# Information about Allergens!

## Evening Menu

Key: ✓ = Contains
X = May be present

| | | Wheat | Oats | Crusta-ceans | Molluscs | Eggs | Fish | Soya | Milk | Celery & Celeriac | Mustard | Sesame | Lupin | Sulphur Dioxide & Sulphites | Peanuts | Nuts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Starters | Melon and pineapple bowl | | | | | | | | | | | | | | | |
| | Halloumi fries | ✓ | | | | ✓ | | | | | ✓ | | | | | |
| Main Courses | Fish and chips - fillet of haddock in batter | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | | | | | | |
| | Chicken katsu curry | ✓ | | | | | | ✓ | | ✓ | | | | | | |
| | Beef pie | ✓ | | | | ✓ | | | | ✓ | | | | | | |
| | Beef pie (without the pie lid) | | | | | ✓ | | | | ✓ | | | | | | |
| | Macaroni made with 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 | ✓ | | | | ✓ | | ✓ | ✓ | ✓ | | | | | | |
| | Haddock burger | ✓ | | | | ✓ | ✓ | | ✓ | | | | | | | |
| | Vegetable burger, brioche bun, chips and salad | ✓ | | | | ✓ | | ✓ | ✓ | | | | | | | |
| Sides | Macaroni cheese | ✓ | | | | | | | ✓ | | | | | | | |
| | Katsu curry sauce | | | | | | | | | | | | | | X | X |
| Kids Menu | Fresh fish goujons | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | | | | | | |
| | Macaroni made with smoked cheese | ✓ | | | | | | | ✓ | | | | | | | |
| | Battered chicken goujons | ✓ | | | | | | | | | | | | | | |
| | Pork sausages | ✓ | | | | | | ✓ | | | | | | | | |
| | Walls Calippo | | | | | | | | | | | | | | | |
| Desserts | Orkney ice cream | | | | | ✓ | | | ✓ | | | | | | | |
| | Chocolate and orange crunch | ✓ | | | | | | ✓ | ✓ | | | | | | | |
| Paninis | Chicken caesar panini | ✓ | | | | ✓ | ✓ | | ✓ | | ✓ | | | | | |
| | Four cheese, tomato and basil panini | ✓ | | | | | | | ✓ | | | | | | | |
| | Ham and cheese | ✓ | | | | | | | ✓ | | | | | | | |

***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.*

*Information about Allergens!*

## Breakfast Menu

Key: ✓ = Contains

| | Wheat | Oats | Crusta-ceans | Molluscs | Eggs | Fish | Soya | Milk | Celery & Celeriac | Mustard | Sesame | Lupin | Sulphur Dioxide & Sulphites | Peanuts | Nuts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sausage | ✓ | | | | | | ✓ | | | | | | ✓ | | |
| Quorn sausages | ✓ | | | | | | | | | | | | | | |
| Bacon | | | | | | | | | | | | | | | |
| Fried egg | | | | | ✓ | | | | | | | | | | |
| Scrambled egg | | | | | ✓ | | | ✓ | | | | | | | |
| Black pudding | ✓ | | | | | | ✓ | | | | | | | | |
| Potato scones | ✓ | | | | | | | | | | | | | | |
| Mushrooms | | | | | | | | | | | | | | | |
| Porridge | ✓ | | | | | | | | ✓ | | | | | | |
| Granola | | | | | | | | ✓ | | | | | | ✓ | ✓ |
| Tropical Mix | | | | | | | | | | | | | ✓ | | ✓ |
| Baked beans | | | | | | | | | | | | | | | |
| Toast and butter | ✓ | | | | | | | ✓ | | | | | | | |
| Boiled eggs | | | | | ✓ | | | | | | | | | | |
| Cheese | | | | | | | | ✓ | | | | | ✓ | | |
| Garlic sausage | | | | | | | | | ✓ | | | | | | |
| Salami | | | | | | | | | | | | | | | |
| Cooked ham | | | | | | | | ✓ | | | | | | | |
| Croissant | ✓ | | | | ✓ | | | ✓ | | | | | | | |
| Danish pastry | ✓ | | | | ✓ | | ✓ | ✓ | | | | | ✓ | | |
| Dried fruit | | | | | | | | | | | | | ✓ | | |
| Morning rolls | ✓ | | | | | | ✓ | | | | | | | | |

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