Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Soup of the day	(Baguette) Yes, wheat flour, gluten, **May**						**May**		**May**	(butter) Yes, **May**	**May**	**May**	(baguette) may	**May**
Nachos										Yes				Yes
Nachos with chilli										yes	yes			
Mozzarella	Yes, wheat flour, gluten, flour								Yes	Yes	Yes			
Pate	(Baguette) Yes, wheat flour, gluten vinegar from barley			Yes						Yes			May	Yes
Garlic Mushrooms	Yes, (baguette) flour									Yes		yes		Yes
Potato skins										Yes				Yes
Spicy Prawns	Yes, wheat flour May, gluten	Yes		Yes						Yes	May	May		Yes
Crispy duck parcels	Yes, wheat flour							yes		Yes	May	May		
Chicken Wings	May, wheat flour											yes		
Salt and pepper squid	Yes, wheat flour		yes					Yes	yes					

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Bread and butter	Yes, wheat flour, gluten									Yes			May	
Cheesy doughballs	Yes flour									yes				
Garlic bread	Yes, wheat flour, gluten									Yes			May	
Garlic bread with cheese	Yes, wheat flour, gluten									Yes			May	
Focaccia bread	Yes, wheat flour						Cashew	yes		Yes				
Fries														
Cheesy fries										Yes				
Vegetables of the day										Yes				
Mashed potatoes										Yes				
Mixed seasonal salad														
Warm olives in garlic and herbs										Yes				
Beer battered onion rings	Yes, wheat flour, barley													
Basmati rice														

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Salmon fillet	Yes, flour	May		Yes						Yes				yes
Seabass fillet	Yes, flour	Yes	Yes	Yes						Yes		Yes		Yes
Sole Fiorentine	Yes, flour	Yes	may	Yes						Yes				Yes
chicken tarragon	Yes, malt vinegar barley, flour									Yes	May	Yes		Yes
Pork Belly Special	Yes flour									yes	yes			Yes
Duck Leg Special	Yes, wheat flour							yes		Yes	May	May		yes

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Sausages and mash	Yes, flour									Yes	Yes			Yes
Lamb burger	Yes, gluten containing cereals, wheat flour						May, almond walnuts	May		Yes			May	
Beef burger	Yes, barley malt vinegar, wheat flour						May		Yes	Yes	Yes	Yes	Yes	
Chicken burger	Yes, barley malt vinegar, wheat flour						May			Yes			Yes	
Chilli Beef Burger	Yes flour						may			yes	yes	yes	yes	
Garden burger	Yes, barley malt vinegar, wheat flour						Yes, pesto (cashe w)		Yes	Yes			Yes	
Gluten free bun														
Minced lamb bbq	Yes, pitta, wholemeal flour									yes				
Chicken bbq	Yes, pitta, wholemeal flour									yes				
Lamb fillet bbq	Yes, pitta, wholemeal flour									yes				
Veggie bbq	Yes, pitta, wholemeal flour									yes				
Pitta bread	Yes, wholemeal flour													

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Spaghetti Napoli	Yes, durum wheat, semolina, wheat flour									Yes	Yes			
Spaghetti Bolognese	Yes, durum wheat, semolina, wheat flour									Yes	Yes			Yes
Spaghetti seafood	Yes, durum wheat, semolina, wheat flour	Yes	Yes	Yes						Yes	Yes			Yes
Lasagne	Yes, durum wheat, semolina, wheat flour,							May	Yes	Yes	Yes			Yes
Spicy penne with prawns	Yes, durum wheat, semolina, wheat flour	Yes		Yes						Yes	Yes	May		Yes
Penne Fiorentina	Yes, Cashew Nut Flour, durum wheat, semolina, wheat flour						Yes, Cashew , pine nus		Yes	Yes	Yes		May	Yes
Tagliatelle carbonara	Yes, durum wheat, semolina, wheat flour								Yes	Yes	Yes	May		Yes
Milanese	Yes, durum wheat, semolina, wheat flour								yes	yes	yes			
Fusilli pasta GF														
Vegan Fusili											yes			

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Mushroom risotto	Yes, wheat flour									Yes	May	Yes		yes
Mushroom risotto with chicken	Yes, wheat flour, malt vinegar barley									Yes	May	Yes		yes
Risotto Curry VG											Yes	Yes		Yes
Risotto salmon				Yes						Yes	Yes			Yes
Seafood risotto	Yes, wheat flour	Yes	Yes	Yes						Yes	Yes			Yes
Sweet potato Curry												Yes		

