

MOROCCAN TAGINE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT, CEREALS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	All nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ANDALUSIAN CHICKEN & CHORIZO BOWL	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 <small>(GLUTEN-FREE BREAD AVAILABLE)</small>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SALMON	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
FISH & CHIPS	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SCAMPI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MAPLE CHICKEN BURGER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPICED LAMB BURGER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BROAD BEAN & SPINACH BURGER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PINENUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHIPOTLE CHICKEN FRIES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PORK & SMOKED CHEDDAR FRIES	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHICKEN & CHORIZO FRIES	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GARLIC HERB & PARMESAN FRIES	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOFFEE APPLE & CINNAMON CRUMBLE	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DOUBLE CHOCOLATE BROWNIE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STICKY TOFFEE PUDDING	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DESSERT OF THE DAY	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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
FISH GOUJON CIABATTA	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT, BARLEY, RYE	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All types	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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			
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 BELLY (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	✓																
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	✓	✓	WHEAT	✓		✓			✓	✓	✓	✓	✓	PINENUTS			

HUNTERS CHICKEN BURGER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHEESE BURGER	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAUSAGE & MASH	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SCAMPI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
FISH GOUJONS & CHIPS	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CHICKEN & MUSHROOM TAGLIATELLE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT, SEMOLINA	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
KIDS MENU	Deep Fried Item	Wheat	Cereals containing Gluten, Eg	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
TOFFEE APPLE & CINNAMON CRUMBLE	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DOUBLE CHOCOLATE BROWNIE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STICKY TOFFEE PUDDING	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL TYPES OF NUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>