

# 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

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	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>SNACKS</b>																	
KATSU CHICKEN STRIPS	●		●				●										
GLAZED SAUSAGES	●							○	●	○	●						
BREADED BRIE	●		●				●	○	○	○	●			Yes			
FISH CAKES	●		●	●			●	○	●	○	○						
<b>STARTERS</b>																	
SOUP OF THE DAY	Please ask your server for the allergens of today's soup.																
NACHOS VEG CHILLI							●		●	○	○				Yes		
NACHOS BEEF CHILLI							●		●	○	○						
CHILLI PRAWN BRUSCHETTA	●	●						●	●	○	○	●					

● Contains      ○ May Contain

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<b>MAINS</b>																	
PIRI PIRI CHICKEN BREAST	●		●						○	●	○						
FISH OF THE DAY	Please ask your server for the allergens of today's																
VEGETABLE CHILLI BURRITO	●								●	○	○					Yes	
LAMB SHANK,							●		●	○	○	●					
CHICKEN & CHORIZO SALAD							●		○	●	○	●					
PRAWN & AVOCADO SALAD	●	●	●	●						○							
<b>PUB CLASSICS</b>																	
FISH & CHIPS	●		●	●					○	●	○	●					
PIE OF THE DAY	●		●				●		●	○	○	●					See Specials and please ask server for all additional allergen information
CURRY OF THE DAY	Please ask your server for the allergens of today's curry,																
RUMP STEAK	○								○	○	○						
VEGETARIAN LASAGNE	●						●		●	○	○	●			Yes		
BEEF LASAGNE	●						●		●	○	○	●					

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<b>SUNDAY LUNCH</b>																		
SUNDAY LUNCH	●		●				●		●	○	○	●						
<b>BURGERS</b>																		
CLASSIC BEEF OR CHICKEN	●		●			○	○	○	○	●	○							
TRACKSIDE	●		●			○	●	○	○	●	○							
SOUTHERN FRIED CHICKEN	●		●			○	○	○	●	●	○							
LAMB & FEAT	●		●			○	○	○	○	●	○							
VEGETARIAN	Please ask your server for the allergens of today's vegetarian burger.														Yes	Yes		
<b>ADDITIONAL TOPPING</b>																		
BACON																		
ONIONS																	Yes	
CHEESE							●								Yes			
VEG CHILLI									●	○	○				Yes			
BEEF CHILLI									●	○	○							
CHORIZO							●											
MUSHROOMS																	Yes	

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<b>SIDES</b>																	
SKINNY FRIES	○														Yes		
MASH POTATO						●									Yes		
ONION RINGS	●														Yes		
SEASONAL VEGETABLES															Yes		
COLESLAW			●						●						Yes		
HOMEMADE CHIPS	○														Yes		
SWEET POTATO FRIES	○														Yes		
HOUSE SALAD									●		●				Yes	Yes	
GARLIC BREAD	●						●								Yes		
Garlic Bread with Cheese	●						●								Yes		

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<b>BAGUETTES</b>																	
FISH FINGER	●		●	●					○	●	○						
CHEDDAR & TOMATO	●		●						○	●	○				Yes		
PRAWN BAGUETTE	●	●	●						○	●	○						
<b>JACKETS</b>																	
BAKED BEANS & CHEESE			●				●			●					Yes		
BEEF CHILLI			●				●		●	●							
VEG CHILLI			●				●		●	●					Yes		
CURRY OF THE DAY			●				●			●							
BACON & CHEESE			●				●			●							

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<b>PIZZA</b>																	
MARGHERITA	●						●								Yes		
PEPPERONI	●						●										
QUATTRO CARNE	●						●										
POLLO	●						●										
BRINATA E PANCETTA	●						●										
VEGETARIANA	●					●									Yes	Yes	
<b>PUDDINGS</b>																	
STICKY TOFFEE	●		●	○			●	○			○	●			Yes		
CRUMBLE OF THE DAY	●					○	●	○	○	○	○				Yes		See Specials and please ask server for all additional allergen information
CHOCOLATE BROWNIE	●					●	●								Yes		
TRIO OF ICE CREAM	○					○	●	○							Yes		

● Contains    ○ May Contain