



Allergen Information and Dietary Guide

Allergen Information and Dietary Guide

About this guide

This guide lists what allergenic ingredients are contained in each of our dishes

The guide also shows whether or not dishes are suitable for vegetarian or vegan customers

At the bottom of this page is a key which explains how the guide works, you will find the same key in the same place at the bottom of each page in this guide

Gluten

Most of our dishes include ingredients that contain gluten, but we are able to modify some recipes to remove these ingredients or replace them.

Gluten is found in cereals such as wheat, barley and rye, so for details of which dishes we are able to modify, please refer to the cereals containing gluten column.

Allergenic ingredients featured in this guide in accordance with the EU Food Information Regulation are

- cereals containing gluten
including wheat (such as spelt and khorosan), rye, barley and oats
- crustaceans
such as prawns, crabs and lobsters
- eggs
- fish
- peanuts
- soybeans
- milk (dairy)
- nuts
including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- celery
- mustard
- sesame
- sulphur dioxide and sulphites
(if they are at a concentration of more than ten parts per million)
- lupin
- molluscs
such as mussels, oysters and squid

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Allergen information

If you have any food allergy or intolerance, then please let a manager know before ordering or consuming any item of food from our menus. Whilst we take extensive steps to ensure that the list of allergen ingredients in our menus is accurate, we cannot say that any dish on our menus is “free-from” any allergen, but only that it does not contain that allergen as an ingredient. Dishes may be handled and prepared in an environment which contains allergens so there is a risk of cross-contamination in our kitchens. Our allergen information relates only to dishes which contain those 14 allergens which we are required to declare as ingredients and is as provided to us by our suppliers. As such, our dishes may contain additional ingredients which you could be allergic and/or intolerant to and which we have not highlighted. Our descriptions do not include all ingredients or allergens. The allergens are an ingredient not ‘may contain’.

Food preparation

Our food can come into contact with allergens as it is prepared in a kitchen where dishes containing gluten, nuts, dairy and other allergens are also present. If you are concerned about allergen cross contamination of food or drink you wish to consume, please speak to a manager. If you suffer from sensitive trace reactions for any food-related allergen, please be aware that we are unable to guarantee full suitability, and dining with us may not be suitable for you.

At any time our suppliers may change an ingredient which changes the allergen content of our dishes. Please check and ask about allergen information every time you visit - even if you have consumed a particular dish on a previous visit. It is important to make your choices based on the current allergen content.

Vegetarians and Vegans

Our Vegetarian and Vegan dishes are created using ingredients which have been confirmed suitable by our suppliers. They are however stored & prepared in kitchens where meat & dairy are also handled and may have come into contact with meat-based ingredients. If you would like further information on the preparation of these dishes please speak to a manager.



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STARTERS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
classic prawn cocktail	•	•	•						•	•		•			no	no
tempura halloumi	•						•			•		•			yes	no
green houmous	•						•				•				yes	yes
whitebait	•		•	•						•		•			no	no
buffalo chicken wings							•		•			•			no	no
salmon paté	•			•			•					•			no	no
sticky chilli riblets												•			no	no
peterboat cockle chowder	•			•			•							•	no	no
harlequin olives															yes	yes
bread board	•						•					•			yes	optional
moules marinière	•						•					•		•	no	no

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MAINS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
vegan duck poke bowl	•					•					•	•			yes	yes
goats cheese salad	•		•				•	•		•		•			yes	no
prawn & avocado salad		•	•						•	•					no	no
fresh battered cod & chips	•		•	•						•		•			no	no
wing of skate battered	•		•	•			•			•		•			no	no
prawn & crab linguine	•	•					•		•						no	no
wholetail scampi	•	•	•							•		•			no	no
bbq glazed ribs			•							•					no	no
buffalo chicken wing platter							•		•			•			no	no
10oz rib eye steak							•								no	no
8oz sirloin steak							•								no	no
1/2 spit roast chicken							•								no	no
peterboat burger	•					•	•		•	•		•			no	no
classic burger	•					•	•		•	•		•			no	no

