

# Allergen Information 2024

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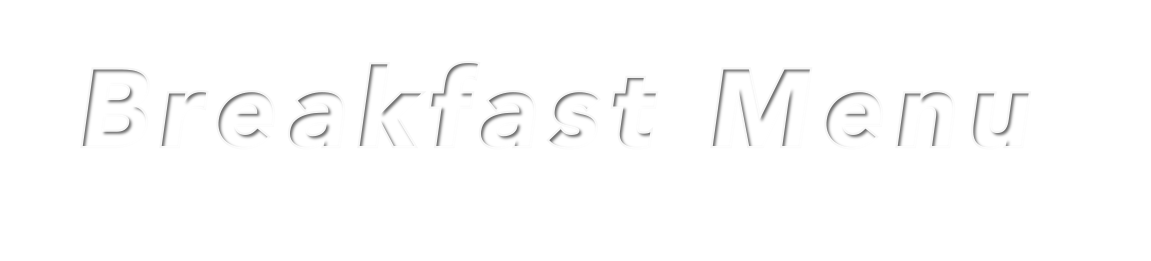
At Charnallies we endeavor to ensure every customer can enjoy our food regardless of their allergy and dietary requirements. The following food charts allow each customer to confidently select their meal to work around their needs.

Unfortunately, due to preparation areas in our kitchen, we are unable to completely guarantee every item can be 100% free from allergens. However, all of our gluten free and vegan items are prepared separately from the rest of our menu. For all other allergens, please inform your server so we can prepare your meal according to your needs.

At Charnallies, we fry many of our products in **Soya Bean Vegetable Oil**, and therefore cannot guarantee against cross contamination across foods fried with this oil, e.g products containing gluten, fish, and dairy. In which case, items that are fried can be suitably substituted to match your requirements. Just let us know when you are ordering.

The following tables contain information regarding the 14 allergens outlined by the Foods Standards Agency. Some of our food is delivered pre-packaged, and in these cases we cannot guarantee from cross contamination in factories where they were prepared. Additional information is also included in the comments column in the table.

Please feel free to discuss your options with your servers, to make sure you can make the most of our extensive menu, always cooked fresh to order.



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| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Bugsy’s*  *Breakfast* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes:\* |  |  |  | No | No | \*Bread |
| *Bugsy’s Bigger Breakfast* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes\* |  |  |  | No | No | \*Bread |
| *Vegetarian Breakfast* |  | Yes\* |  | Yes |  |  | Yes |  |  |  | Yes\*\* |  |  |  | No | Yes | \*Bread  \*\*Sausage |
| *Gluten Free Breakfast* |  |  |  |  |  |  | Yes |  |  |  | Yes\* |  |  |  | No | No | \*Sausage |
| *Vegan Breakfast* |  | Yes |  |  |  |  |  |  |  |  | Yes\* |  |  |  | No | Yes | \*Sausage |
| *Pancake Stack* |  | Yes Wheat |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Children’s Breakfast* |  | Yes |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *(Breakfast)*  *Toasted Ciabatta* |  | Yes  Wheat, Barley |  |  |  |  |  |  |  |  |  |  |  |  | No | No | Check Filling |
| *Breakfast Bun* |  | Yes |  |  |  |  | Yes |  |  |  |  | Yes |  |  | No | Yes\* | \*Vegetarian sausage option |
| *American Pancakes* |  | Yes Wheat/  Rye |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Brunch Platter* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes:\* |  |  |  | No | No | \*Bread |
| *Fried Egg on Toast* |  | Yes |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Breakfast Menu Cont.***

