






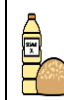



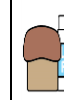




KING HENRY'S TAVERNS ALLERGEN INFO 23/12/2021

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
SOUP														
Tomato Soup	NO	NO	NO	NO	MAY	NO	NO	NO	MAY	MAY	MAY	NO	MAY	MAY
Vegetable Soup	NO	NO	NO	NO	MAY	NO	NO	NO	YES	MAY	MAY	NO	MAY	MAY
Leek and Potato	NO	NO	NO	NO	MAY	NO	NO	NO	MAY	MAY	MAY	NO	MAY	MAY
LAZY GRAZIN														
Crispy Jumbo Prawns with Sweet Chilli Dip	YES	MAY	YES	MAY	NO	NO	NO	NO	NO	NO	NO	NO	YES	MAY
Crispy Flat Cap Mushrooms with BBQ Dip	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Tangy BBQ Wings	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cauliflower Wings with BBQ Dip	NO	NO	NO	NO	NO	MAY	MAY	MAY	NO	NO	NO	NO	YES	NO
Southern Fried Chicken Strips & Sweet Chilli Dip	YES	NO	NO	NO	YES	NO	NO	NO	YES	YES	YES	NO	YES	NO
Chicken Tikka Skewers with Yoghurt & Mint Dip	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO
Hot and Spicy Chicken Bites	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Salt and Pepper Shredded Chicken & Sweet Chilli Dip	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	YES	NO
Meat Balls in Tomato Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Potato Skins with Cheese and Bacon	MAY	NO	NO	NO	YES	NO	NO	NO	MAY	MAY	NO	NO	MAY	MAY
Halloumi Fries with Chilli Dip	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	NO	NO	YES	YES
Duck Spring Rolls with Hoi Sin Sauce	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES
Panko Style Prawns	YES	MAY	YES	NO	YES	NO	NO	MAY	NO	MAY	YES	NO	YES	YES
Jalapeno Cream Cheese Bites	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
Cheesos with Salsa Dip	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
SHARERS														
Nachos and Cheese	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Nachos and Chilli Pot	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
Nachos and Veggie Chilli Pot	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	YES	NO	NO	YES	NO
Espetada in Piri Piri Sauce with chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Espetada in Piri Piri Sauce with salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Espetada in Piri Piri Sauce with rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Franks Red Hot Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
FAJITAS														
Fajitas - Fillet Steak	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Fajitas - Chicken Breast	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Fajitas - Chicken and Steak	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Fajitas - Halloumi	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
Tortillas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Grated Cheese	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salsa	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
Jalapenos	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Guacamole	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Soured Cream	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
KING HENRY'S STEAKS														
Rump	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Sirloin Steak	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Fillet Steak	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Bistro Rump	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Ribeye Steak	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Porterhouse Steak	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Surf and Steer	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
SAUCES														
Pepper Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Stilton Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Mushroom and White Wine Sauce	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
MEALS FOR A KING														
Superman's Mixed Grill	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	MAY	NO
Mighty Man Mixed Grill	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	MAY	NO
16oz Gammon Steak (no egg or pineapple)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
16oz Gammon Steak with egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	MAY	NO
16oz Gammon Steak with pineapple	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
The Rib Tickler with BBQ Sauce	NO	NO	NO	NO	NO	MAY	MAY	NO	NO	YES	NO	NO	MAY	NO
King Henry VIII Special	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
The Murphy	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
The Mary Rose Special	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
The Titanic	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
ROYAL BURGERS														
Yankee Burger	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	YES	NO	YES	NO
Whitehouse Burger	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	YES	NO	YES	NO
Chicago Royale Burger	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	YES	NO	YES	NO
Southern Fried Chicken Burger	YES	NO	NO	NO	NO	NO	NO	MAY	YES	YES	YES	NO	YES	NO
Tudor Tower	NO	NO	NO	NO	YES	NO	NO	MAY	NO	YES	YES	NO	YES	NO
Moving Mountains Burger	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	YES	YES
Heinz Classic Burger Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO
Bourbon BBQ Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
Burger Relish Sauce	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
Yoghurt and Mint Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
Coleslaw	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
TRADITIONAL														
Braised Beef with Mushroom	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
8oz Gammon Steak (no egg or pineapple)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
8oz Gammon Steak with egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	MAY	NO
8oz Gammon Steak with pineapple	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Homemade Steak and Ale Pie	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Liver and Bacon	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
All Day Breakfast	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
Cottage Pie	NO	NO	NO	NO	YES	MAY	MAY	MAY	YES	NO	NO	NO	YES	NO
Cumberland Sausages with Mash	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Cumberland Sausages, Eggs, Chips	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
Peppered Pork Chops	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Minted Lamb Chops	NO	MAY	NO	NO	MAY	NO	NO	MAY	MAY	MAY	NO	NO	YES	YES
ON THE SIDE?														
