

BOURBON GLAZED GAMMON	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STEAK & ALE PIE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat,Barley	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8OZ RUMP STEAK	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat,Barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8OZ RIBEYE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat,Barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WASABI & LIME KING PRAWN SALAD	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ANDALUSIAN CHICKEN & CHORIZO BOWL	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HERITAGE TOMATO, FETA & OLIVE SALAD	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Almonds

FISH & SEAFOOD	Deep Fried Item	Wheat	Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts, Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
----------------	-----------------	-------	--------------------------------------	------	-------	--------	------	-----	-----------	---------	--------	---------	---------------------------	-------------	------	----------

MOULES MARINIERE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
RED MULLET & LEMON COUSCOUS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
BEER-BATTERED FISH & CHIPS	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat,Barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
BREADED WHOLETAIL SCAMPI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Deep Fried Item	Wheat	Cereals containing Gluten, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts, Walnuts, Cashew	Crustaceans	Fish	Molluscs
--	-----------------	-------	----------------------------------	------	-------	--------	------	-----	-----------	---------	--------	---------	-----------------------	-------------	------	----------

APRICOT FRANGIPANE (V)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Almonds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STICKY TOFFEE PUDDING	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LOTUS BISCOFF CHEESECAKE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHOCOLATE FONDANT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DESSERT OF THE DAY	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

CIABATTAS	Deep Fried Item	Wheat	Cereals containing Gluten, Egg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts, Egg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
-----------	-----------------	-------	---------------------------------------	------	-------	--------	------	-----	-----------	---------	--------	---------	----------------------------	-------------	------	----------

BEER BATTERED HADDOCK	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
HERITAGE TOMATO, MOZZARELLA & PESTO	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Pinenuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LINCOLNSHIRE SAUSAGE & MUSTARD	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BUTTERMILK CHICKEN & BACON CLUB	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CREOLE PULLED PORK	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LOW & SLOW BRAISED BEEF & STILTON	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wheat, Barley, Rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNDAY ROASTS (Including	Deep Fried Item	Wheat	Cereals containing Gluten, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts, Egg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
--------------------------	-----------------	-------	----------------------------------	------	-------	--------	------	-----	-----------	---------	--------	---------	----------------------------	-------------	------	----------

CHEESE BURGER



Wheat



LINCOLNSHIRE SAUSAGE & MASH



Wheat



BREADED WHOLETAIL SCAMPI



Wheat



MINI FISH & CHIPS



Wheat,Barley



GRILLED CHICKEN & LEMON HUMMUS

