| dishes |  | 原 | 管 | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustacans | Eggs | Fish | Lupin | Milk | Molluses | Mustard | Nuts | Peanuts | $\begin{gathered} \text { Scsame } \\ \text { seeds } \end{gathered}$ | Soya | Sulphur dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| We're proud to freshly prepare our food in our kitchens severy day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen free e evel. Therffore we cant gurantece any of our food is suitable for those with allergies due to he risk of cross contact. Please e nsurre you speak with a member of our ceaa regarding any allergies or food intolerances you may have and we will do out utmost to ensure we cater for your reequirements. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nibbles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olives | Y | Y |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Ham Croquetes |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whitebait |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Goats Cheese Croquettes |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Baked focaccia | $r$ |  | ${ }_{\text {OF F Erad }}$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Pitta \& harissa hummus | $r$ | No Eg9 wash | ${ }_{\text {of bread }}$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Chorizo, honey glazed |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Pulled lamb flat bread |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ |
| Cured meats |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Wood fired camembert | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Roasted vegetables | Y | Y | of bread | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ |
| Starters |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mushrooms on toast | $r$ |  | ${ }^{\text {of Bread }}$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Panko Brie | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Prawns With Chill \& Garlic |  |  |  | $\square$ | $\checkmark$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Lobster Bisque |  |  |  | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Frito Misto |  |  |  | $\square$ | $\nabla$ | $\nabla$ | $\checkmark$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Crispy duck bao bun |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\nabla$ | $\nabla$ |
| Tempura sole fish tacos |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Salads |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken caesar |  |  | ${ }^{\text {of fraad }}$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Goats Cheese Salad | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Burrata mozzarella | Y |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Main Course |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Duck Breast |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |


| dishes |  | 原 |  | Celery | Cereals containing gluten <br> gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphur dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| We'rer proud to freshly prepare our food in our kitchens secery day but as we ses many ingredients and shared equipment, cross contact is managed but not to an allergen frece level. Therffore we cant guarantec any of our food is sutiable for those with allergis due to the risk of cross contact. Please ensure you speak with a member of our ceam regarding any allergies or food intolerances you may have and we will do out utmost to cosurre we cater for your requirements. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fishcakes |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\checkmark$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Fish \& Chips |  |  |  | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Beef Bourguignon |  |  |  | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Wild Mushroom Pie | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Beetroot \& Goats Cheese Tortelloni |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Seafood Linguine |  |  |  | $\square$ | $\checkmark$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Chicken Supreme |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whole fish |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| The Grill |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sirloin Steak |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cote de Bouuf |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cheese Burger |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ |
| Halloumi Burger |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Mushroom Sauce |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Peppercorn Sauce | Y |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Woodfired pizzas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fior di Latte | Y | ${ }^{\text {Vegan chease }}$ goion |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Parma Ham |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Pepperoni |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| King Prawn |  |  |  | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Goats Cheese | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Crispy Duck |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\nabla$ | $\nabla$ |
| Nduja, Salami |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Portobello Mushroom | Y | $\begin{aligned} & \text { No Dolcelatte } \\ & \text { Vegan Cheese } \\ & \text { option } \end{aligned}$ |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Tuna |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Sides |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| dishes |  |  | 筞 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphur dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  our team regarding any allergies or food intolerances you may have and we will do out utmost to ensure we cater for your requirements. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frites | $Y$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Truffle \& parmesan frites | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| New potatoes | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Green beans, almonds | r | no dintroll |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Fennel, rocket, parmesan | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Tomato, red onion, shallots | Y |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Market leaves, pesto, parmesan | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Fried onion rings | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Pudding |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tart Au Citron | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\checkmark$ | $\square$ | $\square$ | $\square$ |
| Sticky Toffee | r |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Vegan Sticky Toffee | r | Y |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\nabla$ |
| Tramisu | $r$ |  |  | $\square$ | $\checkmark$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Chocolate brownie | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| House gelato | r |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Vanilla lce Cream | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Salted Caramel | Y |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Espresso Ice Cream | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Amaretti \& Cherry lce Cream | r |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Caramel Blscuit lce Cream | $r$ |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Blood Orange Sorbet | r | Y |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Artisan cheese and biscuits | $r$ |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\nabla$ |
| Jude's Ice Cream Pots | Y |  |  | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Children |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese Burger |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ |
| Cod Goujons |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| dishes | 辰 |  |  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustacans | Eggs | Fish | Lupin | Milk | Molluss | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphur dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| We're proud to freshly prepare our food in our kicthens serery day but as we use many ingredients and shared equipment, cross contact is managged but not to an allergen free level. Therffore we cant guarantec any of our food is suitable for those with allergis due to the risk of cross contact. Please ensure you speak with a member of our team regarding any allergis or food intolerances you may have and we will do out utmost to e ensure we cater for your requirements. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caesar Salad | Y |  |  | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Moules Frites |  |  |  | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Margherita Pizza | r | Vegn chese |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Pepperoni Pizza |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Ham \& Mushroom Pizza |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| The Coast full English |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Hash browns | r |  | Y | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Veggie breakfast | $r$ | Noegso orbuter |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Halloumi, avocado, toast | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Bacon \& egg muffin |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sausage muffin |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Baked Beans on Toast | Y | No Butur |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs on toast | $r$ |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Avocado, eggs, toast | r |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Smoked salmon, eggs, toast |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs Florentine, spinach | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs Benedict, ham |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs Royale, smoked salmon |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs Popeye, smoked salmon, spinach |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\checkmark$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Granola, yogurt, honey | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\nabla$ |
| Berries, Yogurt, honey | $r$ |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Toast, butter, jam | Y |  | ${ }^{\text {cf brad }}$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Croissant, butter, jam | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Handmade cake (Please ask for specific cake) | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\checkmark$ | $\nabla$ | $\nabla$ | $\nabla$ |
| Smoothies |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| dishes |  |  |  | Celery | Cereals containing gluten | Crustacans | Eggs | Fish | Lupin | Milk | Molluss | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Scsame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphur dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  our ream regarding any allergis or food intolerances you may have and we will do out utmost to e esurve we cater for your requirements. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green smoothie | $Y$ | Y |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tropical smoothie | Y | Y |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Berry smoothie | Y | Y |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sunday Roast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Sirloin of Beef |  |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Jewelled Nut Roast | r |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Specials |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rock Oysters |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Pan Seared Scallops |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Chicken Liver Parfait |  |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sweet Potato Soup | Y | No Butter |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ |
| Carrot, Red Lentil \& Coriander Soup | r |  |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Vegtable Gyozas |  | Y |  | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whole Sea Bream |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Lobster |  |  |  | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Fillet Steak |  |  |  | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| Rack Of Lamb |  |  |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Pork Loin |  |  |  | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Seafood Chowder |  |  |  | $\square$ | $\nabla$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\nabla$ |
| Spinach \& Goats Cheese Pie | Y |  |  | $\square$ | $\nabla$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Surf and Turf |  |  |  | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ | $\nabla$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