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
rib eye steak	May									Yes				
fillet steak	May									Yes				
t-bone steak	May									Yes				
Pepper sauce	Yes, flour									Yes	Yes			Yes
Mushroom sauce	Yes, barley malt vinegar, wheat flour									Yes	Yes	Yes		Yes
Rack of lamb menta	Yes, malt vinegar, barley, flour						Yes, pine nuts			Yes	Yes			Yes
Lamb fillets pepper	Yes, flour									Yes	Yes			Yes
Lamb shank	Yes, barley malt vinegar, wheat flour									Yes	Yes	Yes		Yes
Beef Curry thai	flour	may	May	yes				may					Yes	yes

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Baby back ribs	Yes, barley malt vinegar, wheat flour			Yes					Yes	Yes	yes	Yes		Yes
Chilli beef	Yes, wheat flour, may gluten									Yes	Yes			Yes
Chicken fajita	Yes, barley malt vinegar, wheat flour									Yes		Yes		Yes
Beef fajita	Yes, barley malt vinegar, wheat flour									Yes		Yes		Yes
mixed fajita	Yes, barley malt vinegar, wheat flour									Yes		Yes		Yes
Vegetarian fajita	Yes, barley malt vinegar, wheat flour									Yes		Yes		Yes
Guacamole														Yes
Salsa														Yes
Sour crème										Yes				
Tortilla bread	Yes, flour gluten													
Corn Tortilla														

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Margherita pizza	Yes, wheat flour									Yes	Yes			
Vegetarian pizza	Yes, wheat flour									Yes	Yes			
Mexicana pizza	Yes, wheat flour								May	Yes	Yes			
L.A BBQ Pizza	Yes flour											yes		
Fiorentina pizza	Yes, wheat flour								Yes	Yes	Yes			
Hawaiian pizza	Yes, wheat flour									Yes	Yes			
Mafiosa pizza	Yes, wheat flour								Yes	Yes	Yes			
Calzone	Yes, wheat flour									Yes	Yes			

Toppings	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Pizza cheese										**Yes**				
Vegan cheese														
Pepperoni									May	May				
Egg									Yes					
Tuna				Yes										
Chicken	Yes, malt vinegar barley, wheat flour											Yes		Yes
Goat's cheese										Yes				
Prawns		Yes												
Anchovies				Yes										

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Chicken caesar salad	Yes, wheat flour, malted barley flour, barley malt vinegar			Yes			Yes, walnuts	Yes	Yes	Yes		Yes		Yes
Chicken avocado salad	Yes, barley malt vinegar, wheat flour								Yes			Yes		Yes
Prawns and salmon salad	Yes, vinegar from barley	Yes		Yes					Yes		Yes			Yes
Goat's cheese salad	Yes, Cashew Nut Flour, wheat flour, rye flour, wheat germ flour, barley flour						Yes, Cashew		Yes	Yes	May	May	May	Yes

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Kids burger	Yes (wheat) barley malt vinegar								yes	yes	yes	yes	yes	
Kids spag Bolognese	Yes, durum wheat, semolina, wheat flour									Yes	yes			yes
Kids pizza	Yes, wheat flour									Yes	yes			
Fish fingers	Yes, wheat flour	yes	Yes	yes										
Nuggets	Yes, wheat flour							may		yes				
Kids Sausage and mash	Yes, flour									Yes	Yes			Yes

Name of dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Vegetarian wellington	Yes, flour								yes	yes				
Beef meat	Yes, flour										yes			
Turkey meat	Yes, flour										yes			
Lamb shank meat	Yes, flour										Yes	Yes		Yes
Cauliflower cheese	Yes, flour									yes				
Pigs in blankets	Yes, wheat													
Yorkshire pudding	Yes, flour								yes	yes				
Gravy	Yes, wheat, barley							Yes		Yes	yes	May		
Gluten free gravy														
Roast potatoes										Yes				
Vegetables										May				
Pork belly meat	Yes, flour									yes	yes			
Apple sauce														
Horseradish									yes			yes		yes
Mint sauce														
Cranberry sauce														

Dessert	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Banoffee Pie	Yes, wheat flour						May (biscuit)	May		Yes				
Apple Pie	Yes, wheat						May		yes	yes				
Chocolate Brownie	Yes, Wheat flour				May			Yes	Yes	Yes				
Chocolate fudge brownie ice cream	Yes, wheat flour							Yes	Yes	Yes				
Raspberry Sorbet														
Lemon sorbet														
Strawberry ice cream										Yes				
Tiramisu	Yes, wheat flour						May, almonds, hazelnuts	May	Yes	Yes				
Vanilla ice Cream										Yes				
Whipped Cream aerosol (squirty)										Yes				
Ice Cream Wafer	Yes, wheat flour, wheat starch							Yes	Yes	Yes				
Custard										Yes				
Chocolate sauce														
Chocolate orange tart					May		Yes, almond	May	May	may				
Strawberry sauce														
Salted caramel sauce										Yes				

Name of Dish	Gluten containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide