALLERGY INFO- CONTAINS SHELLFISH, GLUTEN- WHEAT

Cooking- Deep fried in Rapeseed Oil

Served with Salad Garnish and Sweet Chilli Dipping Sauce- Blue Dragon

Ingredients- Water, Sugar, Red Chillies 18%), Minced Garlic (5%), Modified Tapioca Starch, Acid (Acetic Acid)

ALLERGY ADVICE- May Contain- Sesame Seeds

No artificial colour or preservatives

PRAWN AND PINEAPPLE COCKTAIL

Bed of lettuce, prawns and pineapple pieces

Topped with marie rose sauce made from mayonnaise and tomato ketchup.

Garnished with tomato wedge and cucumber, lollo rosso lettuce

Served with slice of Wholemeal brown bread and butter.

ALLERGY ADVICE- SHELLFISH, EGG, GLUTEN, MUSTARD, CELERY, DAIRY

Gluten can be removed by omitting slice of bread.

Marie rose sauce contains- Egg, Mustard (dependant on which mayonnaise used) and Celery

HASLET BITES

Chunks of Haslet coated in light peppery batter served with salad garnish and dip pot of onion chutney.

Deep fried in rapeseed oil

Ingredients- Pork, Rusk, Water, Salt, Pepper, Sage, Nutmeg, **MACE**, Ginger, Coriander, Spices. No preservatives

ALLERGY ADVICE- MACE, GLUTEN in the batter mix

BEER BATTERED COD GOUJONS

Served with salad garnish and lemon slice.

Deep fried in rapeseed oil

Cod 50%, Batter (Water, wheat flour, maize flour, salt, and wheat starch

Raising agents: diphosphates, sodium carbonates, yeast extract, rapeseed oil, maize starch

Flavouring: Beer (0.15%), wheat gluten, garlic powder, mustard powder

Stabiliser: Xanthan Gum, citric acid, cayenne pepper, paprika,) rapeseed oil

ALLERGY ADVICE- FISH, WHEAT, GLUTEN AND MUSTARD

Homemade Chilli Con Carne

Mince Beef

Tomato Pasta Sauce- Ingredients; Tomatoes (76%), Concentrated Tomato Puree (14%), Lemon Juice from Concentrate, Sugar, Onion (2%), Olive Oil, Garlic Puree, Basil, Citric Acid, Black Pepper, Parsley, Oregano.

ALLERGENS: May contain traces of Nuts

Mixed Herbs

Thickened with Gluten free Bisto Granules- Potato starch, Palm Fat, Maltodextrin, Salt, Caramelised Sugar, Rice Flour, Sugar, Yeast Extract, Emulsifier (E322), Onion Powder

Flavourings- Ground Black Pepper, Ground Rosemary

Usually served with Wild and Basmati Rice or half rice and Chips or Chips only (Customer Choice)

Chips cooked in Rapeseed Oil

Ham Egg and Chips

2 slices of Gammon Ham served with 2 fried eggs and salad garnish and chips.

Chips are deep fried in rapeseed oil.

ALLERGY ADVICE- EGG

Homemade Steak and Kidney Pie

Diced Stewing Steak and Kidney, Mixed Herbs, Ground Black Pepper and Water with Bisto powder for thickening once cooked.

(Bisto powder- Potato Starch, Salt, Wheat Starch, Colour (150C) Dried Yeast contains Barley and Onion Powder) may also contain CELERY, MILK AND SOYA

Topped with short crust pastry made with self-raising flour and Stork Margarine and Water

ALLERGEN ADVICE- GLUTEN both BARLEY AND WHEAT, MILK

Maybe CELERY, MILK AND SOYA

Served with customer's choice of Chips or Baby Potatoes, Fresh Vegetables or Salad

Chips fried in Rapeseed Oil.

Homemade Lasagne

Mince Beef

Lasagne Sheets- Ingredients: Durum Wheat Semolina

ALLERGENS: GLUTEN, WHEAT, May contain traces of EGG

Tomato Pasta Sauce- Ingredients: Tomatoes (76%), Concentrated Tomato Puree (14%) Lemon Juice from Concentrate, Sugar, Onion (2%), Olive Oil, Salt, Garlic Puree, Basil, Citric Acid, Black Pepper, Parsley Oregano

ALLERGENS: May contain traces of Nuts.

