

## Allergen Information

Allergens listed in bold

### Light Meals

#### Roasted Tomato and Black Olive Salad

Green pesto and baby leaf salad

#### Salmon and Broccoli Fishcake

Dill coleslaw and baby leaf salad  
(fish, **wheat gluten**, milk, soya)

#### Spinach and Goats Cheese Tart

Baby leaf salad and balsamic dressing  
(milk, **wheat gluten**)

#### Chestnut Mushrooms on Toast

Creamy tarragon sauce on granary toast  
(Mushrooms: cream; Bread: **wheat gluten**)

#### Smoked Chicken and Chorizo Caesar Salad

Shaved parmesan and a caesar dressing  
(Dressing: milk, cheese, anchovy)

### Main Meals

#### 6oz Beef Burger

Mature cheddar cheese and guacamole served in a pretzel bun with chunky chips and baby leaf salad  
(Burger: **mustard**; Guacamole: Milk, Pretzel bun: **wheat gluten**, soya; Cheddar: cows milk)

#### Beer Battered Cod and Chunky Chips

Cod fillet in crispy golden batter with garden peas and a classic tartar sauce  
(fish, **gluten**)

#### Spicy Five Bean Chilli

Long grain rice, tortilla chips and guacamole  
(Chilli; **mustard**; Guacamole; Milk)

#### Boeuf Bourguignon

Warm crusty bread and baby leaf salad  
(Bread: **wheat gluten**)

#### Chicken in Black Bean Sauce

Long grain rice and mini vegetable spring rolls  
(Sauce: soya bean, **wheat**; Vegetable Spring Rolls: **wheat gluten**, sulphite, soy bean, celery)

### Desserts

All served with a scoop of vanilla pod ice cream

#### Warm French Apple Tart

(Pastry: **wheat**; Ice Cream: dairy)

#### Chocolate Orange Torte

(**wheat gluten**, barley, soya, milk; Ice Cream; dairy)

#### Belgian Waffle

(**wheat gluten**, egg, milk; Ice Cream; dairy)

#### Tiramisu Teardrop

(**wheat gluten**, milk, egg, sulphites; Ice Cream: dairy)

#### Zesty Lemon Cheesecake

(milk, egg, **wheat gluten**, barley, nuts, peanuts; Ice Cream; dairy)

### Lunch Snacks

Gluten free bread is also available

#### Brie and Avocado Bloomer Sandwich

(Bread: **wheat gluten**; Brie: milk)

#### Plaice Goujon Sandwich with Tartar Sauce

(fish; Breadcrumb coating: **wheat gluten**, egg; Tartar Sauce: eggs, **mustard**)

#### Cheddar, Mozzarella and Tomato Toastie

(Bread: **wheat gluten**; Cheese: milk)

#### Mature Cheddar, Ham and Pickle Baguette

(Cheddar: cows milk; Pickle: Cheddar: cows milk, sulphite, metabisulphite; Bread: **wheat gluten**)

#### Tuna, Cucumber and Mayo Bloomer Sandwich

(fish; Mayonnaise: egg; Bread: **wheat gluten**)

#### Classic BLT Bloomer Sandwich

(Bread: **wheat gluten**)

### Children's Menu

#### Penne Pomodoro

(Pasta: **wheat gluten**)

#### Fish Fingers, Chunky Chips and Peas

(Fish Finger: fish, **gluten**, egg; Chips: **wheat gluten**)

#### Beef Burger

Served with Chunky Chips and Salad  
(Burger: **mustard**; Bun: **wheat gluten**; Chips: **wheat gluten**)

#### Cheese and Tomato French Bread Pizza

Served with a Green Salad  
(Bread: **wheat gluten**; Topping: milk)

#### Cheese, Ham and Tomato French Bread Pizza

Served with a Green Salad  
(Bread: **wheat gluten**; Topping: milk)

#### Chicken Goujons, Chunky Chips and Salad

(Chicken Goujons: **wheat gluten**, celery, milk; Chips: **wheat gluten**)

### Side Dishes and Extras

#### Houmous with Pitta Bread

(Houmous: sesame seeds, Pitta Bread: **wheat gluten**)

#### Chunky Chips

(**wheat gluten**)

#### Chunky Chips with Mature Cheddar, Salsa and Spicy Jalapeños

(Chips: **wheat gluten**; Topping: milk)

#### Onion Rings with Firecracker Sauce

(**wheat gluten**, barley, cornflour)

#### Garlic Ciabatta

(**wheat gluten**)

#### Mini Vegetable Spring Rolls with Sweet Chilli Dip

(Vegetable Spring Rolls: **wheat gluten**, sulphite, soy bean, celery)

#### Sweet Chili dip

(sesame)

#### Tartar sauce

(egg, **mustard**)

#### Balsamic Dressing

(malt extract from barley)