

## **CATEGORY: NIBBLES**

|                                      |        |                                 |             | ALLERG | ENS             |       |                 |          |                 |                 |         |                 |      |                 |
|--------------------------------------|--------|---------------------------------|-------------|--------|-----------------|-------|-----------------|----------|-----------------|-----------------|---------|-----------------|------|-----------------|
| Recipe                               | Celery | Cereals<br>containing<br>gluten | Crustaceans | Eggs   | Fish            | Lupin | Milk            | Molluscs | Mustard         | Nuts            | Peanuts | Sesame<br>Seeds | Soya | Sulphites       |
| MENU B CHORIZO NIBBLES               |        |                                 |             |        |                 |       |                 |          |                 |                 |         |                 |      |                 |
| MENU B BREAD AND OIL NIBBLES         |        | Does<br>contain                 |             |        |                 |       |                 |          |                 |                 |         |                 |      | Does<br>contain |
| MENU B HOUMOUS AND PITTA NIBBLES     |        | Does<br>contain                 |             |        |                 |       |                 |          |                 | Does<br>contain |         | Does<br>contain |      |                 |
| MENU B HALLOUMI NIBBLES              |        |                                 |             |        |                 |       | Does<br>contain |          |                 |                 |         |                 |      |                 |
| MENU A PROVENCAL OLIVES & FETA       |        |                                 |             |        |                 |       | Does<br>contain |          |                 |                 |         |                 |      |                 |
| MENU B H&M SAUSAGES NIBBLES          |        |                                 |             |        |                 |       |                 |          | Does<br>contain |                 |         |                 |      |                 |
| MENU B WHITBAIT NIBBLES              |        | Does<br>contain                 |             |        | Does<br>contain |       |                 |          |                 |                 |         |                 |      |                 |
| MENU A FENNEL & SAGE SCRATCHING SS19 |        |                                 |             |        |                 |       |                 |          |                 |                 |         |                 |      |                 |
| GARLIC MUSHROOMS NIBBLES SS20        |        |                                 |             |        |                 |       | Does<br>contain |          |                 |                 |         |                 |      | Does<br>contain |
| VEGETABLE FRIES NIBBLE SS20          |        | Does<br>contain                 |             |        |                 |       |                 |          |                 |                 |         |                 |      | Does<br>contain |

#### **CATEGORY: TO START**

|                               |                 |                                 |                 | ALLERG          | ENS             |       |                 |          |                 |      |         |                 |                 |                 |
|-------------------------------|-----------------|---------------------------------|-----------------|-----------------|-----------------|-------|-----------------|----------|-----------------|------|---------|-----------------|-----------------|-----------------|
| Recipe                        | Celery          | Cereals<br>containing<br>gluten | Crustaceans     | Eggs            | Fish            | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya            | Sulphites       |
| CRAB & AVOCADO COCKTAIL SS20  | Does<br>contain | Does<br>contain                 | Does<br>contain | Does<br>contain | Does<br>contain |       | Does<br>contain |          | Does<br>contain |      |         |                 |                 |                 |
| CAULI BOMBS SS20              |                 | Does<br>contain                 |                 |                 |                 |       |                 |          | Does<br>contain |      |         |                 | Does<br>contain |                 |
| MENU B GREEK SALAD AW18       |                 |                                 |                 |                 |                 |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |
| BRIXWORTH PATE SS20           |                 | Does<br>contain                 |                 |                 |                 |       |                 |          |                 |      |         |                 |                 |                 |
| MENU A SWEET POTATO SOUP AW18 | Does<br>contain | Does<br>contain                 |                 |                 |                 |       |                 |          |                 |      |         |                 |                 |                 |
| GAMBAS PIL PIL AW19           |                 | Does<br>contain                 | Does<br>contain |                 | Does<br>contain |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |
| VEGAN FALAFELS & TAHINI SS20  |                 |                                 |                 |                 |                 |       |                 |          | Does<br>contain |      |         | Does<br>contain |                 |                 |
| GARLIC MUSHROOMS STARTER SS20 |                 | Does<br>contain                 |                 |                 |                 |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |

