

Allergen Information

Menu Update: Effective January 2026, 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)			WHEAT, BARLEY												
AUBERGINE & FENNEL PATE (GLUTEN-FREE BREAD AVAILABLE)			WHEAT, BARLEY												
BEEF & BLUE CHEESE CROQUETTES			WHEAT, BARLEY												
CHICKEN & HAM TERRINE (GLUTEN-FREE BREAD AVAILABLE)			WHEAT, BARLEY												
WHITEBAIT			WHEAT												

Item	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Eggs, Nuts, Cashew	Peanuts	Sesame	Mustard	Sulphites	Egg	Milk	Celery	Lupin	Soya	Cereals containing Gluten, Eg, Wheat	Deep Fried Item
BURGERS														
THE HELIBURGER	✓	✓	ALL TYPES OF NUTS	✓	✓	✓	✓	✓	✓	✓	✓	✓	WHEAT	✓
MAPLE CHICKEN BURGER	✓	✓	ALL TYPES OF NUTS	✓	✓	✓	✓	✓	✓	✓	✗	✓	WHEAT	✓
BROAD BEAN & SPINACH BURGER	✓	✓	PINENUTS	✓	✓	✓	✓	✗	✗	✓	✗	✓	WHEAT	✓
DESSERTS														
WHITE CHOCOLATE & GINGER CHEESECAKE	✗	✓	ALL TYPES OF NUTS	✓	✗	✗	✓	✓	✓	✗	✗	✓	WHEAT	✗
TOFFEE APPLE & CINNAMON CRUMBLE	✗	✗	ALL TYPES OF NUTS	✓	✗	✗	✓	✓	✓	✗	✗	✓	WHEAT	✗
DOUBLE CHOCOLATE BROWNIE	✗	✓	ALL TYPES OF NUTS	✓	✗	✗	✓	✓	✓	✗	✗	✓	WHEAT	✗
STICKY TOFFEE PUDDING	✗	✓	ALL TYPES OF NUTS	✓	✗	✗	✓	✓	✓	✗	✗	✓	WHEAT	✗
DESSERT OF THE DAY	✓	✓	ALL TYPES OF NUTS	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
CIABATTAS														

FISH GOUJON CIABATTA			WHEAT, BARLEY,RYE										All types			
TOMATO MOZZARELLA & PESTO CIABATTA			WHEAT, BARLEY,RYE										Pinenuts			
SAUSAGE & MUSTARD CIABATTA			WHEAT, BARLEY,RYE										All types			
CHICKEN CLUB CIABATTA			WHEAT, BARLEY,RYE										All types			
BEEF SHORT RIB & BLUE CHEESE CIABATTA			WHEAT, BARLEY,RYE										all types			

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
ROAST BEEF (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat															
GARLIC & THYME CHICKEN (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat															
PORK BELLYY (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat															
LAMB SHANK (GLUTEN-FREE = NO YORKIE & STUFFING)			Wheat															
VEGETARIAN ROAST			Wheat											Almonds				

SIDES & SUNDAY SIDES	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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BROAD BEAN & SPINACH BURGER			WHEAT											PINENUTS			
HUNTERS CHICKEN BURGER			WHEAT											ALL TYPES OF NUTS			
CHEESE BURGER			WHEAT											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	Cashew	Nuts Eg, Walnuts,	Crustaceans	Fish	Molluscs
TOFFEE APPLE & CINNAMON CRUMBLE														ALL TYPES OF NUTS			
DOUBLE CHOCOLATE BROWNIE			WHEAT											ALL TYPES OF NUTS			
STICKY TOFFEE PUDDING			WHEAT											ALL TYPES OF NUTS			