

ALLERGEN INFORMATION

IF YOU HAVE ANY FOOD ALLERGY OR INTOLERANCE, THEN PLEASE TELL A MEMBER OF OUR TEAM BEFORE ORDERING OR CONSUMING ANY ITEM OF FOOD FROM OUR MENUS.

WHILST OUR TEAM WILL 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.

THE ALLERGEN INFORMATION WE PROVIDE ON OUR MATRIX RELATES TO DISHES WHICH CONTAIN THE 14 ALLERGENS WHICH WE ARE REQUIRED TO DECLARE. WE USE INFORMATION PROVIDED TO US BY OUR SUPPLIERS & PRODUCT LABELS. AS SUCH, OUR DISHES MAY CONTAIN ADDITIONAL INGREDIENTS WHICH YOU COULD BE ALLERGIC AND/OR INTOLERANT TO AND WHICH HAVE NOT BEEN HIGHLIGHTED. PLEASE NOTE OUR DISH DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS OR ALLERGENS. IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE INFORM A MEMBER OF STAFF BEFORE YOU PLACE AN ORDER OR CONSUME ANY DISHES FROM ANY OF OUR MENUS.

FOOD PREPARATION ACROSS ALL MENUS

ALL ITEMS LISTED ON OUR MENUS CAN COME INTO CONTACT WITH ALLERGENS AS FOOD IS FRESHLY PREPARED IN A KITCHEN WHERE DISHES CONTAINING GLUTEN, NUTS, NUT POWDERS, DAIRY AND OTHER ALLERGENS ARE EVER PRESENT. DISHES COULD BE HANDLED AND PREPARED IN AN ENVIRONMENT WHICH CONTAINS ALLERGENS SO THERE IS A RISK OF CROSS-CONTAMINATION IN OUR KITCHEN.

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.

PLEASE NOTE FOR CERTAIN DISHES THAT ARE DEEP-FRIED, THERE IS AN INCREASED RISK OF CROSS-CONTAMINATION. FLOUR & NUT POWDERS ARE USED REGULARLY THROUGHOUT SERVICE, ALONG WITH THE OTHER 14 ALLERGENS THAT COULD BE AIRBORNE IN OUR KITCHEN. OUR KITCHEN IS SMALL, FOOD IS FRESHLY PREPARED THROUGHOUT SERVICE, AND WE DO **NOT** HAVE A SPECIFIC ALLERGEN FREE ZONES.

IF YOU ARE SELECTING DISHES FROM OUR NO-GLUTEN CONTAINING INGREDIENT LIST – PLEASE HIGHLIGHT THE NATURE OF YOUR ALLERGY OR INTOLERANCE TO A TEAM MEMBER AND LET US KNOW BEFORE PLACING YOUR ORDER AS WE AMEND DISHES FROM OUR USUAL MENU AND CHANGE INGREDIENTS TO SUIT. 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.

IT IS VERY IMPORTANT THAT YOU CHECK ADVICE FOR ANY PRE-ORDERED FOOD CHOICES WHEN YOU ARRIVE. AT ANY TIME, OUR SUPPLIERS MAY CHANGE AN INGREDIENT WHICH CHANGES THE ALLERGEN CONTENT OF OUR DISHES.

PLEASE ENSURE YOU 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 & LABELLED SUITABLE. HOWEVER, SOME ITEMS ARE MADE IN FACTORIES CONTAINING TRACES OF EGG & DAIRY. PLEASE NOTE DAIRY, MEAT & FISH BASED INGREDIENTS ARE COOKED IN OUR FRYERS & HANDLED IN OUR KITCHEN.