# **CATEGORY: SHARERS**

|                                      |                 |                                 |             | ALLERG | ENS  |       |                 |          |                 |      |         |                 |      |                 |
|--------------------------------------|-----------------|---------------------------------|-------------|--------|------|-------|-----------------|----------|-----------------|------|---------|-----------------|------|-----------------|
| Recipe                               | Celery          | Cereals<br>containing<br>gluten | Crustaceans | Eggs   | Fish | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya | Sulphites       |
| MENU B CAMEMBERT SHARER              | Does<br>contain | Does<br>contain                 |             |        |      |       | Does<br>contain |          |                 |      |         |                 |      | Does<br>contain |
| B SHARER NACHOS GRANDE               | Does<br>contain | Does<br>contain                 |             |        |      |       | Does<br>contain |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| CRISPY FRIED CHICKEN WINGS K-BOX *4  |                 | Does<br>contain                 |             |        |      |       | Does<br>contain |          |                 |      |         |                 |      | Does<br>contain |
| CRISPY FRIED CHICKEN WINGS K-BOX *8  |                 | Does<br>contain                 |             |        |      |       | Does<br>contain |          |                 |      |         |                 |      | Does<br>contain |
| CRISPY FRIED CHICKEN WINGS K-BOX *12 |                 | Does<br>contain                 |             |        |      |       | Does<br>contain |          |                 |      |         |                 |      | Does<br>contain |
| BUFFALO DIP CLOX                     |                 |                                 |             |        |      |       |                 |          |                 |      |         |                 |      |                 |
| PIRI PIRI DIP CLOX                   |                 |                                 |             |        |      |       |                 |          |                 |      |         |                 |      | Does<br>contain |
| HICKORY SMOKED BBQ DIP CLOX          |                 |                                 |             |        |      |       |                 |          |                 |      |         |                 |      |                 |

# **CATEGORY: STEAKS**

|                               |                 |   | ALLERG          | ENS  |       |                 |          |                 |      |         |                 |      |                 |
|-------------------------------|-----------------|---|-----------------|------|-------|-----------------|----------|-----------------|------|---------|-----------------|------|-----------------|
| Recipe                        | Celery          | Cereals<br>containing Crustaceans<br>gluten | Eggs            | Fish | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya | Sulphites       |
| MENU B 100Z RUMP              | Does<br>contain | Does<br>contain                             |                 |      |       | Does<br>contain |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| MENU B 80Z SIRLOIN            | Does<br>contain | Does<br>contain                             |                 |      |       | Does<br>contain |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| MENU B 70Z FILLET             | Does<br>contain | Does<br>contain                             |                 |      |       | Does<br>contain |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| MENU B 100Z GAMMON            | Does<br>contain | Does<br>contain                             | Does<br>contain |      |       |                 |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| MENU B MIXED GRILL            | Does<br>contain | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |          | Does<br>contain |      |         |                 |      | Does<br>contain |
| B SIDE SAUCE PEPPERCORN SAUCE | Does<br>contain | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |          |                 |      |         |                 |      |                 |
| MENU B BLUE CHEESE SAUCE AW18 |                 |   |                 |      |       | Does<br>contain |          |                 |      |         |                 |      |                 |
| B SIDE HERB & GARLIC BUTTER   | Does<br>contain |   |                 |      |       | Does<br>contain |          |                 |      |         |                 |      |                 |

| B SIDE CHILLIES & CORIANDER BUTTER |                 |                 |                 |                 |                 | Does<br>contain |                |  |  |                 |
|------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|--|--|-----------------|
| CREAMED SPINACH SIDE SS20          |                 | Does<br>contain |                 |                 |                 | Does<br>contain |                |  |  |                 |
| MENU A SMOKED MAC N CHEESE AW18    |                 | Does<br>contain |                 |                 |                 | Does<br>contain |                |  |  |                 |
| B SIDE ONION RINGS                 |                 | Does<br>contain |                 |                 |                 | Does<br>contain |                |  |  | Does<br>contain |
| MENU A SIDE PRAWNS                 | Does<br>contain |                 | Does<br>contain |                 | Does<br>contain | Does<br>contain |                |  |  | Does<br>contain |
| B SIDE SAUTEED MUSHROOMS           | Does<br>contain |                 |                 |                 |                 | Does<br>contain |                |  |  |                 |
| MENU A ROCKET & PARMESAN SALAD     | Does<br>contain | Does<br>contain |                 | Does<br>contain |                 | Does<br>contain | Does<br>ontain |  |  |                 |
| MENU C SIDE BUTTERED KALE          |                 |                 |                 |                 |                 | Does<br>contain |                |  |  |                 |

