

# Allergen Tracking

Updated: 28/04/2026

Approved by: Mark Bellamy (Head Chef)

## What to do

List all menu items record against each any allergen.

Menu item	Cereals Containing Gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame seeds	Celery	Sulphur Dioxide	Notes
<b>WEDNESDAY to SATURDAY – MAY to OCTOBER 2026</b>															
<b>BAR SNACKS</b>															
Mixed Olives (VE)															
Mixed Nuts (VE)				M	M										
<b>TEAR AND SHARE</b>															
Bread (VE)															
Chermoula Dip															
<b>STARTERS</b>															
Salt and Pepper Squid															
Halloumi Fries (V)													M		
Tempura Dill Pickles (VE)															
Buffalo Chicken Wings															
Mango Slaw															
Whipped Feta (V)															

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<b>WEDNESDAY to SATURDAY – MAY to OCTOBER 2026</b>															
<b>MAINS</b>															
Flat Iron Steak															
ADD Fried Egg															
ADD Peppercorn Sauce															
ADD Garlic Butter															
ADD Grilled Plum Tomato															
ADD Large Flat Mushroom															
Caesar Salad	R														R - Croutons
ADD Garlic & Herb Chicken															
ADD Halloumi															
Beer Battered Fish and Chips								R						R	R – Tartare Sauce
Tudor Burger				M	M	R		R						R	R – House Burger Sauce (M+E) R – Pickled Slaw (SD) Can Be Gluten Free
ADD Cheese															
ADD Bacon															
Beyond Meat Smash Burger (VE)				M	M			M						R	R – Pickled Slaw (SD) Can Be Gluten Free
Chicken Katsu Burger				M	M			M						R	R – Pickled Slaw (SD) Can Be Gluten Free
Loaded Fries (V)															
ADD Crispy Panko Chicken Breast															
ADD Garlic & Herb Chicken															
ADD Smash Burger (VE)															

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<b>WEDNESDAY to SATURDAY – MAY to OCTOBER 2026</b>															
<b>BARN BRUNCH</b>															
Berries & Cream Pancake Stack (V)															
Bacon & Syrup Pancake Stack															
Crushed Avocado (VE)															
ADD Poached Eggs (V)															
ADD Smoked Salmon															
Chicken & Bacon Club Sandwich															R – Egg Mayo
Hot Honey & Halloumi Club Sandwich (V)															
Garden Club Sandwich (VE)															
Full Barn															
ADD Toast															
<b>SIDES</b>															
House Salad, Mustard Vinaigrette (VE)															R R – Mustard Vinegarette
Skin on Fries (VE)	M														
Chunky Chips (VE)	M														
Pickled Slaw (VE)															
Salt & Vinegar Onion Rings															
<b>DESSERTS</b>															
Triple Chocolate Brownie															
Homemade Cheesecake – SPEAK TO CHEFS		M	M		M				M						Allergens Depend on Cheesecake
Tropical Eton Mess															
Sorbets, berries				M				M							
Vegan Vanilla		M	M												
Chocolate Ice Cream															
Vanilla Ice Cream															
Strawberry Ice Cream															

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