















DUE TO OUR SUPPLIERS SOMETIMES SUBSTITUTING MEALS/INGREDIENTS PLEASE ENSURE YOU SPEAK TO YOUR SERVER WHEN ORDERING IF YOU, OR ANYONE IN YOUR PARTY, HAVE ANY ALLERGIES OR INTOLERANCES SO WE CAN CHECK THE MEAL YOU ARE ORDERING. THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING.

KING HENRY'S TAVERNS ALLERGEN INFO 30/01/2024

YES (This dish does contain this allergen)

NO (This dish does not contain this allergen)

MAY (Produced in a factory where certain allergens may be present)

														
CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
LAZY GRAZIN														
Crispy Jumbo Shrimp with Sweet Chilli Dip	YES	MAY	YES	MAY									YES	MAY
Tangy BBQ Wings														
Cauliflower Wings with Sweet Chilli Dip						MAY	MAY						YES	
Southern Fried Chicken Strips & Sweet Chilli Dip													YES	
Hot and Spicy Chicken Bites with Frank's Red Hot Sauce	MAY		MAY		MAY				MAY	MAY	MAY		YES	MAY
Salt and Pepper Shredded Chicken & Sweet Chilli Dip													YES	YES
Meat Balls in Tomato Sauce													YES	
Potato Skins with Cheese and Bacon					YES									
Halloumi Fries with Chilli Dip					YES								YES	YES
Duck Spring Rolls with Hoi Sin Sauce								YES					YES	YES
Mac and Cheese Bites with Frank's Red Hot Sauce					YES					MAY	MAY		YES	MAY
Brie Wedges with Onion Chutney					YES					MAY	MAY		YES	MAY
Jalepeno Cream Cheese Bites					YES								YES	YES
Cheesos with Salsa Dip					YES					MAY	MAY		YES	YES
SHARERS														
Nachos and Cheese					YES									
Nachos and Chilli Pot					YES									
Nachos and Veggie Chilli Pot					YES									
Grated Cheese					YES									
Salsa														
Jalapenos														
Guacamole														
Soured Cream					YES									

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
FAJITAS														
Fajitas - Fillet Steak													YES	
Fajitas - Chicken Breast													YES	
Fajitas - Chicken and Steak													YES	
Fajitas - Halloumi					YES								YES	YES
Tortillas													YES	
Grated Cheese					YES									
Salsa														
Jalapenos														
Guacamole														
Soured Cream					YES									
SALADS														
Chicken and Bacon								MAY		YES				
5oz Fillet Strips								MAY		YES				
Crispy Jumbo Shrimp	YES	MAY	YES	MAY				MAY		YES			YES	MAY
Cauliflower Wings						MAY	MAY	MAY		YES			YES	
Piri Piri Chicken								MAY		YES				
Vinaigrette								MAY		YES				
KING HENRY'S STEAKS														
Rump													YES	
Sirloin Steak													YES	
Fillet Steak													YES	
Bistro Rump													YES	
Surf and Steer			YES										YES	
SAUCES														
Pepper Sauce					YES								YES	
Stilton Sauce					YES								YES	
Mushroom and White Wine Sauce	YES				YES								YES	
MEALS FOR A KING														
Superman's Mixed Grill	YES										YES		YES	
Mighty Man Mixed Grill	YES										YES		YES	
16oz Gammon Steak (no egg or pineapple)													YES	
16oz Gammon Steak with egg											YES		YES	
16oz Gammon Steak with pineapple													YES	
King Henry VIII Special													YES	
The Murphy													YES	
The Mary Rose Special													YES	
The Titanic													YES	