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| *Scrambled Egg on Toast* |  | Yes |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Egg (Fried)* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Egg (Scrambled)* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Sausage* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Baked Beans* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Hash Brown* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Grilled Tomato* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Mushrooms* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegetarian Sausage* |  |  |  |  |  |  |  |  |  |  | Yes |  |  |  | Yes | Yes |  |
| *Toast* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Appetizers, Sharers and Sides***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Soup of the Day* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Garlic Ciabatta* |  | Yes Rye,  Wheat |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Garlic Ciabatta w/ Mozzarella* |  | Yes Rye,  Wheat |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Garlic Mushrooms* |  | Yes, Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes\* | Yes | \*With VG mayo or salsa |
| *Nachos* |  |  |  | Yes\* |  |  | Yes |  |  |  |  |  | \*Yes |  | No | Yes | \*Guacamole |
| *Potato Skins –*  *Cheese Onion* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Potato Skins-­‐*  *Bacon Cheese* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Chicken Wings* |  |  |  |  |  |  | Yes\* |  |  |  |  |  |  |  | No | No | \*BBQ |
| *Mozzarella*  *Dippers* |  | Yes  Wheat |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Prawn Cocktail* |  | Yes Wheat/  Barley\* | Yes | Yes | Yes |  | Yes |  |  |  |  |  |  |  | No | Yes | \*Ciabatta/ Rye |
| *Chicken Strips* | Yes | Yes |  |  |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No |  |
| *Garlic King Prawns* |  | Yes\* | Yes | Yes | Yes |  | Yes |  |  |  |  |  |  |  | No | Yes | \*Ciabatta |

***Appetizers, Sharers and Sides Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *Garlic Pizza*  *w/ Mozzarella* |  | Yes  Wheat |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Towering Onion Rings* |  | Yes Wheat,  barley |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Loaded Nachos* |  |  |  | Yes |  |  | Yes |  |  |  | Yes |  | Yes\* |  | No | No | Guacamole |
| *Sampler Platter* | Yes | Yes Wheat,  barley |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | No |  |
| *Dirty Fries* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Fries* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Cheesy Fries* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Sweet Potato*  *Fries* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Seasoned*  *Spicy Fries* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *New York*  *Fries* |  |  |  |  |  |  | Yes\* |  |  |  | Yes |  |  |  | No | Yes | \*BBQ Sauce |
| *Beer Battered Onion Rings* |  | Yes  Wheat, barley |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Homemade*  *Coleslaw* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *House Salad* | Yes | Yes,  wheat\* |  |  |  |  |  |  |  |  |  |  |  | Yes\* | Yes | Yes | \*Dressing |

***Burgers, Wraps and Dogs***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *Hamburger* |  | Yes  Wheat |  | Yes\* |  |  |  |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *Cheeseburger* |  | Yes Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *Bacon*  *Cheeseburger* |  | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *The Inferno Burger* |  | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *Burger with the*  *Works* |  | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *The Big Don* |  | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *Triple Stacked*  *Burger* |  | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes | Sulphite | Yes | No | No | \*In coleslaw |
| *Spicy Bean*  *Burger* |  | Yes  Wheat |  | Yes\* |  |  |  |  |  |  |  | Yes |  | Yes\*\* | Yes | Yes | \*In coleslaw \*\*Pickle |
| *Chicken &*  *Cheese Melt* | Yes | Yes  Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes |  | Yes\*\* | No | No | \*In coleslaw  \*\*Pickle |
| *NY Chicken Burger* | Yes | Yes Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes |  | Yes\*\* | No | No | \*In coleslaw  \*\*Pickle |
| *Garden Burger* |  | Yes Wheat |  | Yes\* |  |  | Yes |  |  |  |  | Yes |  | Yes\*/\*\* | Yes\*\*\* | Yes | \* In Burger/\*\*Pickle/  \*\*\*Without  Mayo |

***Burgers, Wraps and Dogs Cont.***

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| *BBQ Pulled Pork Wrap* |  | Yes Wheat |  | Yes \*\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \* In BBQ Sauce /\*\*In Coleslaw |
| *Sweet Chilli Chicken*  *Wrap* |  | Yes Wheat |  | Yes\*\* |  |  |  |  |  |  |  |  |  |  | No | No | \*\*In Coleslaw |
| *Chicken*  *Tender & Bacon Wrap* | Yes | Yes Wheat |  | Yes\*\* |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No | \* In BBQ  Sauce/ \*\*In Coleslaw |
| *Chicken*  *Caesar Salad Wrap* |  | Yes  Wheat, Barley |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Chicago Club*  *Sandwich* |  | Yes  Wheat |  | Yes |  |  |  |  |  |  | Yes |  |  |  | No | No |  |
| *Roasted*  *Vegetable Melt* |  | Yes  Wheat, Rye |  | Yes |  |  | Yes |  | Yes, Cashew |  |  |  |  |  | No | Yes |  |
| *American Hot Dog* | Yes | Yes Wheat |  | Yes\*\* |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No | \*\*In Coleslaw |
| *Chilli Cheese Dog* | Yes | Yes  Wheat |  | Yes\*\* |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No | \*\*In coleslaw |

