

# ALLERGEN MENU

## THE HORSE AND GROOM

Our Allergen Menu Provides Product Information Regarding Allergens In Each Dish, Our Kitchen Teams Are Trained To Adhere To This Allergen Information. Due To The Nature Of Our Food Production Environment, We Cannot Guarantee With 100% Certainty That Traces Of The Major 14 Allergens May Not Be Present In Your Dish.

However, We Try To Ensure Levels Are Adequately Controlled To The Best Of Our Ability.

\*Some Items Are Cooked In The Same Deep Fat Fryer And May Contain Traces Of All Allergens; This Is Indicated With **(DEEP FRIED ITEMS)**

## STARTERS

### **CHICKEN & PANCETTA TERRINE**

**CONTAINS: gluten/ sulphates/ mustard**

### **SMOKY TOFU & AVOCADO BRUSCHETTA**

**CONTAINS: gluten (wheat), mustard/ soya/ sulphur dioxide**

### **FRENCH ONION SOUP (GFO/DFO)**

**CONTAINS: celery/ gluten (wheat)/ lupin/ milk/ mustard/ nut traces/ soya/ sulphur dioxide**

### **WHITEBAIT**

**(DEEP FRIED ITEMS)**

**CONTAINS: gluten (wheat)/ fish/ mustard/ nut traces**

### **PULLED PORK BON BONS**

**(DEEP FRIED ITEMS)**

**CONTAINS: gluten (wheat)/ lupin/ milk/ mustard/ sulphur dioxide**

### **CALAMARI & SAMPHIRE**

**(deep fried item)**

**CONTAINS: molluscs/ milk/ mustard/ sulphates.**

## SALADS

### **SMOKED SALMON CAESAR**

**CONTAINS: mustard/ sulphur dioxide/ fish/ milk/ gluten.**

### **FETA, CANDIED BEETROOT & POMEGRANATE**

**CONTAINS: mustard/ sulphur dioxide/ milk.**

### **CHICKEN & AVOCADO**

**CONTAINS: mustard/ sulphur dioxide/ nuts/ gluten/ soya.**

## FISH & SEAFOOD

### **ALE BATTERED FISH & CHIPS (GFO)**

**(DEEP FRIED ITEMS)**

CONTAINS: gluten (wheat)/ lupin/ sulphur dioxide/ fish.

### **MOULES MARINIERE (GFO) (DFO)**

**(DEEP FRIED ITEMS)**

CONTAINS: gluten (wheat, rye, barley)/ lupin/ milk/ mollusc/ sulphur dioxide/ celery

### **MUSSELS, CIDER & LEEK**

CONTAINS: gluten (wheat, rye, barley)/ lupin/ milk/ mollusc/ sulphur dioxide/ celery

### **CHALKSTREAM TROUT & SALSA VERDE**

CONTAINS: mustard/ sulphur dioxide/ fish/ celery.

### **SALMON & PRAWN RISOTTO**

CONTAINS: fish/ mollusc/ milk/ sulphates/ celery.

## MAINS

### **HERITAGE TOMATO ARRABIATA**

CONTAINS: celery/ gluten/ sulphates/ milk/ may contain eggs.

