


	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Gluten: Speit	Gluten: Kamut	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Yellowfin Tuna tartare, spiced mango salsa, iceberg lettuce, corn taco	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Spinach & ricotta tartlet, parmesan crisp 	Yes	Yes	No	No	No	No	No	Yes	No	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No
Chive blini, oak smoked Scottish salmon, cream fraiche, keta caviar	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Slow-cooked Suffolk chicken wrapped in prosciutto di Parma, tarragon aioli	May	May	No	No	No	No	No	Yes	No	No	No	May	May	No	No	No	No	No	No	No	No	No	No	May	No	No	May	No
Braised beef mini bun, truffle mayo, hot relish	Yes	Yes	May	May	May	No	No	No	Yes	No	May	Yes	May	May	May	May	May	No	May	No	May	No	May	Yes	No	Yes	No	No
Sun blushed tomato & goat's cheese mousse, vol-au-vent	Yes	Yes	No	No	No	No	No	No	May	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Native lobster roll, avocado cream, iceberg lettuce	Yes	Yes	May	Yes	May	No	No	Yes	Yes	Yes	May	May	Yes	May	May	May	May	No	May	No	May	No	May	May	No	Yes	May	No
Pork belly, bacon jam, crackling powder	No	No	No	No	No	No	No	No	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May	No	May	No	No
Yorkshire pudding, rare roast beef, horseradish	Yes	Yes	No	No	No	No	No	No	Yes	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No

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Crab, chilli, coriander en croûte	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	
Butternut squash & sage arancini vegan smoked Applewood	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	
Maple glazed vegetable tartlet	Yes	Yes	No	No	No	No	No	No	May	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	
Chicken liver parfait, red onion jam	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Montgomery, Gruyere & Leek Tart, bitter leaf salad, mustard dressing	Yes	Yes	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	
Heritage tomato & black olive bruschetta, whipped vegan cream cheese	Yes	Yes	May	May	May	No	No	No	May	No	May	Yes	May	May	May	May	No	May	No	May	No	May	May	No	No	No	No	
Citrus cured salmon, pickled cucumber & apple salad, pumpernickel croutons	Yes	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	
Chicken liver parfait, toasted sourdough, fig chutney, crispy chicken skin crisp	Yes	Yes	No	No	No	No	No	No	No	No	Yes	May	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	
Seabass fillet, roasted fennel, new potatoes, sauce vierge	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	

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Beetroot & pinenut wellington, pea, leek & savoy cabbage, mushroom gravy	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	May	No	No	Yes	May	May	May	Yes	May	May	May	May	Yes	May	No	Yes	No	No
Corn fed chicken breast, truffled leeks, potato fondant, kale, wild mushroom sauce	May	May	No	No	No	No	No	No	No	No	No	May	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	May	No	
Slow cooked blade of beef, creamy mash, roasted carrots, bourguignon sauce	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Apple tart tatin, clotted cream, salted caramel sauce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chocolate Torte, citrus creme fraiche	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Raspberry cheesecake, coulis and fresh raspberries	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ragstone goat's cheese, beetroot, chicory & pear salad	May	May	No	No	No	No	No	No	No	No	No	No	Yes	Yes	May	May	May	May	Yes	May	May	May	May	May	No	No	No	No
Yellow fin tuna, avocado cream, rainbow radish, aleppo chilli, yuzu dressing	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	

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Raspberry Mille-Feuille	Yes	Yes	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tiramisu	Yes	Yes	No	No	No	No	No	Yes	No	No	May	Yes	May	May	May	May	May	May	May	May	May	No	No	No	No	No	No
Chocolate fondant, vanilla ice cream	Yes	Yes	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mezze Board-Grilled peppers, babaganoush, artichokes, balsamic onions, butternut squash arancini, salsa verde, harissa hummus & grilled aubergine	Yes	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No
Suffolk chicken casserole, bacon, mushroom, creamy sauce	Yes	Yes	No	No	No	No	No	No	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	May	No	Yes	May	No
Lasagna alla Norma: aubergine & basil ragu, ricotta cheese, parmesan (v)	Yes	Yes	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Fish pie: salmon, smoked haddock, prawn, parsley sauce	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Roasted Mediterranean vegetables, couscous, lemon thyme	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	

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Caprese salad: buffalo mozzarella, San Marzano tomato, basil.	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goat's cheese, beetroot, mixed leaves, balsamic vinaigrette	No	No	No	No	No	No	No	No	No	No	May	No	Yes	Yes	May	May	Yes	May	May	May	May	May	No	Yes	No	No	No
Caesar Salad, cos lettuce, focaccia croutons & Grana Padano	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes	May	No	Yes	May	May	May	May	May	May	May	May	May	No	No	No	No	No
Crispy chicken, blackberry BBQ sauce	Yes	Yes	No	Yes	No	No	No	No	Yes	No	No	May	May	No	No	No	No	No	No	No	No	No	No	May	No	No	May
Sage and onion sausage roll	Yes	Yes	No	No	No	No	No	No	Yes	May	No	May	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	May	May
Halloumi fries, fig & onion jam	Yes	Yes	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Haddock goujons, tartare sauce	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Sweet potato & spinach "sausage roll"	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	May	May	May	Yes	May	May	May	May	Yes	May	No	Yes	No
Shrimp skewer lemon & harissa mayo	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Plant based kofta, mint, paprika & coconut yoghurt	May	May	May	May	May	No	No	No	May	No	May	No	May	May	May	May	May	May	May	May	May	May	No	No	May	May	May
Bacon Sandwich	Yes	Yes	May	May	May	No	No	No	Yes	No	May	May	Yes	May	May	May	May	No	May	No	May	No	May	May	No	No	No

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Sausage Sandwich	Yes	Yes	May	May	May	No	No	No	Yes	May	May	May	Yes	May	May	May	May	No	May	No	May	No	May	Yes	No	May	May	No
Kids Beef Burger	Yes	Yes	May	May	May	No	No	No	Yes	No	May	May	Yes	May	May	May	May	No	May	No	May	No	May	May	No	No	No	No
Kids pasta	Yes	Yes	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No
Kids fish and chip	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Note: If a supplier has not provided the source of Gluten or Nut allergens, then all sources will be flagged with 'contains' or 'may contain' as appropriate.