***House Specials***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *Sicilian Chicken* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Hawaiian Chicken* |  |  |  | Yes\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \*In Coleslaw |
| *BBQ Rack of Ribs* |  |  |  | Yes\* |  |  | Yes\*\* |  |  |  |  |  |  |  | No | No | \*In Coleslaw/  \*\*BBQ Sauce |
| *Chicken & Rib Combo* |  |  |  | Yes\* |  |  | Yes\*\* |  |  |  |  |  |  |  | No | No | \*In Coleslaw/\*\*  BBQ Sauce |
| *Steak & Rib Combo* |  |  |  | Yes” |  |  | Yes\*\* |  |  |  |  |  |  |  | No | No | \*In Coleslaw/  \*\*BBQ Sauce |
| *Chicken Al*  *Diavlo* |  |  |  | Yes “ |  |  |  |  |  |  |  |  |  |  | No | No | \*In Coleslaw |
| *Luigi’s Lamb Shank* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Sizzling*  *Skillet: Chicken* |  | Yes\*\*\* |  |  |  |  | Yes± |  |  |  |  |  |  | Yes | No | No | \*\*\*In Wraps/  ±Sour Cream |
| *Sizzling*  *Skillet: Sirloin Steak* |  | Yes \*\*\* |  |  |  |  | Yes± |  |  |  |  |  |  | Yes | No | No | \*\*\*In Wraps/  ±Sour Cream |
| *Cajun Chicken &*  *Bacon Melt* | Yes | Yes Barley |  | Yes\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \*In Coleslaw |
| *BBQ Chicken & Bacon Melt* |  |  |  | Yes\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \*In Coleslaw |

***House Specials Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *8oz Prime Sirloin* |  | Yes\* |  |  |  |  |  |  |  |  |  |  |  |  | No | No | \*Onion Rings-­‐ Wheat/ Barley |
| *Fat Sam’s Surf & Turf* |  | Yes\* | Yes |  | Yes |  | Yes |  |  |  |  |  |  |  | No | No | \*Onion Rings-­‐ Wheat/  Barley |
| *14oz Bugzy ‘T’ Bone* |  | Yes\* |  |  |  |  |  |  |  |  |  |  |  |  | No | No | \*Onion Rings-­‐ Wheat/Barley |
| *The Godfather* |  | Yes\* |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No | \*Onion Rings-­‐  Wheat/Barley |
| *Grill Sauce:*  *Peppercorn* | Yes | Yes |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Grill Sauce:*  *Garlic Butter* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Fish and Salads***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *Golden Fried Cod* |  | Yes, wheat barley |  | Yes\*\*\* | Yes |  |  |  |  |  |  |  |  |  | No | Yes | \*\*\*Tartare Sauce |
| *Grilled Swordfish:*  *Cajun* | Yes |  |  |  | Yes |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Grilled*  *Swordfish: Garlic* |  |  |  |  | Yes |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *BBQ Chicken Salad* |  | Yes\*\* |  | Yes |  |  | Yes |  |  |  |  |  |  | Yes | No | No | \*\*Ciabatta-­‐ Wheat/Rye |
| *Caesar Salad* |  | Yes\*\* |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes | \*\*Ciabatta-­‐ Wheat/Rye |
| *Steakhouse Salad* |  | Yes\*\* |  | Yes |  |  |  |  |  |  |  |  |  | Yes | No | No | \*\*Ciabatta-­‐ Wheat/Rye |

***Pasta Dishes***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| *Pasta Napolitana* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Spaghetti*  *Bolognese* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Spaghetti with*  *Meatballs* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | No |  |
| *Penne Alfredo* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Pasta Al Pesto* |  | Yes |  | Yes |  |  | Yes |  | Yes  Cashew |  |  |  |  |  | No | Yes |  |
| *Penne Al*  *Rustica* |  | Yes |  | No |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Lasagna Al*  *Forno* |  | Yes  Wheat |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |

***Pizzas***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Margherita* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *The MOB* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Pepperoni* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *American Hot* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Hawaiian* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Vegitana* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pollo Pollo* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *NY Deli* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Pulled Pork*  *Pizza* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Calzone Carne* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Mushroom*  *Calzone* |  | Yes |  | Yes |  |  | Yes |  | Yes  Cashew |  |  |  |  |  | No | Yes |  |
| *Meatball*  *Calzone* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | No |  |