Garlic Bread	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
Cheesy Garlic Bread	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
Mushrooms	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Onion Rings	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO
Chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cheesy Chips	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Curly Fries	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Potato Wedges and Salsa Dip	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Tortillas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Corn on the Cob	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Buttered New Potatoes	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mixed Side Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Naan Bread	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Poppodom	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Bread and Butter	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	NO	NO	YES	MAY
Fried Egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Coleslaw	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
Pepper Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Stilton Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Mushroom and White Wine Sauce	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
SAUCE SACHETS														
Tomato Ketchup	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Salad Cream	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
English Mustard	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
Brown Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Tartare Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
BBQ Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mayonnaise	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
CHICKEN														
Chicken Melt	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chicken Tikka Masala with rice, poppadom and mango chutney	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Middlesbrough Parmo	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
Taste of the Deep South	YES	NO	NO	NO	YES	NO	NO	NO	YES	YES	YES	NO	YES	NO
Spicy Cajun Chicken	MAY	MAY	NO	NO	NO	NO	NO	MAY	YES	MAY	NO	NO	YES	MAY
Pan Fried Breast of Chicken with Stilton Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Pan Fried Breast of Chicken with Mushroom and White Wine Sauce	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Pan Fried Breast of Chicken with Pepper Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Pan Fried Breast of Chicken with Mustard Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chicken and Rib Combo	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Espetada	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
Espetada in Piri Piri Sauce with chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Espetada in Piri Piri Sauce with salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Espetada in Piri Piri Sauce with rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Franks Red Hot Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chicken Caesar Salad	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	YES
FISH AND SEAFOOD														
The Moby Dick with tartar sauce	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES	MAY
Fish and Chips with tartar sauce	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES	MAY
Homemade Fish Pie with Prawns	YES	YES	YES	NO	YES	NO	NO	NO	NO	YES	NO	NO	YES	NO
Wholetail Scampi	NO	MAY	YES	MAY	NO	NO	NO	NO	NO	MAY	NO	NO	YES	NO
Fillet of Salmon (no sauce)	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO
Fillet of Salmon with Mushroom and White Wine Sauce	YES	YES	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	YES	YES
Fillet of Salmon with Mustard Sauce	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	YES	NO
Fillet of Salmon with Hollandaise Sauce	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES	NO
Deep Fried Breaded Plaice	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO
PASTA														
Lasagne	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	YES	NO	YES	NO
Go Large Lasagne with garlic bread	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	YES	NO	YES	YES
Tagliatelle Carbonara	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
JACKET POTATOES														
Jacket Potato with Cheddar	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Jacket Potato with Coleslaw	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
Jacket Potato with Bacon	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Jacket Potato with Baked Beans	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Jacket Potato with Tuna	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
