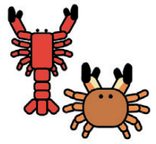
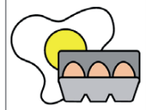
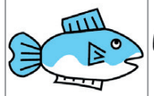
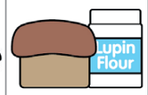
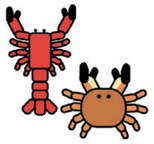
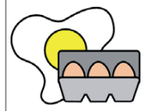
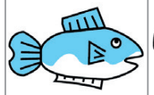
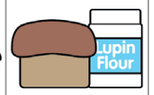
DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Arancini	●	●		●			●							●
Pork Belly		●										●	●	
Chipolatas		●							●					
Hummus & Pitta		●										●	●	
Bread / Foccacia		●												
Grilled Halloumi & Zhug							●							
Olives														
Homemade Soup	Please ask for todays soup													
Caprese Salad							●			●				●
Crispy Duck Salad												●	●	●

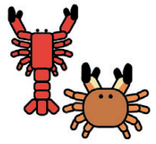
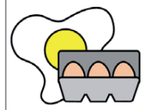
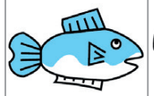
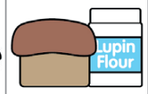
DISHES AND THEIR ALLERGEN CONTENT

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Smoked Salmon		●			●									●
Prawn Cocktail	●	●	●	●					●					
Chicken Livers		●		●			●							●
Crab On Toast		●	●	●					●					
Prawn Tagliatelle		●	●	●										
Puttanesca Rigatoni	●	●		●			●							
Chicken Caesar Salad		●		●	●		●		●					
Nourish Bowl										●		●	●	
Sunday Roasts	●	●		●			●							
Monkfish & Prawn Curry	●		●		●								●	

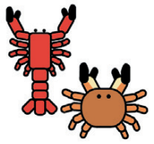
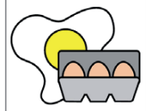
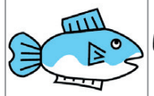
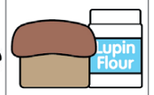
DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Thai Vegetable Curry	●												●	
Lamb Chump	●						●							
½ Roast Duck	●												●	●
Fish Finger Butty		●		●	●		●		●					
Grand Burger		●		●			●		●					
Roasted Halibut	●				●		●							
Sea Bass	●				●					●				●
Chicken Supreme	●						●							●
Teriyaki Salmon		●			●					●			●	
Moussaka	●	●					●		●					●

DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Fisherman's Pie	●	●			●		●							●
Steak Tagliata							●		●					
Meatball Taglioni	●	●		●			●		●					
Fillet / Rib Eye Steak	●						●							●
Jersey Royal Potatoes							●							
Tenderstem Brocolli				●			●							
Mixed Salad									●					
Heritage Tomato Salad										●				●
Homemade Chips														
Posh Chips							●							

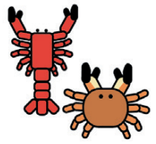
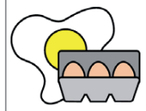
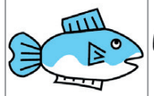
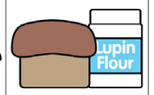
DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken Sandwich		●		●			●							
Ham Sandwich		●					●		●					
Smoked Salmon Sandiwch		●			●									
Savoury Cheese Sandwich		●					●							
Smoked Salmon, Avocado & Egg		●		●									●	
Fish & Chips		●		●	●									
Gammon, Egg & Chips				●										
Scone, Jam & Cream		●		●			●							
Carrot Cake		●								●				
Pea & Mint Ravioli		●		●			●							●

DISHES AND THEIR ALLERGEN CONTENT

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Scallops & Black Pudding		●					●	●						●
Duck Breast - Grasmere	●						●							●
Hispi Cabbage							●							
New Potatoes							●							
Chocolate Mousse				●			●			●				
Sticky Toffee Pudding		●		●			●							
Coconut Rice Pudding														
Creme Brulee				●			●							
Apple Tarte Fine		●		●			●							●
Rhubarb Semifreddo		●		●			●							

DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Affogato				●			●							●
Cheese & Biscuits	●	●					●							
Truffles							●							
Full Cooked Breakfast		●		●			●							
Avocado & Poached Eggs		●		●			●							
Eggs Royal		●		●	●		●							
Porridge		●					●							
Bircher Museli		●					●			●				