***Dessert Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Black Forest Sundae* |  | Yes Wheat |  | Yes |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Wafer |
| *Chocolate*  *Crunch Sundae* |  | Yes  Wheat |  | Yes |  |  | Yes |  |  |  | Yes\* |  | Yes |  | No | Yes | \*Wafer |
| *Broadway*  *Banana Split* |  |  |  | Yes\* |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Wafer |
| *Rocky Road*  *Sundae* |  |  |  | Yes\* |  |  | Yes\*\* |  |  |  | Yes\*/\*\* |  |  |  | No | No,  Marshmallow | \*Wafer  \*\*Raisins/Marshmallows |
| *Banoffee Sundae* |  |  |  | Yes\* |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Wafer |
| *Knickerbocker*  *Glory Sundae* |  |  |  | Yes\* |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Wafer |
| *Chocolate Cookie*  *Mountain* |  | Yes Wheat,  Oats |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Razzamatazz* |  | Yes  Wheat |  | Yes |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Wafer |
| *Alabama Choc*  *Fudge Cake* |  | Yes  Wheat |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Honeycombe Smash Cheesecake* |  |  |  |  |  |  | Yes\* |  |  |  |  |  |  |  | no | Yes | \*Chocolate honeycombe |
| *Lemon Meringue Pie* |  | Yes Wheat |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Wiseguy Waffle* |  | Yes Wheat |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Millionaire’s Waffle* |  | Yes Wheat |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |

***Dessert Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Biscoff Cheesecake* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Sticky Toffee Pudding* |  | Yes, Wheat |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Apple Pie* |  | Yes,  Wheat |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *American Style*  *Pancakes* |  | Yes  Wheat |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Black Cherry*  *Coulis* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Maple Syrup* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Agave |
| *Salted Caramel*  *Sauce* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Chocolate*  *Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Toffee Sauce* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Strawberry*  *Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Lemon Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Lemon Sorbet* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Mango Sorbet* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Custard* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Dessert Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Ice Cream:*  *Vanilla* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream: Strawberry* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Chocolate* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Toffee* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Banana* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Mint Choc Chip* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Children’s Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Cheesy Garlic Bread Toasties* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Vegeatbale Sticks* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Nachos W/Cheese* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pizza:*  *Margherita* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pizza:*  *Pepperoni* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Pizza:*  *Ham* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Make Your Own Wraps* |  | Yes |  |  |  |  | Yes\* |  |  |  |  |  |  |  | No | No | \*BBQ  Sauce |
| *Hamburger* |  | Yes |  |  |  |  |  |  |  |  | Yes |  |  |  | No | No |  |
| *Chicken Strip*  *Burger* | Yes | Yes |  |  |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No |  |
| *American Hot Dog* | Yes | Yes |  |  |  |  | \*\* |  |  |  |  |  |  | \*\* | No | No | \*\*Traces  Mustard/Milk |
| *Spaghetti*  *Bolognese* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Penne*  *Napolitana* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Boston Bean Bake* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |

***Children’s Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Chicken Strips* | Yes | Yes |  |  |  |  | Yes |  |  |  | Yes |  |  | Yes | No | No |  |
| *Simply Sausages* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Fish Fingers* |  | Yes Wheat |  |  | Yes |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Melted Cheese*  *& Ham Toastie* |  | Yes |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | No |  |
| *Warm Cookie*  *and Ice Cream* |  | Yes, Wheat |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes | Coconut |
| *Strawberry Ice*  *Cream* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Vanilla Ice*  *Cream* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Chocolate Ice*  *Cream* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Marshmallows* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Chocolate*  *Buttons* |  |  |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Banana Slices* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Fan Wafer* |  | Yes, Wheat |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes | Coconut Oil |

***Gluten Free Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Soup with Ciabatta* |  |  |  |  |  | May contain\* |  |  |  |  |  |  |  |  |  |  | \*ciabatta roll |
| *Garlic Bread* |  |  |  |  |  | May contain\* | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Garlic Bread with cheese* |  |  |  |  |  | May contain\* | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Garlic Pizza Bread with Melted Mozzarella* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Potato Skins:*  *Bacon & Cheese* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Potato Skins:*  *Cheese & Onion* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Prawn Cocktail* |  |  | Yes | Yes | Yes |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Houmous* |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  | Yes | Yes |  |
| *Sweet Chilli Chicken Wrap* |  |  |  | Yes\* |  |  |  |  |  |  |  |  |  |  | No | No | \*In coleslaw |
| *Roasted Vegetable Melt* |  |  |  | Yes |  |  | Yes |  | Yes, Cashew |  |  |  |  |  | No | Yes |  |

