Allergen Infomation

Review Date: 2024

Please read our allergen disclaimer below:

This table highlights the food items we sell that contain allergens. Our ingredients and product specifications can change. Even if you have dined with us before, you must inform our staff of your allergen or intolerance needs before placing any orders. Information in this document identifies the 14 major allergens, which relate only to the menu's ingredients, and does not consider any customisation or requests made.

Please remember that our staff are trained to adhere to this document. Any changes the customer makes will be done so at their own risk.

Unfortunately we cannot guarantee an allergen-free kitchen environment because our internal food production processes and source ingredients may have been produced in environments that handle additional allergens. While we have strong procedures for separating our food during it's preparation & cooking, sometimes this may involve shared equipment - such as deep-fat fryers and food preparation/cooking areas.

Tick = Contains Allergen

Tick = May Contain Allergen (stated by supplier)

Tick = Deep Fried Item Food items share the same deep-fat fryers. Therefore elements of the 14 allergens are present. Please ask a member of staff for more information

Starters	Deep Fried Item	Cereals containing Gluten, Eg; Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg; Walnuts, Cashew	Crustaceans	Fish	Molluscs
roasted squash & cauliflower soup		✓ WHEAT			✓	✓		✓				pumpkin seeds			
wild mushroom roulade		✓ WHEAT	✓	✓	✓	✓		✓	✓						
cheese souffle		✓ WHEAT			✓	✓	✓	✓	✓			✓ walnuts			
whitebait & smoked garlic	✓	✓ WHEAT			✓	✓		✓	✓					✓	
brixworth pate		✓ WHEAT	✓		✓	✓		✓	✓						
hog roast croquettes	✓	✓ WHEAT	✓		✓	✓	✓	✓	✓						

Mains	Deep Fried Item	Cereals containing Gluten, Eg; Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg; Walnuts, Cashew	Crustaceans	Fish	Molluscs
mushroom lasagna		✓ WHEAT			✓	✓	✓	✓	✓	✓					
sweet potato tagine			✓		✓			✓							
traditional pub pie	✓	✓ WHEAT	✓	✓	✓	✓	✓	✓	✓						
chicken and chorizo linguine		✓ WHEAT	✓			✓	✓	✓							
thyme salted pork belly					✓	✓		✓	✓						
8oz rump steak	✓	✓ WHEAT			✓	✓		✓							
garden pesto burger	✓	✓ WHEAT	✓		✓			✓	✓						
ranch chicken burger	✓	✓ WHEAT	✓	✓	✓	✓		✓	✓						
the heliburger	✓	✓ WHEAT			✓	✓		✓	✓	✓					
KERALA & COCONUT KING PRAWN CURRY			✓		✓	✓		✓					✓		✓
FISH & CHIPS	✓	✓ WHEAT						✓						✓	
wholetail scampi	✓	✓ WHEAT			✓	✓							✓		

Desserts	Deep Fried Item	Cereals containing Gluten, Eg; Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg; Walnuts, Cashew		Crustaceans	Fish	Molluscs
apple and winter berry crumble	☐	☑	WHEAT	☑	☑	☐	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
PEANUT BUTTER & CHOCOLATE CHEESECAKE	☐	☑	WHEAT	☑	☐	☐	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
bread & butter pudding	☐	☑	WHEAT	☑	☐	☐	☑	☑	☐	☐	☐	☐	☐		☐	☐	☐
CHOCOLATE TORTE	☐	☑	WHEAT	☐	☐	☐	☑	☐	☑	☐	☐	☐	☐		☐	☐	☐
sticky toffee pudding	☐	☐		☐	☐	☐	☑	☐	☐	☐	☐	☐	☐		☐	☐	☐
RHUBARB FRANGIPANE	☐	☑	WHEAT	☑	☑	☐	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐

Sunday Roasts	Deep Fried Item	Cereals containing Gluten, Eg; Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg; Walnuts, Cashew		Crustaceans	Fish	Molluscs
BRITISH BEEF	☑	☑	WHEAT	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
PORK BELLY	☑	☑	WHEAT	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
GARLIC & THYME CHICKEN	☑	☑	WHEAT	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
ROASTED LAMB SHANK	☑	☑	WHEAT	☐	☐	☑	☑	☑	☑	☐	☐	☐	☐		☐	☐	☐
SQUASH LENTIL & ALMOND WELLINGTON	☑	☑	WHEAT	☐	☐	☑	☐	☐	☑	☑	☐	☐	☑	ALMONDS	☐	☐	☐

Sunday Sides	Deep Fried Item	Cereals containing Gluten, Eg; Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg; Walnuts, Cashew		Crustaceans	Fish	Molluscs
CAULIFLOWER CHEESE	☐	☑	WHEAT	☐	☐	☐	☑	☐	☑	☑	☐	☐	☐		☐	☐	☐
THYME & SALT ROAST POTATOES	☐	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
YORKSHIRE PUDDINGS & GRAVY	☐	☑	WHEAT	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐		☐	☐	☐
CARAMEISED SHALLOT & SAUSAGE MEAT STUFFING	☑	☑	WHEAT	☐	☐	☑	☐	☐	☑	☑	☐	☐	☐		☐	☐	☐
SPROUTING BROCCOLI & TOASTED ALMONDS	☐	☑	WHEAT	☐	☐	☐	☑	☐	☑	☑	☐	☐	☑	ALMONDS	☐	☐	☐
MAPLE & MUSTARD GLAZED PIGS IN BLANKETS	☑	☑	WHEAT	☐	☐	☐	☐	☐	☑	☑	☐	☐	☐		☐	☐	☐
RUSTIC CHIPS	☑	☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐
BAKED GARLIC BREAD	☐	☑	WHEAT	☐	☐	☑	☑	☐	☑	☑	☐	☐	☐		☐	☐	☐