



## allergens menu

# breakfast

## EGGS BENEDICT

gluten (gfr), dairy, mustard, cereals, eggs

## OVERNIGHT OATS

cereals, gluten, dairy

## EGGS ROYALE

eggs, gluten (gfr), dairy, mustard, cereals, fish

## AUTHENTIC BELGIAN WAFFLES TWO WAYS

**streaky bacon & maple syrup:** eggs, gluten, dairy  
**fruit and crème fraiche:** eggs, gluten, dairy

## THE BREAKFAST BLAA

lupin, gluten, eggs, dairy, cereals

## THE MORNING SCONE

gluten, eggs, dairy

## VEGAN SPANISH OMELETTE

wheat, soya

*(gfr) is gluten free on request!*

# **gourmet sandwiches**

## **CHICKEN & STUFFING**

gluten, eggs, milk, celery, dairy

## **HOT ROAST OF THE DAY**

gluten (gfr), eggs, dairy, mustard

## **CAESAR CLUB**

gluten, eggs, dairy, mustard, fish

## **CORONATION CHICKEN**

gluten (gfr), eggs, dairy

## **CHIMICHANGA**

gluten, eggs, dairy, nuts, mustard

## **TOASTED SPECIAL**

gluten (gfr), eggs, mustard, dairy

## **HELLO HALLOUMI**

gluten, eggs, dairy

*(gfr) is gluten free on request!*

# lite bites

## PIL PIL PRAWNS

mustard, shellfish, dairy, gluten (gfr)

## CHICKEN LIVER PATE

dairy, gluten (gfr), sulphites

## CHICKEN SATAY SALAD

peanuts, mustard, molluscs, nuts, soybeans

## WINGS

celery, gfr

**blue cheese:** dairy, celery

**hot sauce:** dairy, mustard, sulphites

## SUPERFOOD SALAD

mustard, cereals, gluten (gfr), dairy (if feta is added)

## SOUP

celery, dairy, molasses, gluten (gfr)

*(gfr) is gluten free on request!*

# starters

## CONFIT OF DUCK LEG

celery, mustard, sulphites

## CHICKEN LIVER PATE

dairy, gluten (gfr), sulphites

## PILPIL PRAWNS

mustard, shellfish, dairy, gluten (gfr)

## WILD MUSHROOM BRUSCHETTA

cereals, eggs, dairy, nuts, sulphites, lupin, gluten

## BLACK PUDDING SALAD

mustard, gluten, dairy, cereals, lupin

## SOUP OF THE DAY

celery, dairy, molasses, gluten (gfr)

## WINGS

celery, gfr

**blue cheese:** dairy, celery

**hot sauce:** dairy, mustard, sulphites

## SUPERFOOD SALAD

mustard, cereals, gluten (gfr), dairy (if feta is added)

## CHICKEN SATAY SALAD

peanuts, mustard, molluscs, nuts, soybeans

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# main course

## ROAST DUCK

dairy, celery, gluten (gfr), sulphites

## SWEET POTATO FALAFELS

celery, mustard

## FEATHERBLADE

dairy, sulphites, gluten (gfr), egg, celery

## CHUCK AND BRISKET BURGER

gluten (gfr), cereals, dairy, celery, sulphites

## HAKE

dairy, celery, egg, mustard, sulphites, gluten (gfr)

## CHICKEN SUPREME

dairy, gluten (gfr), sulphites, cereals, lupin

## BUTTERMILK CHICKEN BURGER

gluten, eggs, dairy, mustard

## SALMON

dairy, celery, mustard, sulphites

## APPLE AND SAGE PORK SAUSAGES

cereals, dairy, celery, mustard, sulphites, lupin, gluten

## FISH AND CHIPS

gluten, eggs, dairy, sulphites, cereals

## CURRY

dairy, nuts, gluten (gfr), egg, celery, mustard

## HOUSE PRIME CUT STEAK

dairy, celery, sulphites, gluten (gfr)

*(gfr) is gluten free on request!*

# vegan & vegetarian

## SUPERFOOD SALAD

mustard, cereals, gluten (gfr), dairy (if feta is added)

## WILD MUSHROOM BRUSCHETTA

cereals, eggs, dairy, nuts, sulphites, lupin, gluten

## MANGO & CARDAMON GLAZED TOFU

celery, mustard

## SWEET POTATO FALAFELS

mustard, gluten, dairy, cereals, lupin

## PLANT BASED FISH & CHIPS

cereals, soybeans, mustard, gluten

## PULLED OATS BURGER

mustard, sulphites, gluten (gfr)

## PLANT BASED STEAK

molluscs, sulphites, mustard

## INDIAN MADRAS CURRY

dairy, nuts, gluten (gfr), egg, celery, mustard

*(gfr) is gluten free on request!*

# dessert

## CHEESECAKE

dairy, gluten, nuts, soybean, eggs, peanuts, sulphites

## ICE CREAM

dairy, gluten (gfr)

## CHOCOLATE BROWNIE

gluten (gfr), dairy, eggs, nuts

## PAVOLVA

eggs, dairy, (gfr)

## BANOFFEE PIE

gluten, dairy, soyabean

## CHOCOLATE BROWNIE SUNDAE

gluten, eggs, dairy, nuts

## ELM TREE REBEL MUD PIE

cereals, eggs, dairy, nuts, sulphites, lupin, gluten

## APPLE GRANOLA CRUMBLE

cereals, eggs, dairy, nuts, sulphite, lupin, gluten

## SHARING PLATE

cheesecake, pavolva & elm tree mud pie allergens

*(gfr) is gluten free on request!*



# sides

CHIPS

gfr

ROAST VEG

dairy

ONION RINGS

gluten

CHAMP

dairy

*(gfr) is gluten free on request!*