



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

- **a red dot** means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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.



a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

BREAKFAST	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
peterboat breakfast	•		•				•					•			no	no
full english breakfast	•		•				•					•			no	no
vegetarian breakfast	•		•				•								yes	no
vegan breakfast	•					•						•			yes	yes
avocado & eggs	•		•									•			yes	no
buttermilk pancakes (bacon/syrup)	•		•				•					•			no	no
buttermilk pancakes (bananna/nutella)	•		•				•	•				•			yes	no
breakfast ciabatta	•		•				•					•			no	no
sausage ciabatta	•						•					•			no	no
bacon ciabatta	•						•								no	no
toasted teacake	•		•				•								yes	no
bloody mary				•					•			•			no	no
fresh orange juice															yes	yes
mimosa												•			yes	yes

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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
mixed olives															yes	yes
bread board	•						•					•			yes	yes
prawn cocktail	•	•	•	•			•		•	•		•			no	no
whitebait	•		•	•			•			•		•			no	no
bang bang cauliflower	•					•				•	•	•			yes	yes
grilled sardines	•			•			•			•		•			no	no
salt & pepper squid	•		•							•		•		•	no	no
peterboat chowder	•			•			•					•		•	no	no
buffalo chicken wings	•					•	•			•		•			no	no
bbq riblets	•									•		•	•		no	no

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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
peterboat chowder	•			•			•					•		•	no	no
fish & chips	•		•	•						•		•			no	no
scampi	•	•	•							•		•			no	no
fish pie	•	•		•			•								no	no
prawn & crab linguine	•	•										•			no	no
grilled skate				•			•					•			no	no
battered skate	•			•						•		•			no	no
prawn & avocado salad		•	•						•	•		•			no	no
8oz sirloin steak							•								no	no
bbq ribs							•			•		•	•		no	no
sausage & mash	•						•					•			no	no
fish burger	•			•								•			no	no
peterboat burger	•						•		•	•		•	•		no	no
hunters burger	•						•						•		no	no

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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
classic burger	●								●	●		●			no	no
chicken caesar salad	●		●	●			●			●		●			no	no
goats cheese salad	●						●					●			yes	no
pasta alla trapanese	●							●				●			yes	yes
vegetarian fish n chips	●						●			●		●			yes	no
towering vegan burger	●					●						●			yes	yes

● a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

SIDES	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
chips with cheese							•								yes	no
onion rings	•														yes	no
sweet pickle										•		•			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	yes
crushed new potatoes							•								yes	no
charred corn							•								yes	no
dressed house salad										•		•			yes	yes
peppercorn sauce							•					•			no	no
blue cheese sauce							•					•			yes	no

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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
peterboat club	●		●							●		●			no	no
seared tuna club	●			●		●				●		●			no	no
cumberland sausage	●						●			●		●			optional	optional
cheese & pickle	●						●		●	●		●			yes	no
chicken & bacon mayonnaise	●		●				●			●		●			no	no
prawn cocktail	●	●	●	●			●			●		●			no	no
tuna melt	●			●			●			●		●			no	no

● a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

DESSERTS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphur dioxide & sulphites	lupin	molluscs	vegetarians	vegans
profiteroles	●		●				●								yes	no
lemon posset	●						●								yes	no
choc brownie			●				●								yes	no
apple & berry crumble	●														yes	no
orange passionfruit cheesecake	●					●									yes	yes

● a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

SUNDAY 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
bread board	•						•				•	•			yes	no
mixed olives															yes	yes
prawn cocktail	•	•	•	•			•			•		•			no	no
battered halloumi	•						•			•		•			yes	no
buffalo wings	•														no	no
bang bang cauliflower	•					•					•	•			yes	yes
whitebait	•		•	•			•			•		•			no	no

• **a red dot** means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

SUNDAY MAINS	this dish contains														suitable for?	
	cereals	crustaceans	eggs	fish	peanuts	soybeans	milk	tree nuts	celery	mustard	sesame	sulphar dioxide & sulphites	lupin	molluscs	vegetarians	vegans
chefs platter	•		•				•								no	no
beef roast	•		•				•								no	no
pork roast	•		•				•								no	no
lamb roast	•		•				•								no	no
half roast chicken	•		•				•								no	no
nut roast	•		•		•		•	•							yes	no
vegan nut roast	•				•			•							yes	yes
fish & chips	•		•	•			•			•		•			no	no
vegetarian fish and chips	•		•				•			•		•			yes	no
cockle chowder	•			•			•					•		•	no	no
goats cheese salad	•						•					•			yes	no
sunday ciabatta	•						•					•			no	no
pasta alla trapanese	•											•			yes	yes

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

SUNDAY 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
garlic bread	•						•								yes	no
cheesy garlic bread	•						•								yes	no
cauliflower cheese	•						•			•					yes	no
pork stuffing	•											•			no	no
yorkshire pudding	•		•				•								yes	no
roast potatoes	•														yes	yes
mint sauce												•			yes	yes
apple sauce												•			yes	yes
horseraddish sauce							•					•			yes	yes
cranberry sauce												•			yes	yes
pig in blanket	•														no	no

• **a red dot** means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

EAST ANGLIA PUB Co.

SUNDAY 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
profiteroles	•		•				•								yes	no
lemon posset	•						•								yes	no
chocolate brownie			•				•								yes	no
apple berry crumble	•														yes	no
orange passionfruit cheesecake	•					•									yes	yes



a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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

● a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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
rouille		•	•	•						•		•			no	no
mustard emulsion			•							•		•			yes	no
sweet chilli sauce															yes	yes
blue cheese sauce							•			•					yes	no
balsamic vinegar												•			yes	yes

• a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.

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

• **a red dot** means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

please note the contents of this allergy guide are for informational purposes only and are not suitable for medical advice, diagnosis or treatment, whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process.