Mixed Herbs- Thyme, Parsley Marjoram

Cheese contains Annatto

ALLERGENS- MILK

Cream used Ingredients-Reconstituted Skimmed Milk Powder, Palm Kernel Oil, Water, Palm Oil, and Modified Maize Starch Flavourings (contains MILK, MILK Protein, Emulsifiers (E471, E322, E435), Thickener E415, Acidity regulator (E331, E340) Salt, Colour (E160a)

ALLERGENS- MILK

Usually served with a Side Salad and Garlic Bread

GARLIC BREAD – made with Very lazy garlic which contains **Sulphites** and Flora Buttery

Ingredients-(Vegetable Oils (70%), Water, buttermilk (12%), Salt (1.5%), emulsifier (mono and diglycerides of fatty acids, citric acid, preservative (Potassium Sorbate), flavourings (contains Milk), Colour (beta carotene), Vitamins A and D

This is used in a Mini French Roll to make the garlic bread.

ALLERGENS- MILK, GLUTEN-WHEAT, SULPHITES

May contain traces of Sesame Seeds and Milk

Chicken Toppa

Chicken Breast grilled and topped with gammon ham slice and cheddar cheese.

ALLERGY ADVICE- MILK, ANNATTO

Pork Steak with Brie and Cranberry

8oz Pork steak grilled topped with Cranberry sauce and piece of Brie then finished in the oven.

Cranberry sauce ingredients-sugar syrup, cranberries(35%), water, gelling agent (pectin), acidity regulators (Citric acid, sodium citrate, calcium citrate) preservative (Potassium sorbate)

ALLERGY ADVICE- MILK

CHEESY LEEK BAKE– Suitable for vegetarians

Chunks of Leeks with Cream and Cheddar Cheese chunks, mixed herbs, topped with sliced Baby potatoes and a little more Cheddar Cheese- Served with Salad and Garlic Bread.

(See Lasagne for ingredients in the cream used and Garlic bread also).

ALLERGY ADVICE- MILK, GLUTEN- WHEAT

Gluten can be avoided by not serving with the garlic bread.

BRIE CRUMBLE – suitable for vegetarians

Served with Garlic Bread and Salad

Chunks of Courgette, Brie, and Potato with cream and sprinkle of mixed herbs. Topped with wholemeal breadcrumbs and flaked almonds and a few small pieces of cheddar to give colour.

ALLERGY ADVICE- MILK, GLUTEN- WHEAT, NUTS- FLAKED ALMONDS

The cream used is Gluten free, so Gluten can be avoided by not topping with the breadcrumbs and not serving the garlic bread. We can make Garlic Bread with Gluten Free Roll on request.

COD AND PRAWN BAKE-Cod Loin or Fillet, topped with Tomato Pasta Sauce, Prawns and then finished with wholemeal breadcrumbs.

(Tomato Pasta sauce contains Tomatoes 76% ,Concentrated Tomato Puree 14% Lemon Juice from concentrate, sugar, onion 2%, olive oil, garlic Puree, basil, citric acid, black pepper, parsley, oregano- Allergy advice may contain traces of nuts

ALLERGENS- SHELLFISH, GLUTEN, may contain traces of nuts

This recipe can be adjusted to meet dietary requirements.

Whole tail Breaded Scampi

Deep fried in rapeseed oil, served with chips and salad or peas. (Garden or Mushy)

Scampi Tails (Crustaceans) 40%, Wheat (GLUTEN)flour, water, salt, Raising agent (Ascorbic acid, sodium Carbonate) yeast, Flour improver, (Ascorbic Acid, L-Cysteine) Stabilisers (Diophosphate, Triphosphates), Herb Extract (Rosemary)

Mushy Peas- Peas (95%), Water, Sugar, Salt, Colours (E101, E133)

ALLERGY ADVICE- CRUSTACEANS AND GLUTEN

FISH AND CHIPS- Cod Loin or Fillet in batter deep fried in rapeseed oil.

Batter made from Self- Raising Flour, a little white vinegar and water.

Served with Chips and Garden Peas or Mushy Peas.

