

BAR WINTER MENU 2020/ 21 V1

Allergen Guide

Y = ALLERGEN PRESENT

P = POSSIBLE PRESENCE OF ALLERGEN / AMMENDABLE

DISH NAME	CELERY	CEREALS - GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK - LACTOSE	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	
SWEET THINGS															
MORNING PASTIRES	-	Y	-	Y	-	-	Y	-	-	-	-	-	Y	-	Check the box and what pastries you give away.
SWEET TREATS	-	Y	-	Y	-	-	Y*	-	-	P	P	P	Y*	Y*	check AT Allergens for reference.
BREAD BASKET	-	Y	-	-	-	-	Y	-	-	-	-	-	Y	Y	Soya in the bread gluten as well, sulphites in Balsamic & lactose in Butter - olive oil instead for vegan option..
LIGHT BITES															
SOUP DU JOUR /MUG OF SOUP	P	P	P	P	P	P	P	P	P	P	P	P	P	P	check your sdj with chef in charge no butter for vegans olive oil alternative. Soya in bread as well as gluten - swap for gluten free bread if need.
CHICKEN WINGS	-	Y	Y*	Y	Y*	-	Y	Y*	Y	-	Y*	Y	Y	Y	gluten in flour fish,crustecean,molluscs eggs mustard in mayo, soya in mayo SOY in mayo.
CALAMARI	-	Y	Y	-	Y	-	Y	Y	-	-	-	-	Y	Y	Gluten & all seafood present. Milk soya and dioxides.
LE FROMAGE SLATE	Y	Y	-	-	-	-	-	Y	Y*	-	-	-	-	Y	mustard seeds in chutney, crackers gluten, SO2 chutney
CAESAR SALAD		Y	P	Y	Y		Y		Y					Y	ANCHOVIE POSS SALMON OR PRAWN
MAINS															
STILTON SALAD	-	Y	-	-	-	-	Y	-	Y	-	-	-	-	Y	MUSTARD, DIOXIDE.CREME IN DRESSING
VEGAN BURGER	Y	Y	-	-	-	-	-	-	Y	-	-	Y	Y	Y	celery in relish, gluten in bun and the burger, mustard in relish soya&sesame in the bun dioxide in relish
MAL BURGER	Y	Y	-	Y	-	-	Y	-	Y	-	-	-	Y	Y	celery in relish, gluten in burger bun gluten in chips, egg in the bun, mustard in relish, soya in the bun, dioxide in relish, charrgrill contamination
POSH SARNIES															
BLT	-	Y	-	Y	-	-	Y	-	-	-	-	-	Y	Y	Gluten in bread, Milk in butter dioxide.
CHICKEN WRAP	Y	Y	P	Y	P	-	Y	P	Y	P	P	Y	Y	Y	Gluten in WRAP egg, milk PANE, mustard in mayo, soya in bread POSS FRYER ALLERGENS/ SOY IN CHILLI PASTE
BACON MUFFINS	Y	Y	-	Y*	-	-	Y	-	-	-	-	-	Y	-	celery in ketchup gluten in muffin, eggs when added, soya in muffin. Can swap on gluten free bread.