

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
SUNDAY – MAY to OCTOBER 2026															
BAR SNACKS															
Mixed Olives (VE)															
Mixed Nuts (VE)				M	M										
TEAR AND SHARE															
Bread (VE)															
Chermoula Dip															
STARTERS															
Salt and Pepper Squid															
Halloumi Fries (V)													M		
Tempura Dill Pickles (VE)															
Buffalo Chicken Wings															
Mango Slaw															
Whipped Feta (V)															
BARN BRUNCH															
Berries & Cream Pancake Stack (V)															
Bacon & Syrup Pancake Stack															
Crushed Avocado (VE)															
ADD Poached Eggs (V)															
ADD Smoked Salmon															
Full Barn															
ADD Toast															

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SUNDAY – MAY to OCTOBER 2026															
MAINS															
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
ROASTS – SEE ROAST SAUCES ON NEXT PAGE															
Roast Beef	R			R				R					R	R	R – Yorkie (G, M, E) R – Gravy (C, SD)
Roast Pork Belly	R			R				R					R		
Guest Roast – Lamb	R			R				R					R	R	
Guest Roast – Chicken	R			R				R					R	R	
Guest Roast – Honey & Mustard Gammon	R			R				R					R	R	
Nut Roast (V)	R			R				R					R		R – Yorkie (G, M, E) – THIS WILL MAKE IT VEGAN R – Vegan Gravy (C)
SUNDAY Wraps															
Roast Beef, horseradish													R	R	R - Gravy
Pork Belly, apple sauce															
Roast Lamb, mint													R	R	R - Gravy
Roast Chicken, mustard						R							R	R	R – Gravy, R - Mustard
Honey & Mustard Gammon													R	R	R - Gravy

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SUNDAY – MAY to OCTOBER 2026															
SIDES															
Duck Fat Roast Potatoes															
Cauliflower Cheese															
Seasonal Vegetables															
Yorkshire Pudding															
Gravy Meat				M	M	M		M							
Gravy Veg				M	M	M		M					M		
Fries	M														
ROAST SAUCES															
Mint Sauce															
Mustard															
Horseradish															
Piccalilli															
Apple Sauce															
DESSERTS															
Triple Chocolate Brownie															
Homemade Cheesecake – SPEAK TO CHEFS		M	M		M			M							Allergens Depend on Cheesecake
Tropical Eton Mess															
Sorbets, <i>berries</i>				M				M							
Vegan Vanilla		M	M												
Chocolate Ice Cream															
Vanilla Ice Cream															
Strawberry Ice Cream															

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