***Gluten Free Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Chicago Club Sandwich* |  |  |  | Yes |  |  |  |  |  |  | yes |  |  |  | no | no |  |
| *Grilled Swordfish* |  |  |  |  | Yes |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Sicilian Chicken* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Hawaiian Chicken* |  |  |  | Yes\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \*In coleslaw |
| *Chicken Al Diavlo* |  |  |  | Yes\* |  |  |  |  |  |  |  |  |  |  | No | No | \*In coleslaw |
| 8oz Prime Sirloin Steak |  |  |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| Fat Sam’s Surf & Turf |  |  | Yes |  | Yes |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *14oz Bugsy T-Bone* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Chicken & Bacon Salad* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes\* | No | No | \*dressing |
| *Fusilli Napolitana* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Fusilli Bolognese* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

***Gluten Free Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Fusilli Pomodro Bake* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Fusilli Alfredo* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pizza:*  *Margherita* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pizza:*  *The MOB* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Pizza:*  *American Hot* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | Ni | Ni |  |
| *Pizza:*  *Hawaiian* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | Yes | Yes |  |
| *Pizza:*  *Vegitana* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | Yes | Yes |  |
| *Pizza:*  *NY Deli* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | Ni | No |  |
| *Vanilla Cheesecake* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Broadway Banana Split* |  |  |  | Yes |  |  | Yes |  |  |  |  | Yes\* |  |  | No | Yes | \*Wafer |

***Gluten Free Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Knickerbocker Glory* |  |  |  | Yes |  |  | Yes |  |  |  |  |  | Yes\* |  | No | Yes | \*Wafer |
| *Blueberry Muffin Sundae* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Vanilla* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream: Strawberry* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Chocolate* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Toffee* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Banana* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Ice Cream:*  *Mint Choc Chip* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Gluten Free Items***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Ciabatta Roll* |  |  |  |  |  | May Contain |  |  |  |  | Yes |  |  |  | Yes | Yes |  |
| *Gluten Free White Roll* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Garlic Ciabatta* |  |  |  |  |  | May Contain | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Bruschetta* |  |  |  |  |  | May  Contain | Yes |  |  |  | Yes |  | Yes |  | No | Yes |  |
| *Potato Skins* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Houmous &*  *Tortilla* |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  | Yes | Yes |  |
| *Gluten Free Fusilli* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Gluten Free Pizza Bases* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Gluten Free Bread* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Gluten Free Wrap* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

***Vegan Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Bruschetta* |  | Yes  Wheat/Rye |  |  |  |  |  |  |  |  |  |  | Yes\* |  | Yes | Yes | \*Balsamic Glaze |
| *Houmous* |  | Yes |  |  |  |  |  |  |  |  |  |  | Yes\* |  | Yes | Yes | \*Balsamic Glaze |
| *Quesadilla* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Potato Skins* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Tomato & Basil Soup* |  | Yes\* |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | \*Ciabatta |
| *Pizza: Margherita* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Pizza:*  *Mushroom & Onion* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Pizza:*  *Vegitana* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Mushroom Salad* |  | Yes\* |  |  |  |  |  |  |  |  |  |  | Yes\*\* |  | Yes | Yes | \*Ciabatta \*\*Balsamic Glaze |
| *Vegan Dog* |  | Yes |  |  |  |  |  |  |  |  | Yes |  |  | Yes | Yes | Yes |  |
| *Spicy Bean Burger* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Roasted Vegetable Melt* |  | Yes\*  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | \*Ciabatta |

***Vegan Menu Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Pasta*  *Napolitana* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Pomodoro Bake* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Chocolate Fudge Cake* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Coconut |
| *Biscoff Cheesecake* |  | Yes  wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Knickerbocker Glory* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Ice Cream:*  *Strawberry* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Coconut |
| *Vegan Ice Cream:*  *Vanilla* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Ice Cream:*  *Chocolate* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Coconut |
| *Sorbet:*  *Lemon* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Sorbet:*  *Mango* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Custard* |  |  |  |  |  |  |  |  |  |  | Yes |  |  |  | Yes | Yes |  |
| *Vegan Cream* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

