

# Allergen Tracking

Updated: 23/01/2026

Approved by: Mark Bellamy

## 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 – FEBRUARY to MAY 2026</b>															
<b>BAR SNACKS</b>															
Mixed Olives (VE)															
Mixed Nuts (VE)															
Pork Scratchings															
<b>TEAR AND SHARE</b>															
Bread (V), Chimichurri dip															
Baked Camembert (V)														R	R - Chutney
<b>STARTERS</b>															
Salt and Pepper Squid															
Soup of the Day	R														Allergens Depend on Soup – SPEAK TO CHEFS R - Sourdough
Halloumi Fries (V)													M		
Spiced Corn Ribs (VE)															
Ranch Dip															
Buffalo Dip															
Scampi & Whitebait															
Chicken Liver Parfait			M												
Chaat Masala Hummus (VE)	M	M				M								M	
Bao Buns															
Tempura Frickles															

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<b>WEDNESDAY to SATURDAY – FEBRUARY to MAY 2026</b>															
<b>MAINS</b>															
Beer Battered Fish and Chips								R						R	R – Tartare Sauce
Garlic & Herb Grilled Chicken Burger						R		R							R – House Burger Sauce Can Be Gluten Free
Tudor Burger						R		R							R – House Burger Sauce Can Be Gluten Free
ADD Cheese															
ADD Bacon															
Vegan Burger (VE)															
Flat Iron Steak															
ADD Peppercorn Sauce															
ADD Garlic Butter															
ADD Grilled Plum Tomato															
ADD Large Flat Mushroom															
ADD Fried Egg															
Mix Grill								R							R - Egg
Pie of the Day															Allergens Depend on Pie – SPEAK TO CHEFS
Garlic & Black Peppercorn Sausages and Mash															
Thai Crab Cakes	M														
Chicken Katsu Curry	M														
Tempura Mushroom Katsu Curry (VE)															
Margherita Pizza (V)															Can be VEGAN on request
Pepperoni Pizza															
Grilled Courgette Pizza (VE)															

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<b>WEDNESDAY to SATURDAY – FEBRUARY to MAY 2026</b>															
<b>SANDWICHES</b>															
Chilli Cheese Steak												M			
Basil Chicken												M			Gluten Free Upon Request
Roast Beef												M			Gluten Free Upon Request
Smoked Salmon												M			Gluten Free Upon Request
Beer Battered Fish & Chips												M			
Tempura Mushroom												M			
<b>SIDES</b>															
House Salad, <i>Mustard Vinaigrette (VE)</i>							R							R	R – Mustard Vinegarette
Ciabatta Garlic Bread (V)															
Skin on Fries (V)															
Chilli Cheese Fries (V)															
Chunky Chips (V)															
Coleslaw (VE)															
Mac and Cheese (V)								M							
Salt & Vinegar Onion Rings															
<b>DESSERTS</b>															
Sticky Toffee Pudding															
Triple Chocolate Brownie															
Homemade Cheesecake – <b>SPEAK TO CHEFS</b>															Allergens Depend on Cheesecake
Apple & Berry Crumble Tart															
Sorbets, <i>berries</i>				M				M							
Vegan Vanilla		M	M	M				M							
Chocolate Ice Cream															
Vanilla Ice Cream															
Strawberry Ice Cream															

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