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 substite 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	
STARTERS																	
Soup of the Day	Please ask your server for the allergens of today's soup.																
Mac 'N' Cheese	●						●		○	●	○	●			Yes		
Nachos - Beef Chilli							●		●	○	○						
Nachos - Vegetable Chilli							●		●	○	○				Yes		
Gambas Pil Pil	●	●							○	○	○						
NIBBLES																	
Brie Bite	●		●				●								Yes		
Southern Fried Chicken Strips	●		●				●		●	●	●						
Fish Bites	●	●	●							●		●					
Honey Sausages	●		●							●		●					

● Contains ○ May Contain

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MAINS																	
Hunters Chicken			●							●		●					
Prawn Salmon stir fry	●		●				●										
Beef Lasagne	●						●		●	○	○	●					
Veg Lasagne	●						●		●	○	○	●			Yes		
Veg cheese wellington									●	●	●				Yes		
Gammon Steak - Egg	○		●				●		○	○	○						
Gammon Steak - Pineapple	○						●		○	○	○						
PUB CLASSICS																	
Pie of the Day	Please ask your server for the allergens of today's Pie.																See Specials
Fish & Chips	●		●	●						●		●					
Curry of the Day	Please ask your server for the allergens of today's Curry.														Yes	Yes	See Specials
Sausage & Mash	●						●		●	○	○	●					
Veggie Sausage & Mash	●					●	●		●	○	○	●			Yes		

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BURGERS																	
Classic Beef or Chicken	●		●			○	○	○	○	●	○	●					
Trackside Burger	●		●			○	●	○	○	●	○	●					
Southern Fried Chicken	●		●			○	○	○	○	●	○	●					
Lamb & Feta	●		●			○	●	○	○	●	○	●					
Baji Burger	●					○	○	○	○		○				Yes	Yes	
ADDITIONAL TOPPINGS																	
Bacon																	
Onions															Yes		
Guacamole															Yes	Yes	
Cheese	●						●		●	○	○	●			Yes		
Beef Chilli	●						●		●	○	○						
Veg Chilli															Yes		

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Sandwiches																	
Steak Baguette	●								○	○	○						
Fish Butty	●		●	●					○	●	○	●					
Chicken & Bacon	●		●						○	●	○	●					
Toasted Cheddar	●						●								Yes		
SIDES																	
Skinny Fries	○														Yes		
Onion Rings	○			○													
Seasonal Vegetables							●		○	○	○				Yes		
Mash							●		○	○	○				Yes		
Homemade Chips	○														Yes		
Side Salad										●		●			Yes	Yes	
Garlic Bread	●						●								Yes		
Garlic Bread with Cheese	●						●								Yes		
Coleslaw			●							●		●			Yes		

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PUDDINGS																	
Apple & Blackberry crumble	●					●			○	○	○				Yes	Yes	
Sticky Toffee Pudding	●		●	○			●	○			○	●			Yes		
Chocolate Brownie	●		●			●	●								Yes		
Ice Cream - Vanilla	○					●	●	○							Yes		
Ice Cream - Strawberry	○					●	●	○							Yes		
Ice Cream - Chocolate	○					●	●	○							Yes		
Ice Cream - Salted Caramel	○					●	●	○							Yes		

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Pie of the Day (1)																	
Chicken Ham & Leek	●		●				●		●	●	○	●					
Chicken Chorizo	●		●				●		●	●	○	●					
Chicken Mushroom	●		●				●		●	●	○	●					
Cheese & Onion	●		●				●		●	●	○	●			Yes		
Steak & Ale	●		●	●			●		●	○	○	●					
Steak & Stilton	●		●	●			●		●	○	○	●					
Meat & Potato	●		●	○			●		●	○	○	●					
Pork & Apple	●		●			●	●		●	●	○	●					
Moroccan Lamb	●		●				●		●	○	○	●					
Chestnut Mushroom	●		●				●		●	●	○	●			Yes		
Shepards Pie	●						●		●	○	○	●					
Cottage Pie	●						●		●	○	○	●					

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Pie of the Day (2)																	
Cumberland Pie							●		●	○	○	●					
Fish Pie				●			●		●	○	○	●					
Ham Leek & Cheddar	●		●				●		●	●	○	●					
Mac N Cheese	●						●		●	●	○	●			Yes		
Keema Beef Cottage Pie	●								●	○	○	●					
Moroccan Chickpea & Feta	●		●				●		○	○	○	●			Yes		
Turkey Stuffing & Cranberry	●		●				●		●	○	○	●					
Coronation Chicken	●		●				●		●	○	○	●					

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Curry of the Day																	
Balti	●				○			○	●	●							
Korma	●				○			○	●	●							
Jalfrezzi	●				○			○	●	●							
Rogan Josh	●				○			○	●	●							
Tandoori	●				○			○	●	●							
Tikka Masala	●				○			○	●	●							
Beef Masala	●								●	○	○						
Lamb Bhuna	●								●	○	○						
Chicken Saagwala	●						●		○	○	○						
Thia Green	●								●								

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