Dish	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Can be made
Poached Eggs on Toasted Sour Dough		Barley Wheat		x											V / GF
Add Bacon		Barley Wheat		x											GF
Add Avocado		Barley Wheat		x											V / GF
Add Black Pudding		Barley Wheat		x											GF
American Pancakes		Wheat		x			x								V / GF
Full English Breakfast		Barley Wheat		x											GF
Stable Breakfast		Barley Wheat		x			x								
Veggie Breakfast		Barley Wheat		x											V / GF
Vegan Breakfast		Barley Wheat													V / VG / GF
Avocado Eggs Salmon		Barley Wheat		x	x		x								GF
Avocado Eggs Tofu		Barley Wheat		x			x						x		
Avocado Chilli Lime Eggs		Barley Wheat		x			x								V / VG / GF
Bacon Sandwich		Barley Wheat													V / VG / GF
Sausage Sandwich		Barley Wheat													GF
Spinach Egg Sandwich		Barley Wheat		x			x								
Tofu Spinach Sandwich		Barley Wheat					x						x		
Soup of the Day	See Chefs Daily Allergen Sheets														
Sasuage Roll		Wheat		x			x								
Scotch Egg		Wheat		x											
Moules Mariniere							x	x							GF
Vegan Burger		Wheat Bulgar										x	x		V / VG
Beef Burger		Wheat		x			x		x				x		GF
Braised Mushrooms		Barley Wheat		x											V / VG / GF
Fish and Chips		Barley Wheat			x		x								
Chicken Caesar Salad		Barley Wheat													V / VG / GF
Penang Curry															
Fish Cakes		Barley Wheat		x											
Linguinie		Barley Wheat													
Mixed Meat & Hummus		Barley Wheat													
Chorizo Nicoise				x											
Tuscan Ravioli		Barley Wheat		x			x								
Seafood Plate		Barley Wheat			x										
Ham Egg & Chips				x								x			V / VG / GF
Falafels															
Pork Loin															
BLT		Barley Wheat		x			x		x						
Facon BLT		Barley Wheat							x						V / VG / GF
Cheese Salad Sandwich		Barley Wheat					x								V / GF
Ham Salad Sandwich		Barley Wheat													GF
Cheese and Ham Sandwich		Barley Wheat					x								V / GF
Cheese & Pickle Sandwich		Barley Wheat					x								
Bacon Brie Cranberry Panini															
Goats Cheese Spinach Sundried Tom Panini		Barley Wheat													
Tuna & Cheese Panini		Barley Wheat			x		x								
Beetroot Pesto Vegan Cheese Panini															
Tuna Mayo JP					x										
Baked Bean JP															
Prawn JP					x										
Cheddar JP							x								
Coronation Chicken JP															
3 Bean Chilli JP															
Bacon Brie & Cranberry JP															
House Slaw															V / VG / GF
Crisps															
Fish Finger Sandwich		Wheat			x		x		x						
Tartare Sauce				x					x						V/ GF
Chips															
Cheesy Chips															
Daily Keto	See Chefs Daily Allergen Sheets														
Daily Cake	See Chefs Daily Allergen Sheets														
Daily Pastries	See Chefs Daily Allergen Sheets														
Beans on Toast		Barley Wheat					x								V / VG / GF
Sausage Beans Chips															GF
Fish Fingers Beans Chips		Wheat													
Spicy Chicken Nourish Bowl		Wheat										x			GF
Ancient Grains Nourish Bowl		Wholewheat / Barley										x			V / VG / GF
Honeycrisp Salad							x			x					V / VG / GF
Tuscan Artichoke Salad															V / VG / GF
Haloumi and Chorizo Salad															GF
Chorizo Courgette and Onion Quiche				x			x								GF
Goast Cheese and Beetroot Tart				x			x			x					V / GF
Greek Salad and Meatballs		Barley Wheat		x			x								V / GF
Warm Grains & Goats Cheese Salad	x														
Sausage & Mash							x							x	
Spicy Pork Fillet		Wheat		x											
Buternut Squash Ravioli		Wheat		x			x								
Halloumi Yoghurt & Chilli				x			x								
Garlic Slice		Barley Wheat													
Omelette Ham & Cheese				x			x								
Omelette Cheese				x			x								
Omelette Mushroom				x			x								