Jacket Potato with Beef Chilli	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
Jacket Potato with Veg Chilli	NO	NO	NO	NO	NO	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
All come with individual butter	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
VEGETARIAN AND VEGAN														
Moving Mountains Burger	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES
Vegetable Lasagne	NO	NO	NO	NO	YES	MAY	MAY	NO	YES	NO	YES	NO	YES	NO
Broccoli and Cream Cheese Bake	NO	NO	NO	NO	YES	MAY	MAY	NO	YES	NO	NO	NO	YES	NO
Macaroni Cheese with Garlic Bread	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	YES	NO	NO	YES	MAY
Vegan Keralan Vegetable Curry	NO	NO	NO	NO	NO	MAY	MAY	MAY	NO	YES	NO	NO	NO	NO
Vegan Three Bean Smoky Chilli	NO	NO	NO	NO	NO	MAY	MAY	MAY	NO	NO	NO	NO	YES	NO
CHEF'S SIGNATURE DISHES														
A Pound of Lamb Chops with mint sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
Texas Steak	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
New Jersey Steak	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Sweet Chilli Chicken Melt	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	NO	NO	YES	NO
Peppered Steak	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	YES	YES
Louisiana Combo	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO
Haddock Shantie	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
Chilli Steak	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
Steak and Prawns	YES	MAY	YES	YES	YES	NO	NO	NO	YES	MAY	YES	NO	YES	YES
Steak Americana	MAY	NO	NO	NO	YES	NO	NO	NO	MAY	YES	NO	NO	YES	MAY
CHICKEN PATE WITH SOUR DOUGH BAGUETTE	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	NO	NO	YES	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
BREADED MUSHROOMS WITH A MAYONNAISE DIP	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO
Chilli Burger	YES	NO	NO	NO	NO	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
Mexican Rump	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
ITALIAN MUSHROOM RISOTTO WITH GARLIC BREAD	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
VEGAN COTTAGE PIE	NO	NO	NO	NO	MAY	MAY	MAY	NO	YES	NO	NO	NO	NO	NO
Black and Blue Burger	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO
CHILDRENS MENU - YOUNGER														
Bangers & Mash	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Bangers and Chips	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chicken Bites (with peas or beans)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO
Egg and Chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Fishfingers	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chicken Burger	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	YES	NO
Beef Burger	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	YES	NO
Pepperoni Pizza	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Cheese & Tomato Pizza	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Option: Potato Wedges	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Option: Baby Potatoes	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Option: Jacket Potato	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Summertime Vanilla Ice Cream	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
Chocolate Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
Strawberry Sauce	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
CHILDRENS MENU - OLDER														
Mini Man Mixed Grill	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO
Mini Rib Tickler	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	YES
Fishfingers	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO
Chicken & Rib Combo	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	YES
Vegetable Lasagne	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	YES	NO
Chicken Tikka Masala	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
DESSERTS														
Toffee Honeycomb Cheesecake	MAY	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
Blackcurrent and Prosecco Cheesecake	YES	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	NO	NO
Lotus Cheesecake	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
Cookie Dough Cheesecake	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	MAY	NO	YES	YES
Chocolate Lumpy Bumpy	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	YES	NO	YES	YES
Toffee Lumpy Bumpy	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
American Pancake Stack with Chocolate Sauce	MAY	NO	NO	NO	YES	NO	NO	NO	MAY	NO	YES	NO	YES	YES
Treacle Sponge and Custard	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	MAY
Alabama Chocolate Fudge Cake	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
Vegan Orange and Chocolate Cake	MAY	NO	NO	NO	MAY	MAY	MAY	NO	NO	NO	MAY	NO	YES	YES
