

MENU ITEM
Type menu items below and indicate allergens using a tick



Menu Items Allergen Check List



ALLERGEN NUMBER	1							8										9	10	11	12	13	14						
ALLERGEN	Cereals*				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts**										Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites***	Lupins	Molluscs			
ALLERGEN SUB-CATEGORY	Wheat (Ta)	Rye (Tb)	Burley (Tc)	Oats (Td)							Almonds (Rb)	Hazelnuts (Rb)	Walnuts (Rc)	Cashews (Rd)	Pecan (Re)	Brazil (Rf)	Pistachio (Rg)	Macadamia (Rh)	Chestnuts (Ri)	Pine (Rj)									
Mains - Chicken																													
Roast Chicken	✓					✓																	✓	✓					✓
Spiced Chicken	✓																						✓	✓					✓
Chicken & Broccoli Bake	✓					✓				✓																			
Indian Buttered Chicken	✓									✓																			
Thai Green Chicken Curry	✓					✓				✓																			
Satay Chicken	✓							✓		✓																			✓
Moroccan Chicken Tagine	✓									✓													✓	✓					
Chicken Kiev	✓					✓				✓													✓	✓					
Indian Chicken Curry	✓									✓														✓					
Chicken Pie	✓					✓				✓														✓					
Mains - Beef																													✓
Beef Strangersoff	✓					✓				✓																			
Braised Short Rib	✓								✓	✓													✓	✓					
Chilli Beef	✓									✓																			
Spaghetti Bolognese	✓					✓				✓													✓						✓
Meatloaf	✓									✓													✓						✓
Lasagne	✓					✓				✓													✓						✓
Beef Bourguignon	✓					✓				✓													✓						✓
Mains - Pork																													
Trappist Sausage Casserole	✓					✓				✓													✓	✓					✓
Pork Medallions	✓									✓													✓	✓					✓
American Style Baby Back Ribs	✓								✓	✓													✓	✓					✓
Mains - Lamb																													
Moroccan Meatballs	✓					✓				✓													✓	✓					
Lamb Curry	✓									✓													✓	✓					
Shepherds Pie	✓					✓				✓													✓	✓					✓
Lamb Keema	✓									✓													✓	✓					
Mains - Seafood																													
Baked Sea bass						✓				✓																			✓
Chilli Salmon						✓				✓																			
Fish Pie	✓									✓														✓					
Gean Fish Curry	✓					✓				✓														✓					
Roasted Cod	✓							✓		✓														✓	✓				
Mains - Vegetarian																													
Ricotta Tortellini	✓					✓				✓																			
Polenta Bake	✓					✓				✓																			
Aubergine Sandwich	✓					✓				✓																			
Massaman Squash Curry	✓					✓				✓																			
Mushroom Risotto	✓					✓				✓																			
Leek & Blue Cheese Tart	✓					✓				✓													✓	✓					
Salt & Pepper Tofu	✓									✓														✓	✓				
Paula's Fabulous Falafel with Beetroot Tabbouleh, Hummus, Tahini Dressing & Flat Breads	✓								✓	✓														✓	✓				✓
Sides - Rice																													
Jasmine Rice																													
Brown Rice																													
Sides - Breads																													
Focaccia	✓					✓				✓																			
Sourdough	✓					✓				✓																			
Wholesome	✓					✓				✓																			
Guinness and Treacle Bread	✓					✓				✓																			✓
Sides - Various																													
Mac & Cheese	✓					✓				✓													✓	✓					
Sides - Potato																													
Gratin Potatoes										✓																			✓
Buttermilk Mash										✓																			✓
Roasted Skin On Baby Potatoes with Garlic & Rosemary										✓																			
Sides - Vegetable																													
Roasted Sweetcorn & Pancetta Cream	✓									✓														✓					✓
Steamed Young Carrots with Butter										✓																			
Roasted Root Vegetables with Honey, Thyme & Pumpkin Seeds										✓																			
Buttered Cabbage										✓																			
Tender Stem Broccoli Coriander & Pumpkin Seed Pesto										✓																			
Sides - Salads																													
Olivo Pasta, Pesto & Black Olive	✓					✓				✓													✓						
Tabbouleh Salad	✓					✓				✓														✓					
Carrot Orange & Raisin																								✓					
Caesar Salad, Ciabatta Croutons	✓					✓		✓		✓														✓					
Mixed Garden & Herb Leaves										✓														✓					
Red Cabbage Slaw						✓				✓														✓					
Vine Ripe Tomato with Shallots										✓														✓					
Potato & Hazelnut Salad with Mayonnaise & Scallions						✓				✓															✓				
Broccoli Salad										✓															✓				
Roasted Beetroot Feta Cheese Salad										✓															✓				
Sauces/Dressings																													
Brandy Peppercorn	✓									✓													✓	✓					✓
Mushroom Marsala Cream	✓									✓													✓	✓					✓
Olive Oil, Balsamic & Black Olive										✓														✓	✓				
Honey & Mustard Dressing						✓				✓														✓	✓				
Tzatziki Dressing										✓															✓				
Desserts																													
Almond Tart with Berry Crumble Crunch	✓					✓				✓																			
Baked New York Cheesecake with Raspberries & Poppy Seeds	✓					✓				✓																			
Jam & Coconut Madeira Bake	✓					✓				✓																			
Double Chocolate Brownie with Hazelnut Ganache	✓					✓				✓																			
Spiced Pear & Toffee with Salted Caramel	✓																												