
















# Information about Allergens!

Key: ✓ = Contains

|                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------|--|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|
|                 |  | Wheat   | Oats  | Crustaceans  | Molluscs  | Eggs  | Fish  | Soya  | Milk  | Celery & Celeriac   | Mustard   | Sesame  | Lupin   | Sulphur Dioxide & Sulphites   | Peanuts   | Nuts  |
| Starters        | Melon bowl   |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Caprese salad  |   |   |  |   |   |   |   | ✓   |   |   |   |   | ✓   |   |   |
|                 | Haggis and vegetable bhaji                               | ✓   | ✓   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
| Main courses    | Fish and chips - fillet of haddock in batter             | ✓   |   |  |   | ✓   | ✓   | ✓   | ✓   |   |   |   |   |   |   |   |
|                 | Blackened cajun salmon, with pineapple salsa             |   |   |  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
|                 | Pork and mushroom stroganoff                             |   |   |  |   |   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |   |   |
|                 | Chinese chicken curry                                    | ✓   |   | ✓  |   |   |   |   |   |   | ✓   |   |   | ✓   |   |   |
|                 | Beef pie   | ✓   |   |  |   | ✓   |   |   |   | ✓   |   |   |   |   |   |   |
|                 | Beef pie (without the pie lid)                           |   |   |  |   | ✓   |   |   |   | ✓   |   |   |   |   |   |   |
|                 | Macaroni made with Orkney smoked cheese                  | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Mashed potatoes  |   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
| Baked potatoes  | Baked jacket potato                                      |   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Tuna   |   |   |  |   | ✓   | ✓   |   |   |   |   |   |   |   |   |   |
|                 | Cheese   |   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Coleslaw   |   |   |  |   | ✓   |   |   |   |   |   |   |   |   |   |   |
|                 | Baked beans  |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
| From the grill  | Beef burger, brioche bun, chips and salad                | ✓   |   |  |   | ✓   |   |   | ✓   |   | ✓   |   |   |   |   |   |
|                 | Beef burger, cheese / bacon, brioche bun, chips, salad   | ✓   |   |  |   | ✓   |   |   | ✓   |   | ✓   |   |   |   |   |   |
|                 | Southern fried chicken burger, brioche bun, chips, salad | ✓   |   |  |   | ✓   |   | ✓   | ✓   | ✓   |   |   |   |   |   |   |
|                 | Crispy vegetable burger, brioche bun, chips and salad    | ✓   |   |  |   | ✓   |   | ✓   | ✓   |   |   |   |   |   |   |   |
| Children's menu | Fresh fish goujons                                       | ✓   |   |  |   | ✓   | ✓   | ✓   | ✓   |   |   |   |   |   |   |   |
|                 | Macaroni made with Orkney smoked cheese                  | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Battered chicken goujons                                 | ✓   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
| Desserts        | Walls Calippo  |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Orkney ice cream   |   |   |  |   | ✓   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Lemon Posset   | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Orkney Fudge cheesecake                                  | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
| Paninis         | Cheese and ham panini                                    | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Cheese and tomato panini                                 | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Cajun chicken and cheese panini                          | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
| Breakfast       | Sausage  | ✓   |   |  |   |   |   |   |   |   |   |   |   |   | ✓   |   |
|                 | Quorn sausages   | ✓   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Bacon  |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Fried egg  |   |   |  |   | ✓   |   |   |   |   |   |   |   |   |   |   |
|                 | Scrambled egg  |   |   |  |   | ✓   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Black pudding  | ✓   |   |  |   |   |   | ✓   |   |   |   |   |   |   |   |   |
|                 | Potato scones  | ✓   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Mushrooms  |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Porridge   | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Baked beans  |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Toast and butter   | ✓   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Boiled eggs  |   |   |  |   | ✓   |   |   |   |   |   |   |   |   |   |   |
|                 | Cheese   |   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Garlic sausage   |   |   |  |   |   |   |   |   | ✓   |   |   |   | ✓   |   |   |
|                 | Salami   |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | Cooked ham   |   |   |  |   |   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Croissant  | ✓   |   |  |   | ✓   |   |   | ✓   |   |   |   |   |   |   |   |
|                 | Danish pastry  | ✓   |   |  |   | ✓   |   | ✓   | ✓   |   |   |   |   | ✓   |   |   |
|                 | Dried fruit  |   |   |  |   |   |   |   |   |   |   |   |   | ✓   |   |   |
|                 | Morning rolls  | ✓   |   |  |   |   |   | ✓   |   |   |   |   |   |   |   |   |

**Food allergies or intolerances?** Our staff are trained and ready to inform you on the ingredients contained in our food and drinks offer.

Our food and beverages are produced in an environment where all 14 declarable allergens are handled, and as such, unintended cross contact of allergens cannot be entirely prevented. We therefore **cannot guarantee any item is allergen free**. Please speak to a member of staff if you have food allergies or intolerances before you order.