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
ROYAL BURGERS														
Yankee Burger								MAY					YES	
Whitehouse Burger					YES			MAY					YES	
Chicago Royale Burger					YES			MAY					YES	
Southern Fried Chicken Burger								MAY					YES	
Tudor Tower					YES			MAY					YES	
Moving Mountains Burger						MAY	MAY	MAY					YES	YES
Blue Moon Burger					YES			MAY					YES	
Mac and Cheese Burger					YES			MAY		YES			YES	MAY
Dirty Burger					YES			MAY					YES	
TRADITIONAL														
Braised Beef with Mushroom	YES				YES								YES	YES
8oz Gammon Steak (no egg or pineapple)														
8oz Gammon Steak with egg											YES			
8oz Gammon Steak with pineapple														
Homemade Steak and Ale Pie													YES	YES
All Day Breakfast	YES										YES		YES	YES
Cottage Pie		YES			YES	MAY	MAY						YES	
Cumberland Sausages with Mash	YES				YES								YES	
Cumberland Sausages, Eggs, Chips	YES				YES						YES		YES	
Ham, Egg and Chips											YES			
Beef Chilli					YES									
Peppered Pork Chops									YES				YES	
Minted Lamb Chops	MAY				MAY				MAY	MAY			YES	YES
ON THE SIDE?														
Garlic Bread					MAY								YES	MAY
Cheesy Garlic Bread					YES								YES	MAY
Mushrooms														
Onion Rings													YES	
Chips														
Cheesy Chips					YES									
Curly Fries													YES	
Sweet Potato Fries														
Tortillas													YES	
Corn on the Cob														
New Potatoes (served with butter portion which contains milk)					YES									
Mixed Side Salad (If with vinaigrette has mustard and may have sesame)								MAY		YES				
Naan Bread													YES	
Poppodom														
Bread and Butter					YES								YES	YES
Fried Egg											YES			
Coleslaw											YES			
Pepper Sauce					YES								YES	
Stilton Sauce					YES								YES	
Mushroom and White Wine Sauce	YES				YES								YES	

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
SAUCE SACHETS														
Tomato Ketchup														
Salad Cream										YES	YES			
English Mustard										YES				
Brown Sauce														
Tartare Sauce										YES	YES			
BBQ Sauce														
Mayonnaise										YES	YES			
CHICKEN														
Chicken Melt					YES				YES				YES	YES
Chicken Tikka Masala with rice, poppadom and mango chutney					YES									
Middlesbrough Parmo					YES						YES		YES	
Taste of the Deep South									YES				YES	
Spicy Cajun Chicken	MAY				MAY				YES	MAY			YES	MAY
Mexican Melt					YES									
Pan Fried Breast of Chicken with Stilton Sauce					YES								YES	
Pan Fried Breast of Chicken with Mushroom and White Wine Sauce	YES				YES								YES	
Pan Fried Breast of Chicken with Pepper Sauce					YES								YES	
Espetada in Piri Piri Sauce with chips														
Espetada in Piri Piri Sauce with salad (no viniagrette)														
Espetada in Piri Piri Sauce with salad (with viniagrette)								MAY		YES				
Espetada in Piri Piri Sauce with rice														
Franks Red Hot Sauce														
FISH AND SEAFOOD														
The Moby Dick		YES			MAY						MAY		YES	MAY
Fish and Chips		YES			MAY						MAY		YES	MAY
Homemade Fish Pie	YES	YES	YES		YES								YES	
Wholetail Scampi			YES										YES	
Fillet of Salmon (no sauce)		YES												
Fillet of Salmon with Mushroom and White Wine Sauce	YES	YES			YES								YES	
Fillet of Salmon with Hollandaise Sauce		YES			YES						YES		YES	
PASTA														
Lasagne (with salad and viniagrette)					YES			MAY	YES	YES	YES		YES	MAY
Go Large Lasagne with garlic bread					YES			MAY	YES	YES	YES		YES	MAY
JACKET POTATOES														
Jacket Potato with Cheddar					YES									
Jacket Potato with Coleslaw											YES			
Jacket Potato with Bacon														
Jacket Potato with Baked Beans														
Jacket Potato with Tuna		YES												
Jacket Potato with Beef Chilli														
Jacket Potato with Veg Chilli														
All come with individual butter					YES									