### **HARISSA & COCONUT TAGINE (GFO)**

CONTAINS: celery/ gluten(durum)/ nut traces/ sesame/ soya

### **PLANT-BASED BURGER BURGER**

**(DEEP FRIED ITEMS)**

CONTAINS: gluten (wheat, oats, rye)/ mustard/ nuts/ soya/ sulphur dioxide

### **BOEUF BOURGUIGNON (DFO)**

CONTAINS: celery/ milk/ soya/ sulphur dioxide

### **THE HORSE & GROOM BURGER (DFO/GFO)**

**(DEEP FRIED ITEMS)**

CONTAINS: gluten(wheat)/ eggs/ lupin/ milk/ nut traces/ mustard/ sulphur dioxide

### **CHICKEN & CHORIZO RIGATONI**

CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ soya/ sulphur dioxide

### **STEAK & ALE PIE (DFO)**

**(DEEP FRIED ITEMS)**

CONTAINS: celery, sulphates, egg

### **CHICKEN & HAM PIE**

**(DEEP FRIED ITEMS)**

CONTAINS: celery/ milk/ egg

### **ROMESCO CHICKEN PARMIGIANO**

CONTAINS: celery/ milk/ mustard/ soya/ sulphur dioxide/ nuts

**CRISPY CIDER BRAISED PORK**  
CONTAINS: celery/ milk/ mustard/ sulphur dioxide

**CHIMICHURRI LAMB RUMP**  
CONTAINS: celery/ sulphates/ milk.

**8OZ RIBEYE STEAK (GFO)**  
**(DEEP FRIED ITEMS)**  
CONTAINS: gluten (wheat)/ may contain lupin/ soya/ sulphur dioxide

**PEPPERCORN SAUCE**  
CONTAINS: milk/ sulphates

**BLUE CHEESE SAUCE**  
CONTAINS: milk/ sulphur dioxide

## **BAGUETTES**

**SALMON & WATERCRESS**  
CONTAINS: celery/ gluten (wheat)/ fish/ milk/ mustard/ soya/ sulphur dioxide

**MEATBALL ARRABIATA**  
CONTAINS: celery/ gluten (wheat)/ milk/ mustard/ soya/ sulphur dioxide

**PULLED PORK & SMOKED CHEESE**  
CONTAINS: celery/ gluten (wheat)/ milk/ mustard/ sulphur dioxide

**CHICKEN, CHIPOTLE & BACON**  
CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide

**APPLEWOOD CHEDDAR CHEESE & CHUTNEY**  
CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ sulphur dioxide

## **DESSERTS**

**CHEESE PLATE**  
CONTAINS: gluten (wheat, rye, barley)/ lupin/ milk/ nut traces/ peanuts/ sesame/ sulphur dioxide

**CHERRY BAKEWELL**  
CONTAINS: gluten/ soya/ nuts

**STICKY TOFFEE PUDDING**  
CONTAINS: gluten (wheat, rye, barley)/ milk/ eggs/ nut traces/ sulphur dioxide

**MANGO & LIME POSSET**  
CONTAINS: milk/ sulphur dioxide/ gluten

**DOUBLE CHOCOLATE BROWNIE**  
CONTAINS: milk/ eggs

## KIDS MENU

### **FISH GOUJONS**

(DEEP FRIED ITEMS)

CONTAINS: celery/ gluten (wheat)/ crustaceans/ eggs/ fish/ milk/ mollusc/ mustard/ nut traces/ peanuts/ sesame/ soya/ sulphur dioxide

### **CHEESEBURGER (GFO) (DFO)**

(DEEP FRIED ITEMS)

CONTAINS: gluten(wheat)/ eggs/ lupin/ milk/ nut traces/ mustard/ sesame/ sulphur dioxide

### **PLANT-BASED BURGER**

(DEEP FRIED ITEMS)

CONTAINS: gluten (wheat, rye, oats, barley)/ lupin/ sesame/ soya/ nuts/ peanuts/ sulphur dioxide

### **BOEUF BOURGUIGNON**

CONTAINS: celery/ milk/ soya/ Sulphur dioxide

### **CHICKEN & CHORIZO PASTA**

CONTAINS: celery/ milk/ wheat/ mustard/ soya/ sulphur dioxide

### **CHEESE PASTA**

CONTAINS: milk/ gluten/ may contain eggs

## SIDES

### **RUSTIC CHIPS**

(DEEP FRIED ITEMS)

CONTAINS: N/A

### **SWEET POTATO FRIES**

(DEEP FRIED ITEMS)

CONTAINS: N/A

### **SEASONAL VEGETABLES (DFO)**

CONTAINS: milk

### **BEER BATTERED ONION RINGS**

(DEEP FRIED ITEMS)

CONTAINS: gluten (wheat)

### **HOUSE SALAD**

CONTAINS: celery/ gluten traces/ mustard/ sulphur dioxide

### **OLIVES**

CONTAINS: sulphur dioxide

### **GARLIC BREAD**

CONTAINS: gluten (wheat)/ lupin/ milk/ nut traces/ sulphur dioxide

### **HORSE & GROOM GARLIC BREAD**

CONTAINS: gluten (wheat)/ lupin/ milk/ nut traces/ sulphur dioxide

## **SUNDAY ROAST**

### **ROAST BRITISH BEEF**

**CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide**

### **LAMB SHANK**

**Contains: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide**

### **GARLIC & THYME CHICKEN**

**CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide**

### **SLOW ROASTED PORK**

**CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide**

### **APRICOT & LENTIL NUT ROAST**

**CONTAINS: celery/ gluten (wheat)/ eggs/ milk/ mustard/ nut traces/ sulphur dioxide**