

ALLERGENS TABLE

RED LION SS23

Nibbles	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Chunks of Chorizo - Nibbles - Destination Core SS23	May contain	May contain							May contain					Does contain
Artisan Bread & Oil - Nibbles - Destination Core SS23		Does contain										Does contain		Does contain
Halloumi Fries - Starters - Destination SS23	Does contain	Does contain Wheat					Does contain				May contain			
Marinated Whole Olives - Nibbles - Destination Core SS23														
Hummus and Flatbread - Nibbles - Destination Core SS23		Does contain Wheat										Does contain		
Whitebait - Nibbles - Destination Core SS23				Does contain	Does contain				Does contain					
Honey and Mustard Vegan Sausages - Nibbles - Destination Core SS23		Does contain							Does contain					
Pork Belly Bites - Nibbles - Destination Core SS23														
Garlic Mushrooms - Nibbles - Destination Core SS23							Does contain							Does contain

Sharers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Baked Camembert - Starters - Destination Core SS23	Does contain	Does contain					Does contain					Does contain		Does contain
Nachos Grande - Sharers - Destination Core SS23	Does contain	Does contain					Does contain					Does contain		Does contain

Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Scotch Egg - Starters - The Red Lion SS23	Does contain	Does contain Wheat		Does contain			Does contain				May contain		Does contain	Does contain
King Prawns and Chorizo - Starters - The Red Lion SS23		Does contain	Does contain									Does contain		Does contain
Salt and Pepper Calamari - Starters - Destination Core SS23				Does contain				Does contain						
Tomato and Mozzarella Bruschetta - Starters - Destination Core SS23		Does contain					Does contain					Does contain		Does contain
Mushroom Bao Bun - Starters - The Red Lion SS23	Does contain	Does contain Wheat								Does contain	Does contain	Does contain	Does contain	

Chefs Signature	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Pork Belly - Mains - Destination Core SS23	May contain	May contain					Does contain		May contain					Does contain
Seabass - Mains - The Red Lion SS23	Does contain				Does contain		Does contain							
Hand Battered Hake & Chips - Mains - Destination Core SS23				Does contain	Does contain		Does contain		Does contain					
Lemon Sole - Mains - The Red Lion SS23					Does contain		Does contain							Does contain
Lamb Ragù - Mains - The Red Lion SS23		Does contain		May contain			Does contain		May contain					Does contain
Miso Glazed Aubergine - Mains - The Red Lion SS23													Does contain	
Mushroom Spinach Gnocchi - Mains - The Red Lion SS23		Does contain Wheat					Does contain							
Chicken Caesar Salad - Mains - Destination Core SS23		Does contain Wheat		Does contain	Does contain		Does contain						Does contain	
Curious Chicken Salad - Mains - The Red Lion SS23	Does contain	Does contain Rye Barley Wheat							Does contain				Does contain	

Grills	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
8oz Sirloin Steak - Grills - Destination Core SS23														
Katsu chicken burger - Chefs signature - The Red Lion SS23		Does contain Wheat	Does contain	Does contain			Does contain	Does contain		May contain	May contain		Does contain	Does contain
Picante Chicken - Mains - The Red Lion SS23							Does contain							Does contain
10oz Gammon Steak - Grills - Destination Core SS23				Does contain			Does contain							
Classic Burger - Burger - Destination Core SS23	Does contain	Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	Does contain

Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Chunky Chips - Sides - Destination Core SS23														
Skin on Fries - Sides - Destination Core SS23														
Onion Rings - Sides - Destination Core SS23		Does contain Barley Wheat												
Garden Salad - Sides - Destination Core SS23				Does contain			Does contain							
Cheesy Garlic Bread - Sides - Destination Core SS23	May contain	Does contain Rye Wheat		Does contain			Does contain		Does contain			May contain		
Seasonal Vegetables - Sides - Destination Core SS23														
Coleslaw - Sides - Destination Core SS23				Does contain										

Sandwiches	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Fish Finger w Fries - Sandwiches - Destination Core SS23		Does contain		Does contain	Does contain		Does contain		Does contain	May contain		May contain		
Chicken and Bacon w Fries - Sandwiches - Destination Core SS23		Does contain		Does contain			Does contain			May contain		May contain	Does contain	
Roast beef - sandwiches - BHSS23		Does contain		Does contain			Does contain		Does contain	May contain		May contain		
Halloumi & Red Pepper Sandwich - Sandwiches - Destination Core SS23	Does contain	Does contain		Does contain			Does contain			May contain		May contain		

Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Warm Brownie - Desserts - Destination Core SS23				Does contain			Does contain						Does contain	
Sticky Toffee Pudding - Desserts - Destination Core SS23		Does contain Wheat		Does contain			Does contain							
Mango and Passionfruit Eton Mess - Desserts - The Red Lion SS23				Does contain			Does contain							
Cheesecake of the Day Base - Desserts - Destination Core SS23		Does contain		Does contain			Does contain			Does contain				
Rhubarb and ginger slice - Desserts - The Red Lion SS23		Does contain								May contain	May contain		Does contain	
Lemon tart - Desserts - The Red Lion SS23		Does contain Wheat		Does contain			Does contain							