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	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
louisiana burger	•					•						•			yes	yes
moules-frites	•						•					•		•	no	no
vegetarian fish and chips	•		•				•			•					yes	no
vegan thai green curry						•									yes	yes
fish pie	•			•			•		•						no	no
grilled pork chop							•					•			no	no
cumberland sausage and mash	•						•		•	•		•			no	no
wing of skate grilled				•			•					•			no	no
traditional ploughmans	•		•				•					•			no	no
peterboat cockle chowder	•			•			•							•	no	no

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SIDES	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
chips															yes	yes
chips with cheese							•								yes	no
onion rings	•														yes	yes
wally										•		•			yes	yes
pickled onion												•			yes	yes
tenderstem broccoli							•								yes	no
wilted spinach							•								yes	no
garlic ciabatta	•						•								yes	no
garlic ciabatta with cheese	•						•								yes	no
roasted root vegetables							•								yes	no
battered new potatoes							•								yes	no
dressed house salad										•		•			yes	no
peppercorn sauce	•						•			•					no	no
blue cheese sauce			•							•		•			yes	no
coleslaw			•							•					yes	no

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SANDWICHES	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
hunters chicken melt	●						●			●		●			no	no
tuna melt	●		●	●			●			●		●			no	no
barbecue pulled pork	●		●				●			●		●			no	no
roasted vegetable melt	●						●	●		●		●			yes	optional
fish goujon	●		●	●			●			●		●			no	no
prawn cocktail	●	●	●				●		●	●		●			no	no

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DESSERTS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
eton mess parfait			●				●								yes	no
sticky toffee pudding	●		●				●								yes	no
ice cream sundae	●		●				●								yes	no
chocolate brownie	●		●				●								yes	no
cheesecake of the day	●						●								yes	no

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KIDS MENU	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
garlic ciabatta	•														yes	yes
garlic ciabatta with cheese	•						•								yes	no
tomato pasta & garlic ciabatta	•														yes	no
beef burger & chips	•		•				•								no	no
chicken goujons & chips	•														no	no
fish goujons & chips	•		•	•						•					no	no
sausage & mash	•						•		•	•					no	no
vegan nuggets & chips	•					•									yes	yes
cucumber & carrot sticks															yes	yes
baked beans															yes	yes
peas							•								yes	no
chocolate brownie & ice cream	•		•				•								yes	no
ice cream							•								yes	no

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CONDIMENTS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
tomato ketchup									•						yes	yes
salad cream			•							•					yes	no
english mustard	•									•					yes	yes
wholegrain mustard										•					yes	yes
marie rose sauce			•						•						yes	no
mayonnaise			•												yes	no
barbecue sauce															yes	yes
house chutney										•					yes	yes
tartare sauce			•							•					yes	no
vegan mayonnaise										•					yes	yes
yellow mustard										•					yes	yes
paprika mayonnaise			•												yes	no
sweet chilli sauce															yes	yes
blue cheese sauce							•			•					yes	no
balsamic vinegar												•			yes	yes

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BUFFET	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
cheddar cheese & pickle sandwich	•						•					•			yes	no
egg mayo & chive sandwich	•		•				•								yes	no
ham & english mustard sandwich	•						•			•					no	no
prawn marie rose sandwich	•	•	•						•						no	no
scampi	•	•										•			no	no
tartare sauce			•							•					yes	no
vegetable spring rolls	•					•									yes	no
chicken drumsticks															no	no
homemade sausage rolls	•		•				•					•			no	no
cheeseboard	•						•		•	•					yes	no
cooked meat platter										•					no	no
vegetarian platter	•										•				yes	yes
charcuterie	•		•				•			•		•			no	no
whole dressed salmon				•			•		•	•					no	no

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BUFFET <small>CONTD</small>	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
chips															yes	yes
chocolate brownie bites	●		●			●	●								yes	no
vanilla cheesecake bites	●						●								yes	no

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COCKTAILS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
açai berry bramble															yes	yes
espresso martini															yes	no
elderflower collins															yes	yes
amaretto sour															yes	yes
lychee martini															yes	yes
bellhouse g & t															yes	yes



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