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
VEGETARIAN AND VEGAN														
Moving Mountains Burger						MAY	MAY	MAY					YES	YES
Vegetable Lasagne					YES					YES	YES		YES	MAY
Broccoli and Cream Cheese Bake					YES	MAY	MAY	MAY	MAY	YES	YES		YES	MAY
Macaroni Cheese with Garlic Bread					YES					YES			YES	MAY
Vegan Red Thai Vegetable Curry														
Vegan Three Bean Smoky Chilli														
CHEF'S SIGNATURE DISHES														
Signature Dishes on the Blackboard - please ask														
CHILDRENS MENU														
Bangers & Mash	YES				YES								YES	
Bangers and Chips	YES												YES	
Chicken Bites (with peas or beans)					YES								YES	MAY
Fishfingers		YES								YES			YES	MAY
Chicken Burger					YES			MAY					YES	MAY
Beef Burger								MAY					YES	
Pepperoni Pizza					YES								YES	
Cheese & Tomato Pizza					YES								YES	
Macaroni Cheese					YES					YES			YES	
Garlic Bread					MAY								YES	MAY
Vanilla Ice Cream					YES									
Chocolate Ice Cream					YES									
Strawberry Ice Cream					YES									
Toffee Sauce					YES									
Chocolate Sauce														YES
Strawberry Sauce														
DESSERTS														
Sticky Toffee Pudding	YES					MAY	MAY				MAY		YES	YES
Salted Caramel Cake					MAY	MAY	MAY				MAY		YES	
American Pancake Stack					YES						YES		YES	YES
Cheesecake of the Day on the Blackboard - please ask														
Treacle Sponge					YES	MAY	MAY				YES		YES	
Lemon Tart					YES	MAY	MAY				YES			
Alabama Chocolate Fudge Cake					YES	MAY	MAY				YES		YES	YES
Vegan Cherry and Chocolate Dessert					MAY	MAY	MAY				MAY		YES	YES
Country Apple Pie					MAY	MAY	MAY				MAY		YES	MAY
Lemon Meringue Pie					YES	MAY	MAY				YES		YES	
Belgium Waffle					YES	MAY	MAY				YES		YES	YES
Profiteroles					YES						YES		MAY	YES
Ice Cream Choice See Below														
Custard Choice					YES									
Cream Choice					YES									
Squirty Cream Choice					YES									

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
SUNDAES AND ICE CREAMS														
Strawberry Dream Sundae					YES	MAY	MAY							
Chocolate Dream Sundae					YES									YES
Toffee Dream Sundae					YES	MAY	MAY							
Mintnight Rider					YES	MAY	MAY				YES		YES	YES
Sundae of the Day - On the Blackboard - please ask														
Vanilla Ice Cream					YES	MAY	MAY							
Strawberry Ice Cream					YES	MAY	MAY							
Chocolate Ice Cream					YES									YES
Vegan Vanilla Bean Ice Cream					MAY						MAY			
Blood Orange Sorbet														
Lemon Sorbet														
Wafer					YES						YES		YES	YES
SPECIAL SWEETS														
Desserts on Specials Board - please ask														
LUNCHTIME MEAL DEALS														
Cumberland Sausage and Mash	YES				YES								YES	
Cottage Pie		YES			YES	MAY	MAY						YES	
Peppered Pork Chops					YES				YES				YES	
Minted Lamb Chops	MAY				MAY				MAY	MAY			YES	YES
Southern Fried Chicken Burger								MAY					YES	
Quarter Pounder Bacon and Cheese Burger					YES			MAY					YES	
Lasagne					YES			MAY	YES	YES	YES		YES	MAY
Spicy Cajun Chicken	MAY				MAY				YES	MAY			YES	MAY
Deep Fried Breaded Fish of The Day		YES											YES	MAY
Wholetail Scampi			YES										YES	
Fishcakes of the Day - please ask														
Vegetable Lasagne					YES					YES	YES		YES	MAY
Vegan Three Bean Smoky Chilli														
6oz Rump Steak													YES	
8oz Gammon Steak with Egg											YES		YES	
8oz Gammon Steak with pineapple													YES	
Ham, Egg and Chips											YES			
HOT BEVERAGES														
Flat White	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Café Latte	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cappuccino	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
Espresso	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Double Espresso	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mocha Latte	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Floater Coffee	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
Hot Chocolate	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
Pot of Tea	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lotus biscuit	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
OTHER DRINKS														
Wines	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Beers	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Other bar drinks and spirits	Please ask a member of staff to see bottle and can labels should you have any allergies to possible ingredients in drinks. Our drinks range changes regularly and supplier ingredients may change too without warning.													

All allergy and intolerance information stated is for actual ingredients present in products.

Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware. Whilst we take the issue of food allergies and intolerances seriously all dishes are produced and prepared in environments that are not free from gluten**, milk, egg, fish, crustaceans, molluscs, tree nuts*, peanuts, sesame, celery, mustard, lupin or soya therefore all dishes may contain traces of these and other allergens.

If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you.

* Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

** Gluten is a protein component of wheat, rye, barley & oats