

Allergen Information

Menu Update: Effective Septembar 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

STARTERS		Tick = Contains Allergen														
		Tick = May Contain Allergen (stated by supplier)														
		Tick = Deep Fried Item Food items share the same deep-fat fryers. Therefore elements of the 14 allergens are present. Please ask a member of staff for more information														
	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
																
SEASONAL SOUP (GLUTEN-FREE BREAD AVAILABLE)																
MUSHROOM & TRUFFLE PATE (GLUTEN-FREE BREAD AVAILABLE)																

MAPLE GLAZED BACON TOMAHAWK	☒	☒	BARLEY	☐	☐	☒	☐	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
BEEF BOURGUIGNON	☐	☐		☐	☐	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8OZ RIBEYE STEAK (GLUTEN-FREE POTATO OPTION AVAILABLE)	☒	☒	WHEAT	☐	☐	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
MOROCCAN TAGINE	☐	☒	WHEAT	☒	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
ANDALUSIAN CHICKEN & CHORIZO BOWL	☐	☒	WHEAT	☒	☐	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
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 MARINIERE (GLUTEN-FREE BREAD AVAILABLE)	☒	☒	WHEAT	☐	☐	☒	☒	☐	☒	☒	☐	☒	☐		☒	☒	☒		
SALMON	☐	☐		☐	☐	☐	☒	☐	☒	☒	☐	☐	☐		☒	☒	☒		
FISH & CHIPS	☒	☒	WHEAT	☐	☐	☐	☐	☒	☒	☒	☐	☐	☐		☒	☒	☒		
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	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	ALL TYPES OF NUTS	☐	☐	☐		

CHICKEN BURGER			WHEAT WHEAT, BARLEY, OATS											ALL TYPES OF NUTS			
SPICED LAMB BURGER														ALL TYPES OF NUTS			
MOVING MOUNTAIN BURGER														ALL TYPES OF NUTS			
BROAD BEAN & SPINACH BURGER														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														
CHIPOTLE CHICKEN FRIES																	
PORK & SMOKED CHEDDAR FRIES			WHEAT														
CHICKEN & CHORIZO FRIES																	
GARLIC HERB & PARMESAN FRIES																	
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
WHITE CHOCOLATE & GINGER CHEESECAKE														ALL TYPES OF NUTS			

TOFFEE APPLE & CINNAMON CRUMBLE	☐	☐		☒	☐	☐	☒	☐	☒	☐	☐	☐	☒	ALL TYPES OF NUTS	☐	☐	☐
DOUBLE CHOCOLATE BROWNIE	☐	☒		☒	☐	☐	☒	☒	☒	☐	☐	☒	☒	ALL TYPES OF NUTS	☐	☐	☐
STICKY TOFFEE PUDDING	☐	☒		☒	☐	☐	☒	☒	☒	☐	☐	☒	☒	ALL TYPES OF NUTS	☐	☐	☐
DESSERT OF THE DAY	☒	☒		☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	ALL TYPES OF NUTS	☒	☒	☒

CIABATTAS	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
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FISH GOUJON CIABATTA	☒	☒	Wheat,Barley, Rye	☐	☐	☐	☒	☒	☒	☒	☐	☐	☐	Pinenuts	☐	☒	☐
TOMATO MOZZARELLA & PESTO CIABATTA	☒	☒	Wheat,Barley, Rye	☐	☐	☐	☒	☐	☐	☒	☐	☐	☒		☐	☐	☐
SAUSAGE & MUSTARD CIABATTA	☒	☒	Wheat,Barley, Rye	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐		☐	☐	☐
CHICKEN CLUB CIABATTA	☒	☒	Wheat,Barley, Rye	☐	☐	☒	☒	☒	☒	☒	☐	☐	☐		☐	☐	☐
BBQ PULLED PORK CIABATTA	☒	☒	Wheat,Barley, Rye	☒	☐	☐	☒	☐	☒	☒	☐	☐	☐		☐	☐	☐
BEEF SHORT RIB & BLUE CHEESE CIABATTA	☒	☒	Wheat,Barley, Rye	☐	☐	☐	☒	☐	☐	☒	☐	☐	☐		☐	☐	☐

SUNDAY ROASTS (Including Childrens)	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
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PIGS IN BLANKETS	☒	☒	WHEAT	☒	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
ONION RINGS	☒	☒	WHEAT	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
CHEESY GARLIC BREAD	☐	☒	WHEAT	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MASH POTATOES	☐	☐		☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
GARLIC BREAD	☐	☒	WHEAT	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
HOUSE SALAD	☐	☐		☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
MARINATED OLIVES	☐	☐		☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
KIDS MENU	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
BEEF & BLUE CHEESE CROQUETTES	☒	☒	WHEAT, BARLEY	☒	☐	☐	☒	☒	☒	☒	☐	☐	☐		☐	☐	☐
BROAD BEAN & SPINACH BURGER	☒	☒		☒	☐	☒	☒	☒	☒	☒	☒	☒	☒	PINENUTS	☐	☐	☐
HUNTERS CHICKEN BURGER	☒	☒	WHEAT	☒	☐	☒	☒	☒	☒	☒	☒	☒	☒	ALL TYPES OF NUTS	☐	☐	☐
CHEESE BURGER	☒	☒		☒	☐	☒	☒	☒	☒	☒	☒	☒	☒	ALL TYPES OF NUTS	☐	☐	☐
SAUSAGE & MASH	☒	☒	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐		☐	☐	☐

SCAMPI	✓	✓	WHEAT					✓		✓				✓			
FISH GOUJONS & CHIPS	✓	✓	WHEAT					✓	✓	✓					✓		
CHICKEN & MUSHROOM TAGLIATELLE		✓	WHEAT				✓	✓	✓								
KIDS MENU	Deep Fried Item	Cereals containing Gluten, Egg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
TOFFEE APPLE & CINNAMON CRUMBLE				✓			✓		✓				✓	ALL TYPES OF NUTS			
BROWNIE		✓	WHEAT	✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			
STICKY TOFFEE PUDDING		✓	WHEAT	✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			