***Lunch Menu Starters***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Soup of Day (Ask Server)* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Garlic Mushrooms* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes\* | Yes | \*With VG mayo or salsa |
| *Houmous w/ Tortilla* |  | Yes, Wheat\* |  |  |  |  |  |  |  |  |  | Yes |  |  | Yes | Yes | \*Tortilla |
| *Garlic Bread* |  | Yes  Wheat/Rye |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Tuna Brushcetta* |  | Yes Wheat/Rye |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Nachos* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Lunch Menu Mains***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Fresh*  *Battered Cod* |  | Yes |  | Yes\* | Yes |  |  |  |  |  |  |  |  |  | No | Yes | \*Tartare  Sauce |
| *Bacon & Cheese Melt* |  | Yes Wheat/Rye |  | Yes\*\* |  |  | Yes |  |  |  |  |  |  |  | No | No | \*\*In Coleslaw |
| *Sausage & Creamed Potato* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Spaghetti*  *Bolognese* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Margherita Pizza* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *The MOB Pizza* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *American Hot Pizza* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Vegitana Pizza* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Classic Hot*  *Dog* | Yes | Yes |  | Yes\*\* |  |  | Yes |  |  |  |  |  |  | Yes | No | No | \*\*In  Coleslaw |
| *Veggie Hot Dog* |  |  |  |  |  |  |  |  |  |  | Yes |  |  | Yes | Yes | Yes |  |
| *Chilli Cheese Dog* | Yes | Yes |  | Yes slaw |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Chicken Fajita Wrap* |  | Yes |  | Yes\* |  |  |  |  |  |  |  |  |  | **Yes** | No | No | \*In Coleslaw |
| *Chicken Caesar Wrap* |  | Yes Wheat  Barley |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No |  |

***Lunch Menu Mains Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *BBQ Chick n’ Cheese Wrap* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Jacket Pot: Cheese* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot:*  *Cheese & Beans* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot: Tuna Mayo* |  |  |  | Yes | Yes |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot:*  *Cheese/Coleslaw* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot: Sweet Chilli Chicken* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Panini: Cheese* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Panini: Ham &*  *Cheese* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Panini: Cheese &*  *Onion* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Panini:*  *Mozzarella, Tomato, Pesto* |  | Yes |  | Yes |  |  | Yes |  | Yes Cashew |  |  |  |  |  | No | Yes |  |
| *Panin: Tuna Melt* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Panini: Chipotle Chicken & Cheese* |  | Yes |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |

***Lunch Menu Desserts***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Lemon Pavlova Sundae* |  |  |  | Yes\* |  |  | Yes |  |  |  |  |  |  |  | No | Yes | \*In lemon curd |
| *Biscoff Sundae* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Choc Chip*  *Sundae* |  | Yes  Wheat |  |  |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Fruit Sundae* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Cinnamon*  *Waffle* |  | Yes  Wheat |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |
| *Two Scoop:*  *Vanilla* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Two Scoop:*  *Chocolate* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Two Scoop:*  *Strawberry* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Gluten Free Lunch Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Soup of the Day* |  |  |  |  |  | May contain\* |  |  |  |  |  |  |  |  | Yes | Yes | \*Ciabatta roll |
| *Houmous* |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes | Yes |  |
| *Garlic Bread* |  |  |  |  |  | May contain\* |  |  |  |  |  |  |  |  | Yes | Yes | \*Ciabatta roll |
| *Fusilli Napoletana* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Fusilli Bolognese* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Margherita Pizza* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *The MOB Pizza* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot: Cheese* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot:*  *Cheese & Beans* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot: Tuna Mayo* |  |  |  | Yes | Yes |  |  |  |  |  |  |  |  |  | No | Yes |  |

***Gluten Free Lunch Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Jacket Pot:*  *Cheese/Coleslaw* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Jacket Pot: Sweet Chilli Chicken* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | No | No |  |
| *Knickerbocker Glory* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Two Scoop:*  *Vanilla* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Two Scoop:*  *Chocolate* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Two Scoop:*  *Strawberry* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Chocolate Brownie* |  |  |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | Yes |  |

