

Recipe Group	Recipe Name	Vegetarian	Vegan	Gluten	Oats	Wheat	Barley	Rye	Tree nuts	Hazelnuts	Pecans	Almonds	Cashews	Walnuts	Brazil nuts	Pistachios	Macadamias	Pinenuts	Peanuts	Celery	Mustard	Eggs	Milk	Sesame	Fish	Crustaceans	Molluscs	Soya	Sulphites	Lupin		
Meals for a King	The Titanic			Maybe																												
Meals for a King	Mary Rose			Maybe																												
Meals for a King	The Murphy			Maybe																												
Meals for a King	King Henry VII			Maybe																												
Meals for a King	Gammon 16oz with Pineapple			Maybe																												
Meals for a King	Mighty Man Mixed Grill			Yes		Yes	Yes													Yes		Yes	Yes					Yes	Yes			
Meals for a King	Superman Mixed Grill			Yes		Yes														Yes		Yes	Yes					Yes	Yes			
Sauces	Mustard Sauce			Yes		Yes															Yes		Yes									
Sauces	Stilton Sauce	Yes		Yes		Yes																	Yes									
Sauces	Pepper Sauce			Yes		Yes	Yes																Yes					Yes				
Sauces	BBQ Sauce																				Yes											
Sauces	Bechamel Sauce			Yes		Yes																	Yes									
Sauces	Gravy			Yes		Yes	Yes																					Yes				
Steaks	Bistro 8oz																															
Steaks	Sirloin Steak 12oz			Maybe																												
Steaks	Rump Steak 6oz			Maybe																												
Steaks	Rump Steak 10oz			Maybe																												
Steaks	Sirloin Steak 8oz			Maybe																												
Steaks	Fillet 8oz			Maybe																												
Burgers	Tudor Tower Burger			Yes		Yes	Yes														Maybe	Maybe	Yes	Yes	Maybe			Maybe	Yes			
Burgers	Southern Fried Chicken Burger			Yes		Yes	Maybe														Maybe	Maybe	Yes	Maybe	Maybe			Maybe				
Burgers	Chicago Burger			Yes		Yes	Maybe														Maybe	Maybe	Yes	Yes	Maybe			Maybe	Yes			
Burgers	Yankee Burger			Yes		Yes	Maybe														Maybe	Maybe	Yes	Maybe	Maybe			Maybe	Yes			
Burgers	White House Burger			Yes		Yes	Maybe														Maybe	Yes	Yes	Yes	Maybe			Maybe	Yes			
Burgers	Moving Mountains Burger	Yes		Yes	Yes	Yes	Yes		Maybe		Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe				Yes	Maybe	Yes	Maybe	Maybe			Yes				
Traditional	Cottage Pie			Yes			Yes																Yes		Yes				Yes			
Traditional	Gammon 8oz no egg or pineapple			Maybe																												
Traditional	Gammon 8oz with Pineapple			Maybe																												
Traditional	Ham Egg & Chips																					Yes										
Traditional	Minted Lamb Chops			Yes		Yes																						Yes				