ALLERGY ADVICE- FISH, GLUTEN- WHEAT AND BARLEY

FISH can be poached or baked if the customer requests to avoid Gluten.

MINTED LAMB STEAKS

Cooked in the oven the juices it produces are thickened with a little Bisto powder mix.

ALLERGY ADVICE- GLUTEN- WHEAT and BARLEY, SOYA, MILK, EGG, CELERY, MUSTARD, and SULPHUR DIOXIDE

Served with a choice of Chips or Baby Potatoes and Vegetables or Salad.

STEAKS- 8OZ RUMP/16OZ RUMP/8OZ SIRLOIN

Served with Grilled Tomatoes and Mushrooms

Choice of Chips or Baby Potatoes and Vegetables or Salad.

Chips cooked in rapeseed oil

GAMMON STEAK WITH PINEAPPLE

8oz Gammon steak grilled then topped with pineapple ring.

Can be topped with Egg on request

ALLERGY ADVICE- EGG (if that choice is made)

Hot Salads- Chicken Breast and Steak 'n' Mushrooms

Plate of mixed lettuces- iceberg, radicchio and lollo rosso, with wedges of tomato spread around and slices of cucumber, peppers, onion, beetroot and apple.

The chosen meats are grilled then sliced and presented upon the salad.

The Steak one finished with mushrooms.

Rump Steaks are cooked to customers liking.

Salad ingredients can be omitted if requested.

Vanilla Ice Cream

Summer time brand AND Chef Selections by Caterforce

Water, Sugar, Palm Oil, Buttermilk Powder, Whey Powder, Dextrose, Skimmed Milk Powder, Emulsifiers (Mono and Di-glycerides of fatty acids) Stabilisers (Cellulose Gum, Guar Gum, Locust Bean Gum), Flavourings, Colours (Annatto, Curcumin)

ALLERGY INFO – MILK AND MAY ALSO CONTAIN SOYA

Usually accompanied by a wafer

Florentine wafers

Wheat flour, coconut oil, Emulsifier- soya lecithin (E322) Wheat starch, Whey powder, Egg albumen
Raising agent- Bicarbonate of soda (E500), Egg Yolk, Salt, Flavouring, Natural Colour- Annatto (E160b)

ALLERGY INFO- WHEAT, GLUTEN, SOYA, EGG, MILK

Da Vinci Chocolate Sauce

Glucose syrup, water, dextrose, cocoa powder (6.6%)
modified waxy maize starch, natural flavouring.

Treat Toffee sauce Invert sugar syrup, full cream
sweetened condensed milk, colour- plain caramel,
natural flavouring.

ALLERGY INFO- MILK

Treat Butterscotch Sauce

Invert Sugar Syrup, Colour- Plain Caramel, Natural
Flavouring

Treat Strawberry Sauce

Invert Sugar Syrup, Concentrated Strawberry Juice,
Colour- Anthocyanins; Acid: Citric Acid, Natural
Flavouring

(Ministry of Cake)- SYRUP SPONGE PUDDING

Ingredients- Golden Syrup 36.5% (Invert Sugar Syrup,
Natural Flavouring), Sugar, WHEAT FLOUR, WHOLE
EGG, Margarine (Palm Oil, Rapeseed Oil, water,
Emulsifier E471), Water, Rapeseed Oil, Raising Agents
(E450i, E500ii), Modified Maize Starch, Molasses,
Natural Flavouring, Stabiliser (E415), Colour (E160a)

ALLERGY ADVICE – CONTAINS EGG AND GLUTEN

May contain traces of peanuts and nuts.

SUITABLE FOR VEGETARIANS

We also have Gluten Free Syrup Sponge on request.

APPLE CRUMBLE

Bramley Apples, Sugar, Self-Raising Flour, Stork
Margarine

ALLERGY ADVICE- Self- Raising Flour- Wheat GLUTEN,
may also contain other cereals containing gluten and
soya.

Stork Margarine-Vegetable oils, Hydrogenated vegetable oils, water, whey, salt, Emulsifiers- mono-di Glycerides (E471) Lecithin (E322) Flavours Vitamin E colour Natural carotenes (E160a) Vitamins A and D

Served with customer choice of Cream, Ice cream or Custard can be served on its own.

