

# 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>STARTERS</b>																	
Soup of the Day	Please ask your server for the allergens of today's soup.																
Nachos - Beef Chilli							●		●	○							
Nachos - Vegetable Chilli							●		●	○					Yes		
King Prawn Stir Fry	●	●	●			●											
Buffalo Chicken Wings	●						●		●	○	○	●					
Leek & Cheddar Gratin	●		●				●		○	●	○				Yes		
<b>NIBBLES</b>																	
Mushroom Pizza Roll	●						●								Yes		
Southern Fried Chicken Strips	●		●				●		●	●	●						
Cod Fish Cakes			●	●													
Brie Bites	●		●				●								Yes		
Honey Sausages	●											●					

● Contains    ○ May Contain

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<b>MAINS</b>																		
Chicken Breast Hash	●			●					○	○	○							
Crispy Duck Salad	●					●				○	●	●						
Broccoli Tart	●		●				●		○	○	○				Yes			
Sea Bass Salad				●						●		●						
<b>PUB CLASSICS</b>																		
Fish & Chips	●		●	●					○	●	○	●						
Pie of the Day	Please ask your server for the allergens of today's Pie.																	See Specials
Roast Ham & Egg	○		●															
Curry of the Day	Please ask your server for the allergens of today's curry.																	
Rump Steak	●								●	○	○	●						
<b>SUNDAY LUNCH</b>																		
Sunday Lunch	●		●				●		●	○	○	●						

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<b>BURGERS</b>																	
Classic Beef or Chicken	●		●			○	○	○	○	●	○	●					
Trackside Burger	●		●			○	●	○	○	●	○	●					
Southern Fried Chicken	●		●			○	○	○	○	●	○	●					
BBQ Pulled Pork	●		●			○	●	○	○	●	○	●					
Vegetarian	Please ask your server for the allergens of today's vegetarian burger.														Yes	Yes	
<b>ADDITIONAL TOPPING</b>																	
Bacon																	
Onions															Yes	Yes	
Cheese							●								Yes		
Pulled Pork									○	○							
Beef Chilli									●	○							
Veg Chilli															Yes		

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<b>SIDES</b>																	
Skinny Fries	○														Yes		
Onion Rings	●														Yes		
Seasonal Vegetables															Yes		
Coleslaw			●						●						Yes		
Homemade Chips	○														Yes		
Sweet Potato Fries	○														Yes		
Side Salad									●		●				Yes	Yes	
Garlic Bread	●														Yes		
Garlic Bread with Cheese	●						●								Yes		

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<b>SANDWICHES</b>																	
Steak Baguette	●		●			○	○		○	●	○						
Fish Butty	●		●	●		○	○			●	○						
Chicken & Bacon Club	●		●						○	●	○						
Cheese & Tomato	●		●			○	●			●	○				Yes		
Roast Ham & Tomato	●		●							●	○						
<b>PIZZA</b>																	
Margherita	●						●								Yes		
Pepperoni	●						●										
Quattro Carne	●						●										
Pollo	●						●										
Maiale Tirato	●						●		○	○	○						
Vegetariana	●					●									Yes	Yes	

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<b>PUDDINGS</b>																	
Chocolate Brownie	●		●			●	●	○							Yes		
Sticky Toffee Pudding	●		●	○			●	○			○	●			Yes		
Cheesecake of the Day	●						●								Yes		
Ice Cream - Vanilla	○					○	●	○							Yes		
Ice Cream - Strawberry	○					○	●	○							Yes		
Ice Cream - Chocolate	○					○	●	○							Yes		

● Contains    ○ May Contain