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Traditional	Peppered Pork Chops			Yes		Yes														Yes										
Traditional	All Day Breakfast			Yes		Yes	Maybe															Yes	Yes					Yes	Yes	
Traditional	Beef and Mushroom			Yes		Yes	Yes																Yes				Yes	Yes		
Traditional	Steak & Ale Pie			Yes		Yes	Yes																				Yes			
Traditional	Gammon 8oz with Egg			Maybe																		Yes								
Traditional	Sausage & Chips			Yes		Yes																Yes							Yes	
Traditional	Sausage & Mash			Yes		Yes	Yes																Yes				Yes	Yes		
Vegetarian and Vega	Three Bean Chilli	Yes	Yes																											
Vegetarian and Vega	Red Thai Curry	Yes	Yes																											
Vegetarian and Vega	Macaroni Cheese	Yes		Yes		Yes															Yes		Yes					Maybe		
Vegetarian and Vega	Broccoli Bake	Yes		Yes		Yes	Maybe	Maybe	Maybe	Maybe		Maybe									Maybe	Yes	Maybe	Yes	Maybe			Maybe		
Vegetarian and Vega	Veg Lasagne	Yes		Yes		Yes																Yes	Yes	Yes				Maybe		
Fish and Seafood	Salmon Fillet with Hollandaise Sauce																					Yes	Yes		Yes					
Fish and Seafood	Salmon Fillet with Mustard Sauce			Yes		Yes															Yes		Yes		Yes					
Fish and Seafood	Salmon Fillet with Mushroom & White Wine Sauce			Yes		Yes																	Yes		Yes				Yes	
Fish and Seafood	Fisherman's Pie			Yes		Yes																	Yes		Yes	Yes			Yes	
Fish and Seafood	Salmon Fillet																						Yes		Yes					
Fish and Seafood	Scampi			Yes		Yes															Yes	Yes				Yes				
Fish and Seafood	Plaice			Yes		Yes															Yes	Yes			Yes					
Fish and Seafood	Moby Dick			Yes		Yes															Yes	Yes	Maybe		Yes			Maybe		
Fish and Seafood	Fish & Chips			Yes		Yes															Yes	Yes	Maybe		Yes			Maybe		
Pasta & Jacket Potat	Jacket Potato with Veg Chilli	Yes																					Yes							
Pasta & Jacket Potat	Jacket Potato with Beef Chilli																						Yes							
Pasta & Jacket Potat	Jacket Potato with Tuna																						Yes		Yes					
Pasta & Jacket Potat	Tagliatelle Carbonara			Yes		Yes																Yes	Yes							
Pasta & Jacket Potat	Go Large Lasagne			Yes		Yes														Yes		Yes	Yes					Maybe		
Pasta & Jacket Potat	Lasagne			Yes		Yes														Yes		Yes	Yes					Maybe		
Pasta & Jacket Potat	Jacket Potato with Beans	Yes																					Yes							
Pasta & Jacket Potat	Jacket Potato with Bacon																						Yes							
Pasta & Jacket Potat	Jacket Potato with Coleslaw	Yes		Maybe		Maybe	Maybe													Maybe	Maybe	Yes	Yes	Maybe				Maybe		

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Pasta & Jacket Potato	Jacket Potato with Cheese	Yes																					Yes											
Chicken	Pan Fried Chicken with Mustard Sauce			Yes		Yes															Yes		Yes											
Chicken	Pan Fried Chicken with Pepper Sauce			Yes		Yes	Yes																Yes					Yes						
Chicken	Pan Fried Chicken with Mushroom & White Wine Sauce			Yes		Yes																	Yes						Yes					
Chicken	Pan Fried Chicken with Stilton Sauce			Yes		Yes																	Yes											
Chicken	Chicken Tikka Feast			Yes		Yes																	Yes											
Chicken	Middlesbrough Parmo			Yes		Yes	Maybe														Maybe	Maybe	Yes	Yes	Maybe			Maybe						
Chicken	Chicken Rib Combo			Yes		Yes	Yes														Yes	Yes	Yes	Yes	Maybe			Maybe						
Chicken	Cajun Chicken			Yes		Yes	Maybe														Yes	Maybe		Maybe				Maybe	Maybe					
Chicken	Taste of the South			Yes		Yes	Yes														Yes	Yes		Yes				Yes	Maybe					
Chicken	Pan Fried Chicken																																	
Chicken	Chicken Tikka																						Yes											
Chicken	Chicken Melt			Yes		Yes	Yes														Yes		Yes					Yes						
Desserts	Toffee Lumpy Bumpy			Yes	Yes	Yes	Yes		Maybe	Maybe	Maybe	Maybe		Maybe		Maybe							Yes	Yes				Yes						
Desserts	Chocolate Lumpy Bumpy			Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe							Yes	Yes				Yes						
Desserts	Vegan Sticky Toffee Pudding	Yes	Yes	Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe							Maybe		Maybe	Maybe				Yes	Yes					
Desserts	Wafer	Yes		Yes		Yes																	Yes	Yes				Yes						
Desserts	Vanilla Bean Ice Cream	Yes	Yes																				Maybe	Maybe										
Desserts	Ice Cream with Wafer	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe						Yes	Yes				Yes						
Desserts	Squirry Cream Choice	Yes																						Yes										
Desserts	Cream Choice	Yes																						Yes										
Desserts	Celebration Cake	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe									Maybe		Yes	Yes										
Desserts	Custard	Yes																						Yes										
Desserts	Cornish Chocolate Ice Cream	Yes							Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe						Yes					Yes						
Desserts	Cornish Strawberry Ice Cream	Yes							Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe						Yes					Yes						
Desserts	Cornish Vanilla Ice Cream	Yes							Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe						Yes					Yes						
Desserts	Vegan Ice Cream	Yes	Yes																				Maybe	Maybe										
Desserts	Orange Sorbet	Yes																																
Desserts	Lemon Sorbet	Yes																																
Desserts	Toffee Dream Sundae	Yes		Yes		Yes																	Yes	Yes				Yes						

