Allergen Information

Menu Update: Effective February 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

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

STARTERS

Item	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)		Contains — WHEAT, BARLEY	Contains		Contains				May Contain						
MUSHROOM & TRUFFLE PATE (GLUTEN-FREE BREAD AVAILABLE)		Contains — WHEAT			Contains			Contains							
BEEF & BLUE CHEESE CROQUETTES	Deep Fried	Contains — WHEAT, BARLEY	Contains		May Contain	Contains	Contains	Contains	May Contain						
CHICKEN & HAM TERRINE (GLUTEN-FREE BREAD AVAILABLE)		Contains — WHEAT, BARLEY	May Contain		Contains	Contains		Contains	Contains	May Contain					
CRAB ARANCINI	Deep Fried	Contains — WHEAT	Contains		Contains	Contains	Contains	Contains					Contains	Contains	May Contain

Item	Deep Fried Item	Cereals containing Gluten, Eg. Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg. Walnuts, Cashew	Crustaceans	Fish	Molluscs
WHITEBAIT	✓	✓ WHEAT			✓		✓	✓	✓				✓	✓	✓

PIES

Item	Deep Fried Item	Cereals containing Gluten, Eg. Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg. Walnuts, Cashew	Crustaceans	Fish	Molluscs
MUSHROOM & SPINACH PIE	✓	✓ WHEAT, BARLEY	✓		✓	✓		✓	✓						
STEAK & ALE PIE	✓	✓ WHEAT, BARLEY	✓		✓	✓		✓	✓	✓	✓				
CHICKEN, BACON & LEEK	✓	✓ WHEAT, BARLEY	✓		✓	✓		✓	✓	✓	✓				

MAINS

Item	Deep Fried Item	Cereals containing Gluten, Eg. Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg. Walnuts, Cashew	Crustaceans	Fish	Molluscs
PESTO & PINE NUT GNOCCHI		✓ WHEAT	✓		✓			✓	✓		✓	✓ PINENUTS			
LAMB RUMP								✓							
MAPLE GLAZED BACON TOMAHAWK	✓	✓ BARLEY			✓		✓		✓						
CHICKEN & MUSHROOM TAGLIATELLE		✓ WHEAT, SEMOLINA	✓			✓	✓		✓						
PORK BELLY		✓	✓		✓	✓		✓	✓						
BEEF BOURGUIGNON			✓		✓	✓		✓	✓						
8oz RIBEYE STEAK	✓	✓ WHEAT				✓		✓	✓						
MOROCCAN TAGINE		✓ WHEAT, CEREALS	✓		✓	✓		✓	✓	✓	✓	✓ All nuts			
ANDALUSIAN CHICKEN & CHORIZO BOWL		✓ WHEAT	✓			✓		✓	✓						

FISH & SEAFOOD

Item	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

Item	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			
MAPLE CHICKEN BURGER	✓	✓ WHEAT	✓		✓	✓	✓	✓	✓	✓	✓	✓ ALL TYPES OF NUTS			
SPICED LAMB BURGER	✓	✓ WHEAT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓ ALL TYPES OF NUTS			
BROAD BEAN & SPINACH BURGER	✓	✓ WHEAT	✓		✓			✓	✓	✓	✓	✓ PINENUTS			

LOADED FRIES

Item	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	✓		✓		✓	✓	✓	✓	✓						
CHIPOTLE CHICKEN FRIES	✓	✓ WHEAT	✓		✓	✓	✓	✓		✓					
PORK & SMOKED CHEDDAR FRIES	✓		✓		✓	✓		✓	✓						

Item	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
CHICKEN & CHORIZO FRIES	✓	✓	WHEAT	✓		✓	✓		✓								
GARLIC HERB & PARMESAN FRIES	✓			✓		✓	✓		✓								

DESSERTS

Item	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		✓	WHEAT	✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			
TOFFEE APPLE & CINNAMON CRUMBLE				✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			
DOUBLE CHOCOLATE BROWNIE		✓		✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			
STICKY TOFFEE PUDDING		✓	WHEAT	✓			✓	✓	✓			✓	✓	ALL TYPES OF NUTS			
DESSERT OF THE DAY	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	ALL TYPES OF NUTS	✓	✓	✓

CIABATTAS

Item	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
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			
BBQ PULLED PORK CIABATTA	✓	✓	Wheat, Barley, Rye	✓			✓	✓	✓	✓			✓	All types			

	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 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 &)	✓	✓	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
CAULIFLOWER CHEESE		✓	WHEAT				✓		✓	✓						
ROAST POTATOES									✓							
YORKIES & GRAVY		✓	WHEAT			✓	✓	✓	✓							
SAUSAGE MEAT STUFFING	✓	✓	WHEAT	✓		✓	✓	✓	✓	✓	✓					
MARKET VEGETABLES							✓									
RUSTIC CHIPS	✓															

Item	Deep Fried Item	Cereals containing Gluten Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
PIGS IN BLANKETS	✓	✓	WHEAT	✓					✓	✓							
ONION RINGS	✓	✓	WHEAT						✓								
CHEESY GARLIC BREAD		✓	WHEAT	✓			✓										
MASH POTATOES							✓										
GARLIC BREAD		✓	WHEAT	✓			✓										
HOUSE SALAD									✓	✓							
MARINATED OLIVES									✓								

KIDS MENU

Item	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	✓	✓	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, SEMOLINA	✓			✓	✓	✓	✓							

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
TOFFEE APPLE & CINNAMON CRUMBLE			✓			✓	✓	✓			✓	✓ ALL TYPES OF NUTS			
DOUBLE CHOCOLATE BROWNIE		✓ WHEAT	✓			✓	✓	✓			✓	✓ ALL TYPES OF NUTS			
STICKY TOFFEE PUDDING		✓ WHEAT	✓			✓	✓	✓			✓	✓ ALL TYPES OF NUTS			