Kerrymaid Custard

Reconstituted Skimmed Milk, Water, Sugar, Modified Starch, Vegetable Oil, Flavouring, Natural colours (Annatto, Curcumin), Stabiliser (Sodium Triphosphate)

ALLERGY ADVICE – Contains MILK, Suitable for gluten free and vegetarian diets.

CHOCOLATE FUDGE CAKE (Ministry of Cake)

Chocolate Fudge Icing (53%) Sugar, Water, Shortening(Palm Oil, Rapeseed Oil, Emulsifier (E471), Fat Reduced Cocoa Powder (5.5%), Glucose Syrup, Emulsifiers (E471,E475) Sugar, Wheat flour (with Calcium, Iron, Niacin, Thiamin), Buttermilk, Rapeseed Oil, Whole Egg, Fat Reduced Cocoa Powder, Egg Yolk, Raising Agent (E500ii)

ALLERGY ADVICE CONTAINS EGG, MILK AND GLUTEN

May also contain traces of peanuts and nuts.

Suitable for Vegetarians

We also have a Naughty Chocolate Cake available that is Gluten Free on request.

GINGER SPONGE WITH STEM GINGER SAUCE

Ingredients- Golden Syrup (Partially Inverted Sugar Syrup), Wheat Flour, Water, Sugar, Dark Brown Sugar (Cane Molasses), Whole Egg, Vegetable Oil, Whipping Cream, Black Treacle, Ground Ginger, Modified Maize Starch, Emulsifiers (E475, E481, E471) Palm Oil, Why Powder, Raising Agents (E550, E541) Salt, Rapeseed Oil, Dried Wheat Protein, Preservative (E202), Stem Ginger, Flavouring, Acidity Regulator (E334)

ALLERGY ADVICE- GLUTEN, EGG, DAIRY PRODUCE

MAY CONTAIN NUTS AND SOYA

Served with customer choice of Custard, Ice Cream or Cream

BRANDY SNAP BASKET

Ingredients- Sugar, Golden Syrup, Margarine (Palm Oil, Rapeseed Oil, emulsifier: mono and diglycerides of

fatty acids), Wheat flour, Ground Ginger, emulsifier:
Soya Lecithin

ALLERGY ADVICE- GLUTEN- WHEAT AND SOYA

Filled with Fresh or Defrosted Frozen Raspberries

Topped with Strawberry Gelato Ice Cream

ALLERGY ADVICE- MILK

Finished with cream if alright with customer to do so.

CHOCOLATE AND TOFFEE LUMPY BUMPY

Made by SIDOLI

Sponge base with Cheesecake Layer, Chocolate or Toffee layer respectively with a fondant icing glaze to finish. Chocolate one has Pecan Nuts in its decoration.

ALLERGY ADVICE- MILK, GLUTEN- WHEAT AND BARLEY, SOYA, NUTS, SULPHITES

CHEESE AND BISCUITS

Selection of wedges of Cheese- mainly used Cote Hill Blue, Cheddar and Brie served with 5 Cheese Biscuits and Butter potion and small bunch of grapes or slices of apple.

Jacob's Biscuit selection ingredients- wheat flour, vegetable oil, sugar, glucose syrup, wheat bran, salt, wheat starch, raising agents (Ammonium bicarbonate, disodium diphosphate), dried powdered cheese, wheat germ, kibbled rye, barley flakes, dried autolysed yeast, dried whey, black pepper, wheat protein, natural flavouring (dried yeast extract, potassium Chloride, dried cheese, maltodextrin, natural flavourings, vegetable oil, dried whey, milk protein), yeast, Lactic acid, poppy seeds, natural flavourings, natural pepper flavourings, barley malt flour, emulsifier (E472e)

ALLERGY ADVICE- Cheeses- MILK, ANNATTO

Biscuit Selection- MILK, GLUTEN WHEAT AND BARLEY

May also contain NUTS, SESAME SEEDS, EGG, SOYA

FARMER BROWNS ICE CREAMS

Our selection of these ice creams changes we have a full list of ingredients for all the flavours which can be checked on request.

ALLERGY ADVICE-All of them contain MILK, some contain GLUTEN