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Desserts	Chocolate Dream Sundae	Yes		Yes		Yes																Yes	Yes					Yes		
Desserts	Strawberry Dream Sundae	Yes		Yes		Yes																Yes	Yes					Yes		
Desserts	Bananadrama	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe			Yes	Yes					Yes		
Desserts	Midnight Rider	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe			Yes	Yes					Yes		
Desserts	Alabama Chocolate Fudge Cake	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe			Maybe			Yes	Yes					Yes		
Desserts	Profiteroles	Yes		Maybe		Maybe																Yes	Yes					Yes		
Desserts	Cheesecake - Cookies & Cream			Yes		Yes			Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe							Yes					Yes		
Desserts	Cheesecake - Honeycomb	Yes		Yes		Yes	Yes		Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe							Yes					Yes		
Desserts	Cheesecake - Eton Mess	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe			Maybe			Yes	Yes					Yes		
Desserts	Cookies & Cream Cheesecake			Yes		Yes			Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe							Yes					Yes		
Desserts	Treacle Sponge Pudding	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Lemon Tart	Yes							Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Vegan Orange Chocolate Cake	Yes	Yes	Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Maybe	Maybe					Yes		
Desserts	American Pancakes	Yes		Yes		Yes																Yes	Yes					Yes		
Desserts	Belgian Waffle	Yes		Yes		Yes																Yes	Yes					Yes		
Desserts	Bramley Apple Pie	Yes	Yes	Yes	Maybe	Yes	Maybe		Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Maybe	Yes							
Desserts	Sticky Toffee Pudding	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Strawberry Jam Sponge Pudding	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Lemon Meringue Pie	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe			Maybe			Yes	Yes							
Desserts	Chocolate Fudge Cake	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe			Maybe			Yes	Yes					Yes		
Desserts	Spotted Dick	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Cheesecake - Passion Fruit	Yes		Yes	Yes				Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Cheesecake - Banoffee	Yes							Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Cheesecake - Ruby Chocolate	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe					Maybe				Yes					Yes		
Desserts	Cheesecake - Strawberry	Yes		Yes	Yes	Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe						Yes	Yes							
Desserts	Cheesecake - Baked Choc	Yes							Maybe	Maybe	Maybe	Maybe	Maybe	Maybe		Maybe						Yes	Yes					Yes		
Desserts	Cheesecake - Turkish Delight	Yes		Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe			Maybe			Yes	Yes					Yes		
Desserts	Cheesecake - Cherry Bakewell	Yes		Yes		Yes			Yes	Maybe	Maybe	Yes		Maybe		Maybe						Yes	Yes							
Desserts	Cheesecake - Caramelised Orange			Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe		Maybe	Maybe		Maybe				Yes							
Desserts	Cheesecake - White Chocolate & Raspberry			Yes		Yes			Maybe	Maybe	Maybe	Maybe		Maybe					Maybe			Yes						Yes		