# **CATEGORY: BURGERS**

|                                       |        |   | ALLERG          | ENS  |       |                 |          |                 |      |                 |                 |                 |                 |
|---------------------------------------|--------|---|-----------------|------|-------|-----------------|----------|-----------------|------|-----------------|-----------------|-----------------|-----------------|
| Recipe                                | Celery | Cereals<br>containing Crustaceans<br>gluten | Eggs            | Fish | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts         | Sesame<br>Seeds | Soya            | Sulphites       |
| PRIME BEEF BURGER SS20                |        | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |          |                 |      |                 | Does<br>contain | Does<br>contain | Does<br>contain |
| MENU A BUTTERMILK CHICKEN BURGER SS19 |        | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |          | Does<br>contain |      |                 | Does<br>contain | Does<br>contain | Does<br>contain |
| MENU B LOADED 12 OZ BEEF BURGER       |        | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |          | Does<br>contain |      |                 | Does<br>contain | Does<br>contain | Does<br>contain |
| MOVING MOUNTAIN BURGER SS20           |        | Does<br>contain                             |                 |      |       |                 |          |                 |      | Does<br>contain | Does<br>contain | Does<br>contain | Does<br>contain |
| FAUX CHKN BURGER SS20                 |        | Does<br>contain                             | Does<br>contain |      |       |                 |          | Does<br>contain |      |                 | Does<br>contain | Does<br>contain | Does<br>contain |

## **CATEGORY: FROM THE GARDEN**

|   |                 |                                 |             | ALLERG          | ENS  |       |                 |          |                 |                 |                 |                 |                 |                 |
|---|-----------------|---------------------------------|-------------|-----------------|------|-------|-----------------|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Recipe  | Celery          | Cereals<br>containing<br>gluten | Crustaceans | Eggs            | Fish | Lupin | Milk            | Molluscs | Mustard         | Nuts            | Peanuts         | Sesame<br>Seeds | Soya            | Sulphites       |
| ROASTED CAULIFLOWER STEAK SS20                  |                 | May<br>contain                  |             |                 |      |       |                 |          |                 | Does<br>contain | Does<br>contain | Does<br>contain | Does<br>contain |                 |
| MENU A RIGATONI ARRABITA AW18                   |                 | Does<br>contain                 |             | Does<br>contain |      |       | Does<br>contain |          |                 |                 |                 |                 |                 | Does<br>contain |
| MENU B ASIAN NOODLE STIR FRY                    |                 | Does<br>contain                 |             | Does<br>contain |      |       |                 |          |                 |                 |                 | Does<br>contain | Does<br>contain | Does<br>contain |
| MAIN COURGETTE & GOATS CHEESE SUPERFOOD<br>SS20 | May<br>contain  | Does<br>contain                 |             |                 |      |       | Does<br>contain |          |                 |                 |                 |                 | Does<br>contain | Does<br>contain |
| C BLACK & BLUE 50Z RUMP                         |                 | Does<br>contain                 |             | Does<br>contain |      |       | Does<br>contain |          | Does<br>contain |                 |                 |                 |                 |                 |
| GLAMORGAN SAUSAGE & MASHED POTATO SS20          | Does<br>contain | Does<br>contain                 |             |                 |      |       | Does<br>contain |          | Does<br>contain |                 |                 |                 |                 | Does<br>contain |
| MUSHROOM LINGUINE AW19                          |                 | Does<br>contain                 |             |                 |      |       | Does<br>contain |          | Does<br>contain |                 |                 |                 |                 | Does<br>contain |

## CATEGORY: FROM THE LAND

|                                    |                 |   | ALLERG          | ENS             |       |                 |          |                 |      |         |                 |                 |                 |
|------------------------------------|-----------------|---|-----------------|-----------------|-------|-----------------|----------|-----------------|------|---------|-----------------|-----------------|-----------------|
| Recipe                             | Celery          | Cereals<br>containing Crustaceans<br>gluten | Eggs            | Fish            | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya            | Sulphites       |
| PORK BELLY & GRATIN SS20           | Does<br>contain |   | Does<br>contain |                 |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |
| ULTIMATE CHICKEN CAESAR SALAD SS20 | Does<br>contain | Does<br>contain                             | Does<br>contain | Does<br>contain |       | Does<br>contain |          |                 |      |         |                 | Does<br>contain |                 |
| BEEF STROGANOFF AW19               |                 |   |                 |                 |       | Does<br>contain |          | Does<br>contain |      |         |                 |                 | Does<br>contain |
| PIRI PIRI CHICKEN SS20             | Does<br>contain | Does<br>contain                             |                 |                 |       |                 |          | Does<br>contain |      |         |                 |                 | Does<br>contain |
| TRIO SAUSAGE & MASH SS20           | Does<br>contain |   |                 |                 |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |
| MENU B HUNTERS CHICKEN             | Does<br>contain | Does<br>contain                             |                 |                 |       | Does<br>contain |          | Does<br>contain |      |         |                 | Does<br>contain | Does<br>contain |
| CHICKEN & HAM PIE SS20             | Does<br>contain | Does<br>contain                             | Does<br>contain |                 |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |

