

Allergen Information

Menu Update: Effective February 2025, with subsequent in-house reviews every four weeks.

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

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

[illegible]

8oz RUMP STEAK (GLUTEN-FREE POTATO OPTION AVAILABLE)	☒	☒		☐	☐	☐	☒	☐	☒	☐	☐	☐	☐		☐	☐	☐
WASABI & LIME KING PRAWN SALAD	☐	☐		☒	☐	☐	☒	☐	☒	☐	☐	☐	☐		☒	☐	☒
ANDALUSIAN CHICKEN & CHORIZO BOWL	☐	☒	Wheat	☒	☐	☐	☒	☐	☐	☐	☐	☐	☐		☐	☐	☐
HERITAGE TOMATO, FETA & OLIVE SALAD	☐	☐		☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	Almonds	☐	☐	☐
FISH & SEAFOOD	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
MOULES MARINIÈRE (GLUTEN-FREE BREAD AVAILABLE)	☒	☒	Wheat	☐	☐	☒	☒	☐	☒	☒	☐	☒	☐		☐	☐	☒
RED MULLET & LEMON COUSCOUS	☐	☒	Wheat	☒	☐	☐	☐	☐	☒	☒	☒	☒	☒		☐	☒	☐
BEER-BATTERED FISH & CHIPS	☒	☒	Wheat,Barley	☐	☐	☐	☐	☒	☒	☒	☐	☐	☐		☐	☒	☐
BREADED WHOLETAIL SCAMPI	☒	☒	Wheat	☐	☐	☐	☐	☒	☐	☒	☐	☐	☐		☒	☐	☐
BURGERS	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
THE HELIBURGER	☒	☒	Wheat	☐	☐	☐	☒	☒	☒	☒	☒	☐	☐		☐	☐	☐
MOVING MOUNTAIN BURGER	☒	☒	Wheat,Barley, Oat	☒	☐	☐	☐	☐	☒	☒	☒	☒	☒		☐	☐	☐
RANCH CHICKEN & SMOKED CHEDDAR	☒	☒	Wheat	☒	☐	☒	☒	☒	☒	☒	☒	☐	☐		☐	☐	☐
BRAISED BEEF SHORT RIB & BLUE CHEESE	☒	☒	Wheat	☒	☐	☒	☒	☒	☒	☒	☒	☐	☐		☐	☐	☐
SPINACH & GOATS CHEESE	☒	☒	Wheat	☒	☐	☒	☒	☒	☒	☒	☒	☐	☒	Pinenuts	☐	☐	☐
LOADED FRIES	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
CHEESY CHIPS & DIPS	☒	☒	Wheat,Barley	☒	☐	☒	☒	☒	☒	☒	☐	☐	☐		☐	☐	☐
CHIPOTLE CHICKEN	☒	☒	Wheat	☒	☐	☒	☒	☒	☒	☐	☐	☐	☐		☐	☐	☐
CREOLE PULLED PORK	☒	☒	Wheat,Barley	☒	☐	☒	☒	☐	☒	☒	☐	☐	☐		☐	☐	☐
CHICKEN & CHORIZO	☒	☒	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
LEMON CRÈME BRÛLÉE	☐	☒	Wheat	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐		☐	☐	☐
APRICOT FRANGIPANE (V)	☐	☒	Wheat	☒	☐	☐	☒	☒	☒	☐	☐	☐	☒	Almonds	☐	☐	☐
STICKY TOFFEE PUDDING	☐	☒	Wheat	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐		☐	☐	☐
LOTUS BISCOFF CHEESECAKE	☐	☒	Wheat	☒	☐	☐	☒	☐	☐	☐	☐	☐	☐		☐	☐	☐
CHOCOLATE FONDANT	☐	☒	Wheat	☒	☐	☐	☒	☒	☒	☐	☐	☐	☐		☐	☐	☐
COOKIE-DOUGH BROWNIE	☐	☒	Wheat	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐

DESSERT OF THE DAY																	
CIABATTAS	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Eggs	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
BEER BATTERED HADDOCK			Wheat,Barley, Rye											Pinenuts			
HERITAGE TOMATO, MOZZARELLA & PESTO			Wheat,Barley, Rye														
LINCOLNSHIRE SAUSAGE & MUSTARD			Wheat,Barley, Rye														
BUTTERMILK CHICKEN & BACON CLUB			Wheat,Barley, Rye														
CREOLE PULLED PORK			Wheat,Barley, Rye														
LOW & SLOW BRAISED BEEF & STILTON			Wheat,Barley, Rye														
SUNDAY ROASTS (Including Childrens)	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Eggs	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
Roast British Beef (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat											Almonds			
Garlic & Thyme Chicken (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat														
Pork Belly & Crackling (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat														
Slow Roasted Lamb Shank (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat														
Vegetarian Wellington			Wheat														
SIDES & SUNDAY SIDES	Deep Fried Item		Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Eggs	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
CREAMY CAULIFLOWER CHEESE			Wheat											Almonds			
THYME & SEA SALT ROAST POTATOES																	
YORKSHIRE PUDDINGS & GRAVY			Wheat														
CARAMELISED SHALLOT & SAUSAGE MEAT STUFFING			Wheat														
SEASONAL GREENS & TOASTED ALMONDS																	
RUSTIC CHIPS																	
MAPLE & MUSTARD GLAZED PIGS IN BLANKETS			Wheat														
CHEESY GARLIC CIABATTA			Wheat														
BEER BATTERED ONION RINGS			Wheat,Barley														
CREAMY MASH POTATOES																	
GARLIC CIABATTA			Wheat														
HOUSE SALAD																	

	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
MARINATED OLIVES															
SOURDOUGH & CHIPOTLE HUMMUS			Wheat												
RAINBOW VEGETABLES															
KIDS MENU															
PESTO & PINE NUT GNOCCHI			Wheat										Pinenut		
SPINACH & GOATS CHEESE BURGER			Wheat										Pinenut		
HUNTERS CHICKEN BURGER			Wheat,Barley												
CHEESE BURGER			Wheat												
LINCOLNSHIRE SAUSAGE & MASH			Wheat												
BREADED WHOLETAIL SCAMPI			Wheat												
MINI FISH & CHIPS			Wheat,Barley												
GRILLED CHICKEN & LEMON HUMMUS															