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Extras	Peas	Yes	Yes																												
Extras	Grilled Tomato	Yes	Yes																												
Extras	Mash Potato	Yes																					Yes								
Extras	Pork Sausage			Yes		Yes																	Yes							Yes	
Extras	Cumberland Sausage			Yes		Yes																								Yes	
Extras	Jalapenos	Yes	Yes																												
Childrens	Children's add Toffee Sauce	Yes																					Yes								
Childrens	Children's Add Chocolate Sauce	Yes	Yes																									Yes			
Childrens	Children's add Strawberry Sauce	Yes	Yes																												
Childrens	Children's Ice Cream	Yes																					Yes								
Childrens	Children's add Mushy Pea's	Yes	Yes																												
Childrens	Children's add Pea's	Yes	Yes																												
Childrens	Children's Add Beans	Yes	Yes																												
Childrens	Children's Egg & Chips	Yes																				Yes									
Childrens	Children's Sausage & Chips			Yes		Yes																	Yes							Yes	
Childrens	Children's Pepperoni Pizza			Yes		Yes																	Yes								
Childrens	Children's 4 Cheese Pizza	Yes		Yes		Yes																	Yes								
Childrens	Children's Beef Burger			Yes		Yes																		Maybe						Yes	
Childrens	Children's Chicken Burger			Yes		Yes																		Maybe							
Childrens	Children's Chicken Bites			Yes		Yes																									
Childrens	Children's Sausage & Mash			Yes		Yes	Yes																Yes					Yes	Yes		
Childrens	Young Children Jumbo Fish Finger			Yes		Yes																Yes	Yes		Yes						
Childrens	Older Children Jumbo Fish Finger			Yes		Yes																Yes	Yes		Yes						
Childrens	Children's Chicken Tikka Masala																						Yes								
Childrens	Children's Veg Lasagne	Yes		Yes		Yes																Yes	Yes	Yes				Maybe			
Childrens	Children's Chicken Combo			Yes		Yes	Yes														Yes	Yes									
Childrens	Rib Tickler			Yes		Yes	Yes															Yes	Yes								
Childrens	Children's Mixed Grill			Yes		Yes																Yes	Yes							Yes	
Confectionary	Maltesers	Yes		Yes		Yes	Yes																Yes					Yes			
Lunch Time	Lunchtime Fish Cake of the Day			Yes		Yes															Maybe	Maybe	Maybe	Maybe		Yes					

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Lunch Time	Lunchtime Gammon 8oz with Egg			Maybe																		Yes										
Lunch Time	Lunchtime Gammon 8oz with Egg			Maybe																		Yes										
Lunch Time	Lunchtime Rump Steak 6oz			Maybe																												
Lunch Time	Lunchtime Three Bean Chilli	Yes	Yes																													
Lunch Time	Lunchtime Veg Lasagne	Yes		Yes		Yes															Yes	Yes	Yes					Maybe				
Lunch Time	Lunchtime Scampi			Yes		Yes															Yes	Yes			Yes							
Lunch Time	Lunchtime Breaded fish of the Day			Yes		Yes															Yes	Yes			Yes							
Lunch Time	Lunchtime Cajun Chicken			Yes		Yes	Maybe													Yes	Maybe		Maybe				Maybe	Maybe				
Lunch Time	Lunchtime Lasagne			Yes		Yes														Yes		Yes	Yes				Maybe					
Lunch Time	Lunchtime Quarter Pounder Bacon & Cheese Burger			Yes		Yes	Maybe													Maybe	Maybe	Yes	Yes	Maybe			Maybe	Yes				
Lunch Time	Lunchtime Southern Fried Chicken Burger			Yes		Yes	Maybe													Maybe	Maybe	Yes	Maybe	Maybe			Maybe					
Lunch Time	Lunchtime Minted Lamb Chops			Yes		Yes																					Yes					
Lunch Time	Lunchtime Peppered Pork Chops			Yes		Yes														Yes												
Lunch Time	Lunch Time Cottage Pie			Yes			Yes																Yes		Yes					Yes		
Lunch Time	Lunch Time Sausage & Mash			Yes		Yes	Yes																Yes				Yes	Yes				
Sauce Sachet	Vinegar Sachet	Yes	Yes	Yes			Yes																									
Sauce Sachet	Mayonnaise Sachet	Yes																			Yes	Yes										
Sauce Sachet	BBQ Sachet																															
Sauce Sachet	Tartare Sauce Sachet	Yes																			Yes	Yes										
Sauce Sachet	Brown Sauce Sachet	Yes		Yes				Yes																								
Sauce Sachet	English Mustard Sachet																				Maybe											
Sauce Sachet	Salad Cream Sachet	Yes		Yes		Yes															Yes	Yes								Yes		
Sauce Sachet	Tomato Ketchup	Yes	Yes																													

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.