

# ALLERGEN & DIETARY REQUIREMENTS GUIDE

**This Guide** Our dish descriptions don't always list every single ingredient involved in the cooking process. This guide aims to equip you with all the allergenic information, along with dietary requirements, for every dish we offer on our menu.

However, please advise us of your specific allergy or dietary requirement when ordering, even if you have eaten the dish before.

Please note, this menu does not list the allergens found in our complimentary condiments.

**Our Guarantee** Both our kitchens and suppliers handle numerous ingredients, and whilst all your meals are freshly cooked to order, they are cooked in a space that is not allergen free. Whilst we do have strict controls in place, it is not possible to completely eradicate the chance of contamination. Therefore we are unable to guarantee that one of our dishes are 100% allergen free.

**Please Note** This guide is designed for informational purposes only and therefore, we advise against using it as a substitute for medical advice or treatment.

**All allergenic ingredients featured in this guide are in accordance with the EU Food Information for Consumers Regulation**

**Cereals;** containing gluten. Namely wheat, rye, barley, oats or their hybridised strains and products thereof

**Crustaceans** and products thereof

**Eggs** and products thereof

**Fish** and products thereof

**Peanuts** and products thereof

**Soybeans** and products thereof

**Milk** and products thereof (including lactose)

**Nuts;** namely almonds, hazelnuts, walnuts, cashews, pecan, Brazil, pistachio & macadamia and products thereof

**Celery** and products thereof

**Mustard** and products thereof

**Sesame Seeds** and products thereof

**Sulphur Dioxide and Sulphites;** at concentrations of more than 10 mg/kg

**Lupin** and products thereof

**Molluscs** and products thereof

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS													SUITABLE FOR?		COMMENTS	
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian		Vegan
<b>STARTERS</b>																	
Soup of the Day	Please ask your server for the allergens of today's soup.																
Gambas Pil Pil	●	●				○	○	○			○						
Greek Salad							●								Yes		
Nachos - Beef Chilli							●		●	○	○						
Nachos - Vegetable Chilli							●		●	○	○				Yes		
<b>NIBBLES</b>																	
Marinated Olives							●								Yes		
Lamb & Feta Kofta						●	●		○	○	○						
Fish Cakes	●		●	●					○	●	○	●					
Falafel Bites	○							○	●	○	○				Yes		
Southern Fried Chicken Strips	●		●			○	●		○	○		○					

● Contains      ○ May Contain

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan	
<b>MAINS</b>																	
Piri Piri Chicken Breast										●		●					
Rigatoni	●							●	●	○	○	●			Yes	Yes	
Caesar Salad	●		●					●	●			●			Yes		
<b>PUB CLASSICS</b>																	
Fish & Chips	●		●	●						●		●					
Sausage & Mash	●						●		●	○	○	●					
Pie of the Day	Please ask your server for the allergens of today's pie.																
Curry of the Day	Please ask your server for the allergens of today's curry.																
<b>SANDWICHES</b>																	
Fish Butty	●		●	●		○	○	○		●	○	●					
Chicken Flat Bread	●				○		●	○	○	●	○						
Toasted Cheddar	●					○	●	○	○		○				Yes		
Falafel Flat Bread	●							○	●						Yes	Yes	

● Contains    ○ May Contain

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan	
<b>BURGERS</b>																	
Classic Burger	●		●			○	○	○	○	●	○	●					
Trackside Burger	●		●			○	●	○	○	●	○	●					
Southern Fried Chicken	●		●			○	●	○	○	●		●					
Falafel Burger	●					○	○	○							Yes	Yes	
<b>ADDITIONAL TOPPING</b>																	
Bacon																	
Chorizo																	
Guacamole															Yes	Yes	
Monterey Jack							●								Yes		

● Contains    ○ May Contain

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS													SUITABLE FOR?		COMMENTS	
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian		Vegan
<b>BELLA PIZZA</b>																	
Classic	●						●								Yes		
Pepperoni	●						●										
Meat Feast	●						●										
Kiev	●						●		○	○	○						
Spicy Shrimp	●	●					●		○	○	○						
Vegan Deluxe	●					●								Yes	Yes		

● Contains    ○ May Contain

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS	
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan		
<b>SIDES</b>																		
Skinny Fries	●																	
Onion Rings	●			●														
Seasonal Vegetables							●											
Mash							●		○	○	○							
Chips	●																	
Side Salad										●		●						
Garlic Bread	●						●											
Garlic Bread with Cheese	●						●	○			○							

● Contains      ○ May Contain

# Allergen Information & Dietary Guide

	THIS DISH CONTAINS														SUITABLE FOR?		COMMENTS
	Cereals	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide / Sulphites	Lupin	Molluscs	Vegetarian	Vegan	
<b>PUDDINGS</b>																	
Sticky Toffee Pudding	●		●	○			●	○			○	○			Yes		
Pancakes	●		○			●	○								Yes	Yes	
Chocolate Brownie	●		●			●	●								Yes		
Ice Cream - Vanilla	○					●	●	○							Yes		
Ice Cream - Strawberry	○					●	●	○							Yes		
Ice Cream - Chocolate	○					●	●	○							Yes		
Ice Cream - Salted Caramel	○					●	●	○							Yes		

● Contains      ○ May Contain