WE HOPE THIS INFORMATION ALLOWS YOU TO MAKE AN INFORMED DECISION WHEN DINING WITH US

No gluten containing ingredient list below

PLEASE READ THE ALLERGEN ADVICE ON THE BACK OF THIS MENU BEFORE PLACING YOUR ORDER FROM OUR NO GLUTEN CONTAINING INGREDIENT LIST BELOW

WE USE A SEPRATE FRYER FOR THE ITEMS DEEP FRIED ON THE LIST BELOW HOWEVER WE MUST INFORM YOU THAT FLOUR CONTAINING GLUTEN IS HANDLED REGULARLY THROUGHOUT SERVICE, ALONG WITH THE OTHER 14 ALLERGENS THAT COULD BE AIRBORNE IN OUR KITCHEN & OTHER ALLERGENS NOT LISTED. PLEASE NOTE THAT WHILST THE UPMOST CARE IS TAKEN DURING PREPRATION WE DO NOT HAVE A SPECIFIC ALLERGEN FREE ZONE.

SMALL PLATES ~ STARTERS

ASK ABOUT THE SOUP OF THE DAY £6.95

NACHOS

SOUR CREAM, SALSA, GUACAMOLE, JALAPEÑOS, CHEESE – £8.50 V ADD CHILLI - £2.50

SALT & PEPPER CHICKEN

STIR-FRIED VEG IN CHEFS' OWN ORANGE & CHILLI STICKY SAUCE £8.95

PANFRIED HALLOUMI V

CHILLI JAM - £8.50

PIL PIL PRAWN STARTER – GARLIC BUTTER, CHILLI & PAPRIKA - £10.95

CLASSIC COURSES

DAURA BEER GF BATTERED FISH & FRIES

HADDOCK, & MUSHY PEAS – £18.95

SIZZLERS

CHOOSE CHICKEN/ STEAK OR MIXED STIR-FRIED VEG MARINATED IN SPICES WITH PEPPERS & ONIONS SERVED WITH RICE VEG – £14 V CHICKEN - £21 RUMP STEAK - £24.95

CHICKEN TIKKA MASALA

MARINATED CHICKEN, RICH CREAMY TIKKA SAUCE, STEAMED RICE -£19.95

COWBOY CHILLI CON CARNE

SLOW BRAISED BEEF & MINCED STEAK, SOUR CREAM, SALSA, GUACAMOLE, JALAPEÑO & RICE - £18.95

DAURA BEER GF BATTERED HALLOUMI & FRIES

FRIES & MUSHY PEAS – £18.95

FILLET STEAK STROGANOFF

TENDER STRIPS OF FILLET STEAK ONIONS & MUSHROOMS, RICH & CREAMY SAUCE FLAMBÉED WITH BRANDY, RICE & VEG £24.95

CHICKPEA V OR CHICKEN BALTI

COOKED FROM SCRATCH WITH CHICKPEAS or CHICKEN VEGETABLES & LIVELY SPICES SERVED WITH STEAMED RICE WITH CHICKPEA £17 WITH CHICKEN £19.95

GRILLED HALLOUMI SALAD

GRILLED HALLOUMI, CRISP HOUSE SALAD & SWEET CHILLI DRESSING - £16 (V)

WARM PIRI PIRI OR CAJUN CHICKEN SALAD

GRILLED CHICKEN BREAST, CAJUN OR PIRI PIRI SPICES, CRISP SALAD, GUACAMOLE & SALSA - £16

WARM CHICKEN & BACON SALAD

GRILLED CHICKEN BREAST, CRISPY SMOKED PANCETTA, CRISP HOUSE SALAD, HOMEMADE SWEET HONEY & MUSTARD DRESSING - £16

10oZ RIBEYE

MUSHROOM, TOMATO & FRIES - £28.95

PORK CHEEK RISOTTO

BRAISED PORK CHEEK BALSAMIC, PANCETTA & SILVER SKIN ONION RISOTTO £19

DESSERT - WARM CHOCOLATE FUDGE CAKE - VANILLA ICE CREAM - £7.50

Also available from the Sunday menu

ROAST CHICKEN - £19.5

ROAST BEEF - £21

ROAST HAM - £19.95

Roast Accompaniments

HONEY GLAZED ROAST CARROTS & PARSNIPS, CARROTS & SWEDE, CABBAGE & PEAS, DRIPPING ROAST POTATOES, FINISHED WITH A GF GRAVY

PLEASE ENSURE YOU READ OUR ALLERGEN INFORMATION BEFORE PLACING YOUR ORDER