### **CATEGORY: FROM THE SEA**

|   |                 |                                 |                 | ALLERG          | ENS             |       |                 |          |                 |      |         |                 |                 |                 |
|---|-----------------|---------------------------------|-----------------|-----------------|-----------------|-------|-----------------|----------|-----------------|------|---------|-----------------|-----------------|-----------------|
| Recipe                                  | Celery          | Cereals<br>containing<br>gluten | Crustaceans     | Eggs            | Fish            | Lupin | Milk            | Molluscs | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya            | Sulphites       |
| MENU C MAIN SCAMPI & CHIPS              |                 | Does<br>contain                 | Does<br>contain | Does<br>contain |                 |       |                 |          | Does<br>contain |      |         |                 | Does<br>contain |                 |
| BATTERED COD & CHIPS & CURRY SAUCE SS20 |                 | Does<br>contain                 |                 | Does<br>contain | Does<br>contain |       | Does<br>contain |          | Does<br>contain |      |         |                 | Does<br>contain |                 |
| SALMON & ASPARAGUS SS20                 |                 |                                 |                 |                 | Does<br>contain |       | Does<br>contain |          |                 |      |         |                 |                 |                 |
| KING PRAWN & CRAB LINGUINI SS20         |                 | Does<br>contain                 | Does<br>contain | Does<br>contain | Does<br>contain |       | Does<br>contain |          |                 |      |         |                 |                 | Does<br>contain |
| MENU B SEABASS                          | Does<br>contain |                                 |                 |                 | Does<br>contain |       | Does<br>contain |          |                 |      |         |                 |                 |                 |

## **CATEGORY: SANDWICH**

|                                 |                 |   | ALLERG          | ENS             |       |                 |            |                 |      |         |                 |      |                 |
|---------------------------------|-----------------|---|-----------------|-----------------|-------|-----------------|------------|-----------------|------|---------|-----------------|------|-----------------|
| Recipe                          | Celery          | Cereals<br>containing Crustaceans<br>gluten | Eggs            | Fish            | Lupin | Milk            | Molluscs I | Mustard         | Nuts | Peanuts | Sesame<br>Seeds | Soya | Sulphites       |
| MENU C FISH FINGER S/W          |                 | Does<br>contain                             | Does<br>contain | Does<br>contain |       |                 |            | Does<br>contain |      |         |                 |      | Does<br>contain |
| VEGGIE S/W SS20                 | Does<br>contain | Does<br>contain                             | Does<br>contain |                 |       | Does<br>contain |            | Does<br>contain |      |         |                 |      | Does<br>contain |
| MENU B CHICKEN & BACON SANDWICH |                 | Does<br>contain                             | Does<br>contain |                 |       |                 |            |                 |      |         |                 |      | Does<br>contain |
| MENU A CROQUE MONSIEUR S/W AW18 | Does<br>contain | Does<br>contain                             |                 |                 |       | Does<br>contain |            | Does<br>contain |      |         |                 |      |                 |
| THE CHEESESTEAK SS20            | Does<br>contain | Does<br>contain                             | Does<br>contain |                 |       | Does<br>contain |            | Does<br>contain |      |         |                 |      | Does<br>contain |
| CRAB & AVOCADO S/W SS20         |                 | Does Does<br>contain contain                | Does<br>contain | Does<br>contain |       |                 |            |                 |      |         | Does<br>contain |      |                 |
| B ADD BOWL OF CHIPS             |                 |   |                 |                 |       |                 |            |                 |      |         |                 |      |                 |
| B SIDE SWEET POTATO FRIES       |                 |   |                 |                 |       |                 |            |                 |      |         |                 |      |                 |

