


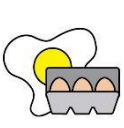
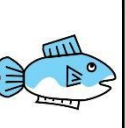

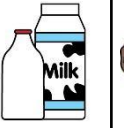
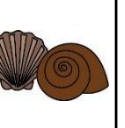
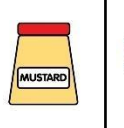
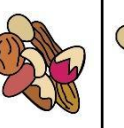
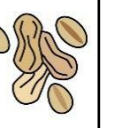

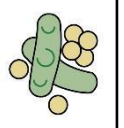



Dishes and their allergen content- To Start

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

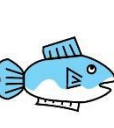
Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Olives									MC	MC	MC	MC	MC	✓
Garlic Bread		✓					✓			MC	MC	MC	MC	✓
Bread, Oil, Balsamic		✓								MC	MC	MC	MC	✓
Mackerel Pate		✓			✓		✓			MC	MC	MC	MC	✓

Review date:
13/2/2024

Reviewed
by:N.Clark

Dishes and their allergen content Starters Menu

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)[†])




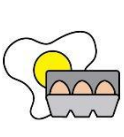
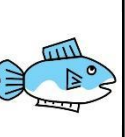

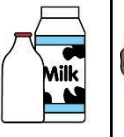
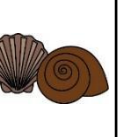
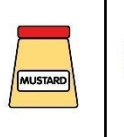
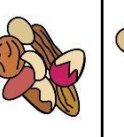
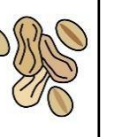

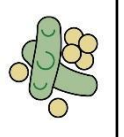

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓	✓		✓	✓		✓		✓					
Cauliflower	MC	✓								✓		✓	✓	✓
Parma Ham				MC			✓		✓	✓	MC	MC	MC	✓
Crispy Squid		✓	✓	✓	✓			✓				MC	✓	✓
Pork Belly		✓			✓					✓		✓	✓	✓
Sardines					✓									
Mussels			✓		MC		✓							✓

Review date: 13/02/24

Reviewed by: N. Clark

Dishes and their allergen content- Mains

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)





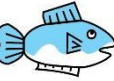
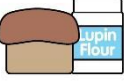








Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mushroom Linguine		✓		MC			✓							✓
Fish & Chips		✓	MC	✓	✓		MC		MC	MC	MC	MC	MC	✓
Mussels			✓		MC		✓							✓
Lemon Sole	✓				✓		✓							✓
Sirloin Steak	✓						✓		✓	MC	MC	MC	MC	✓
Prawn, Mussels Linguine		✓	✓											✓
Hake	✓				✓					MC	MC	MC	MC	✓

Review date
13.02.2024

Reviewed by: N. Clark

Dishes and their allergen content Sides

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Fries		MC												✓
House Salad									✓			✓	✓	✓
Steamed Greens							✓					MC	✓	✓

Review date
13.02.2024




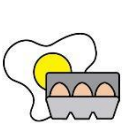
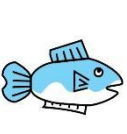







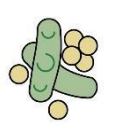

Reviewed by: N. Clark



MC = May Contain

Dishes and their allergen content Dessert Menu

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Chocolate Cake				✓			✓			MC	MC	MC	MC	
Sticky Toffee Pudding		✓		✓			✓			MC	MC	MC	MC	
Lemon Tart		✓		✓			✓			MC	MC	MC	MC	
Cheese Board		✓		✓			✓			MC	MC	MC	MC	✓
Affogato							✓			MC	MC	MC	MC	✓

Review date
13.02.2024




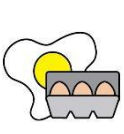
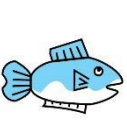









Reviewed by: N. Clark



MC = May Contain

Dishes and their allergen content Kids Menu

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)[†])

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Kids Pasta		✓					✓							
Chicken & Chips	✓	✓								MC	MC	MC	MC	✓
Kids Fish & Chips		✓			✓									✓
Kids Steak														
Kids Squid & Chips		✓						✓						
Vanilla Ice Cream				✓			✓			MC	MC	✓	✓	✓
Chocolate Ice Cream				✓			✓			MC	MC	✓	✓	✓
Caramel Ice Cream				✓			✓			MC	MC	✓	✓	✓

Review date
07.03.2023

Reviewed by: N. Clark