***Vegan Lunch Menu***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Tomato & Basil Soup* |  | Yes\* |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | \*Ciabatta roll |
| *Houmous* |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes | Yes |  |
| *Bruschetta* |  | Yes  Wheat  Rye |  |  |  |  |  |  |  |  |  |  | Yes\* |  | Yes | Yes | \*Balsamic Glaze |
| *Margherita Pizza* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Mushroom & Onion Pizza* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Jacket Pot:*  *Cheese & Beans* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Dog* |  | Yes |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Knickerbocker Glory* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Sorbet* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Ice Cream* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

***Sandwiches, Ciabattas & Pastries***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Ham Salad Sandwich* |  | Yes |  |  |  |  | Yes |  |  |  | Yes\* |  |  |  | No | No | \*Sliced  Bread |
| *Cheese Salad Sandwich* |  | Yes |  |  |  |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Sliced  Bread |
| *Tuna Mayo & Red Onion Sandwich* |  | Yes |  | Yes | Yes |  | Yes |  |  |  | Yes\* |  |  |  | No | Yes | \*Sliced  Bread |
| *BLT Ciabatta* |  | Yes,  Wheat/Rye |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Sausage & Onion Ciabatta* |  | Yes Wheat/Rye |  |  |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Veggie Sausage & Onion Ciabatta* |  | Yes |  |  |  |  | Yes\* |  |  |  | Yes |  |  |  | No | Yes | \*butter |
| *Brunch Club* |  | Yes |  | Yes |  |  | Yes |  |  |  | Yes |  |  |  | No | No | \*Sliced  Bread |
| *Toasted Cheese, Ham & Onion Club* |  | Yes |  |  |  |  | Yes |  |  |  | Yes\* |  |  |  | No | No | \*Sliced Bread |
| *Chicken &*  *Bacon Mayo Ciabatta* |  | Yes Wheat/Rye |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | No |  |
| *Prawn Sandwich* |  | Yes Wheat/ Rye | Yes | Yes | Yes |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Toasted Teacake* |  | Yes Wheat |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Fruit Scone* |  | Yes Wheat |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Clotted Cream* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Asst. Muffins…* |  | Yes Wheat, Oats |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |

***Sauces & Condiments***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Tomato Ketchup* | Yes\* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | \*Sachets |
| *Brown Sauce* |  | Yes, Barley,  Rye |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *American Mustard* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes |  |
| *English*  *Mustard* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes |  |
| *French*  *Mustard* |  | Yes  Wheat |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes |  |
| *Mayonnaise* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *BBQ Sauce* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Sweet Chilli*  *Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *House Piri*  *Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Vegan Mayo* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Tartare Sauce* |  |  |  | Egg |  |  |  |  |  |  |  |  |  | Yes | No | Yes |  |
| *Thousand*  *Island Dressing* |  |  |  | Yes |  |  |  |  |  |  |  |  |  |  | No | Yes |  |
| *Ranch* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes |  |  |  |
| *Honey*  *Mustard* |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes |  |
| *Garlic Mayo* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Mint Sauce* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

***Sauces & Condiments Cont.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Does it Contain?*** | | | | | | | | | | | | | | | | | |
|  | **Celery** | **Cereals**  **with Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk/ Dairy** | **Molluscs** | **Nuts** | **Peanuts** | **Soya** | **Sesame Seeds** | **Sulphur Dioxide** | **Mustard** | **Suitable**  **for Vegans** | **Suitable for Vegetarians** | **Comments?** |
| *Caesar Dressing* |  | Yes, Barley |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Salad Cream* |  |  |  | Yes |  |  |  |  |  |  |  |  |  | Yes | No | Yes |  |
| *Balsamic Glaze* |  |  |  |  |  |  |  |  |  |  |  |  | Yes |  | Yes | Yes |  |
| *Malt Vinegar* |  | Yes,  Barley |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Guacamole* |  |  |  | Yes |  |  | Yes |  |  |  |  |  | Yes |  | No | Yes |  |
| *Tomato Salsa* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *French Dressing* | Yes | Yes |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes | Yes |  |
| *Parmesan Cheese* |  |  |  | Yes |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Garlic Butter* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Gravy* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |
| *Peppercorn Sauce* | Yes |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Cajun* |  | Yes  Wheat  Barley |  |  |  |  |  |  |  |  | Yes |  |  | Yes | Yes | Yes |  |
| *Sour Cream* |  |  |  |  |  |  | Yes |  |  |  |  |  |  |  | No | Yes |  |
| *Pizza Topping* |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes | Yes |  |