## **CATEGORY: DESSERTS**

|                                    |                 |   | ALLERG          | ENS  |       |                 |            |                 |                 |                 |                 |                 |                 |
|------------------------------------|-----------------|---|-----------------|------|-------|-----------------|------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Recipe                             | Celery          | Cereals<br>containing Crustaceans<br>gluten | Eggs            | Fish | Lupin | Milk            | Molluscs I | Mustard         | Nuts            | Peanuts         | Sesame<br>Seeds | Soya            | Sulphites       |
| WHITE CHOC & RASPBERRY BRULEE SS20 |                 |   | Does<br>contain |      |       | Does<br>contain |            |                 |                 |                 |                 | Does<br>contain |                 |
| MENU B TRIO MINI DESSERTS          |                 | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |            |                 | Does<br>contain | Does<br>contain |                 | Does<br>contain |                 |
| MENU C SALTED CARAMEL BROWNIE AW18 |                 | Does<br>contain                             | Does<br>contain |      |       | Does<br>contain |            |                 | Does<br>contain | Does<br>contain |                 | Does<br>contain | Does<br>contain |
| SUMMER APPLE & BERRY CRUMBLE SS20  |                 | Does<br>contain                             |                 |      |       | Does<br>contain |            |                 |                 |                 |                 |                 |                 |
| VEGAN KEY LIME PIE                 |                 |   |                 |      |       |                 |            |                 |                 |                 |                 | Does<br>contain | Does<br>contain |
| B DESSERT GALLONES ICE CREAM       |                 | Does<br>contain                             |                 |      |       | Does<br>contain |            |                 | Does<br>contain |                 |                 | Does<br>contain |                 |
| CHEESE BOARD SS20                  | Does<br>contain | Does<br>contain                             |                 |      |       | Does<br>contain |            | Does<br>contain | Does<br>contain | Does<br>contain |                 |                 |                 |

#### CATEGORY: SUNDAY ROASTS

|   |                 |                                 |             | ALLERG          | ENS             |       |                 |          |         |                 |                 |                 |                 |                 |
|---|-----------------|---------------------------------|-------------|-----------------|-----------------|-------|-----------------|----------|---------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Recipe                                  | Celery          | Cereals<br>containing<br>gluten | Crustaceans | Eggs            | Fish            | Lupin | Milk            | Molluscs | Mustard | Nuts            | Peanuts         | Sesame<br>Seeds | Soya            | Sulphites       |
| SUNDAY STRIPLOIN ROAST SS20             | Does<br>contain |                                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| SUNDAY PORK LOIN ROAST SS20             | Does<br>contain |                                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| SUNDAY LAMB ROAST SS20                  | Does<br>contain |                                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| SUNDAY LEMON & THYME CHICKEN ROAST SS20 | Does<br>contain |                                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| SUNDAY ROOT VEGETABLE NUT ROAST SS20    | Does<br>contain | Does<br>contain                 |             | Does<br>contain |                 |       | Does<br>contain |          |         | Does<br>contain | Does<br>contain | Does<br>contain |                 | Does<br>contain |
| SALMON ROAST SS20                       |                 |                                 |             |                 | Does<br>contain |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| VEGAN LEEK & MUSHROOM PIE ROAST SS20    | Does<br>contain |                                 |             |                 |                 |       |                 |          |         |                 |                 |                 | Does<br>contain | Does<br>contain |
| SUNDAY TRIO ROAST SS20                  | Does<br>contain |                                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 | Does<br>contain |
| MENU A PIGS IN BLANKETS AW18            |                 | Does<br>contain                 |             |                 |                 |       |                 |          |         |                 |                 |                 | Does<br>contain | Does<br>contain |
| MENU A CAULIFLOWER CHEESE AW18          |                 | Does<br>contain                 |             |                 |                 |       | Does<br>contain |          |         |                 |                 |                 |                 |                 |
| MENU A SIDE ROAST POTATOES AW18         |                 |                                 |             |                 |                 |       |                 |          |         |                 |                 |                 |                 |                 |
| MENU A YORKSHIRE PUDDING SIDE AW18      |                 | Does<br>contain                 |             | Does<br>contain |                 |       | Does<br>contain |          |         |                 |                 |                 |                 |                 |
| SAUSAGE STUFFING SIDE AW18              | Does<br>contain | Does<br>contain                 |             | Does<br>contain |                 |       |                 |          |         |                 |                 |                 |                 |                 |