Country Apple Pie	NO	NO	NO	NO	NO	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
Lemon Meringue Pie	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
Belgium Waffle with Chocolate Sauce	MAY	NO	NO	NO	MAY	NO	NO	NO	NO	NO	YES	NO	YES	YES
Lemon Tart	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	MAY
Profiteroles with Ice Cream	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
Ice Cream Choice See Below	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
Custard Choice	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	MAY	NO	MAY	MAY
Cream Choice	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
Squirty Cream Choice	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
SUNDAES AND ICE CREAMS														
Strawberry Dream Delight with wafer	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	MAY	NO	YES	YES
Chocolate Dream Delight with wafer	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	MAY	NO	YES	YES
Toffee Dream Delight with wafer	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	MAY	NO	YES	YES
Mintnight Rider with wafer	NO	NO	NO	NO	YES	YES	YES	MAY	NO	NO	YES	NO	YES	YES
Bananadrama with wafer	NO	NO	NO	NO	YES	YES	YES	MAY	NO	NO	YES	NO	YES	YES
Strawberry Ice Cream with wafer	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	NO	NO	YES	YES
Mint Chocolate Ice Cream with wafer	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	NO	NO	YES	YES
Chocolate Ice Cream with wafer	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	NO	NO	YES	YES
Cornish Ice Cream with wafer	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	NO	NO	YES	YES
Vanilla Bean Ice Cream	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lemon Sorbet	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Blood Orange Sorbet	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Wafer	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
SPECIAL SWEETS														
Chocolate Junkyard	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	YES	NO	YES	YES
Rockslide Brownie	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	YES	NO	YES	YES
Spotted Dick	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
Strawberry Jam Pudding	NO	NO	NO	NO	NO	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
Dime Bar Crunch	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	YES	NO	YES	YES
Sticky Toffee Pudding	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	NO
RASPBERRY FRAGIPANE TART	YES	NO	NO	NO	MAY	YES	YES	NO	NO	NO	NO	NO	NO	NO
BRAEBURN APPLE AND BLACKBERRY FLAPJACK CRUMBLE	YES	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	NO	NO	YES	NO
Chocolate Chip Pudding	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	YES	YES
LUNCHTIME MEAL DEALS - available at some of our pubs														
Cumberland Sausage and Mash	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Cottage Pie	NO	NO	NO	NO	YES	MAY	MAY	MAY	YES	NO	NO	NO	YES	NO
Peppered Pork Chops	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Minted Lamb Chops	NO	MAY	NO	NO	MAY	NO	NO	MAY	MAY	MAY	NO	NO	YES	YES
Southern Fried Chicken Burger	YES	NO	NO	NO	NO	NO	NO	MAY	YES	YES	YES	NO	YES	NO
Quarter Pounder Bacon and Cheese Burger	NO	NO	NO	NO	YES	NO	NO	MAY	NO	NO	YES	NO	YES	NO
Lasagne	NO	NO	NO	NO	YES	MAY	MAY	MAY	NO	NO	YES	NO	YES	NO
Spicy Cajun Chicken	MAY	MAY	NO	NO	NO	NO	NO	MAY	YES	MAY	NO	NO	YES	MAY
Deep Fried Breaded Plaice	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO
Breaded Cod Loin	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Cod Fillet	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Wholetail Scampi	NO	MAY	YES	MAY	NO	NO	NO	NO	NO	MAY	NO	NO	YES	NO
Haddock and Spring Onion Fishcakes	NO	YES	NO	NO	MAY	NO	NO	NO	MAY	MAY	MAY	NO	YES	NO
Salmon, Lemon and Dill Fishcakes (Honey Bee and Old Red Lion)	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Vegetable Lasagne	NO	NO	NO	NO	YES	MAY	MAY	NO	YES	NO	YES	NO	YES	NO
Vegan Three Bean Smoky Chilli	NO	NO	NO	NO	NO	MAY	MAY	MAY	NO	NO	NO	NO	YES	NO
6oz Rump Steak	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
8oz Gammon Steak with Egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	MAY	NO
8oz Gammon Steak with pineapple	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	MAY	NO
Liver and Bacon	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
HOT BEVERAGES														
Flat White	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO

CONTAINS	Sulphites	Fish	Crustaceans	Molluscs	Milk	Tree Nuts	Peanuts	Sesame Seed	Celery	Mustard	Egg	Lupin	Gluten	Soya
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	NO
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	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES
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													

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