(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Starters						Lupin Flour			MUSTARD					Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Whitebait		$\checkmark$		$\checkmark$	$\checkmark$								$\checkmark$	$\checkmark$
Tempura prawns lime & chilli mayo				$\checkmark$										
Cockle popcorn		$\checkmark$						$\checkmark$						$\checkmark$
Buffalo chicken wings blue cheese dip				$\checkmark$			$\checkmark$							
G/F Halloumi fries				$\checkmark$			$\checkmark$							$\checkmark$
Salt & pepper squid		$\checkmark$						$\checkmark$	$\checkmark$					$\checkmark$
Bang Bang Cauliflower														





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Kids menu						Lupin Flour			MUSTARD			Sector Contraction		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mushy pea fritter and chips		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$					$\checkmark$
Chicken strips and chips		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Battered sausage and chips		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	$\checkmark$
Fish and chips		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Scampi and chips		$\checkmark$												





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Sides						Lupin Flour			MUSTARD			SSAME OR		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Side salad									$\checkmark$					$\checkmark$
Breadroll and butter		$\checkmark$					$\checkmark$							
Coleslaw				$\checkmark$			$\checkmark$		$\checkmark$					
Gravy		$\checkmark$												
Curry sauce													$\checkmark$	
Battered Brie		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Mushy peas														
Mushy peas with mint														$\checkmark$
Pickled onion		$\checkmark$												$\checkmark$
Pickled egg				$\checkmark$										





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Sides						Lupin Flour			MUSTARD			SISSAN U		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pineapple fritter		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Gherkin									$\checkmark$					$\checkmark$
Chips														
Onion rings		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Mains						Lupin Flour			MUSTARD					Geer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Cod and chips		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Mini cod and chips		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Plaice and chips		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Haddock and chips		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Catch of the day		$\checkmark$					$\checkmark$							
Cromer crab salad	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$					$\checkmark$
Scampi and chips		$\checkmark$												
Musks G/F sausage and chips	$\checkmark$	$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Chicken strips and chips	$\checkmark$	$\checkmark$		$\checkmark$			$\checkmark$						$\checkmark$	$\checkmark$
Mushy Pea Fritter		$\checkmark$		$\checkmark$			$\checkmark$							$\checkmark$





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Mains						Lupin Flour			MUSTARD			SEAM		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Steak burger	$\checkmark$	$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$					$\checkmark$
Thai green crab burger	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$							$\checkmark$
Halloumi burger		$\checkmark$		$\checkmark$			$\checkmark$							





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Sauces						Lupin Flour			MUSTARD			SIGNAL SIGNAL		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Burger sauce	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$					$\checkmark$
Marie rose	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$							$\checkmark$
Brown sauce		$\checkmark$												$\checkmark$
Salad dressing									$\checkmark$					$\checkmark$
Mint sauce														$\checkmark$
Thai dressing		$\checkmark$			$\checkmark$									
BBQ sauce	$\checkmark$	$\checkmark$			$\checkmark$									$\checkmark$
Tartar sauce				$\checkmark$					$\checkmark$					





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

lce cream						Lupin Flour			MUSTARD			I SOM		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
French vanilla				$\checkmark$			$\checkmark$							
Strawberry				$\checkmark$			$\checkmark$							
Belgian chocolate				$\checkmark$			$\checkmark$							
Gooseberry and elderflower				$\checkmark$			$\checkmark$							
New York coffee				$\checkmark$			$\checkmark$							
Blueberries and cream							$\checkmark$							
Salted caramel				$\checkmark$			$\checkmark$							
Rhubarb and custard				$\checkmark$			$\checkmark$							
Rum and raisin				$\checkmark$			$\checkmark$							
Rich butterscotch				$\checkmark$			$\checkmark$							





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

lce cream						Lupin Flour			MUSTARD					Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Coconut and cream				$\checkmark$			$\checkmark$							
Raspberry ripple				$\checkmark$			$\checkmark$							
Mint choc chip				$\checkmark$			$\checkmark$						$\checkmark$	
Mango				$\checkmark$			$\checkmark$							
Chocolate orange				$\checkmark$			$\checkmark$						$\checkmark$	
Stem ginger				$\checkmark$			$\checkmark$							
Vanilla and blackberry				$\checkmark$			$\checkmark$							





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

Sorbet						Lupin Flour			MUSTARD			SSON		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Lemon sorbet				$\checkmark$			$\checkmark$			$\checkmark$	$\checkmark$			
Passion fruit sorbet				$\checkmark$			$\checkmark$			$\checkmark$	$\checkmark$			
Raspberry sorbet				$\checkmark$			$\checkmark$			$\checkmark$	$\checkmark$			
Mango sorbet				$\checkmark$			$\checkmark$							
Blackcurrant sorbet				$\checkmark$			$\checkmark$				$\checkmark$			

Review date: Reviewed by: 11/04/22 Wayne Blackham





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

T/A						Lupin Flour			MUSTARD			SIGNA SIGNA		Beer WINE
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mushy Peas														
Curry	$\checkmark$	$\checkmark$							$\checkmark$				$\checkmark$	
Gravy	$\checkmark$	$\checkmark$		$\checkmark$					$\checkmark$				$\checkmark$	
Battered Pinapple		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Gluten Free Battered														

Review date: Reviewed by: 11/04/22 Wayne Blackham





(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

T/A						Lupin Flour	Milk		MUSTARD			SISAM OL		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Batter		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Battered Fish		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Bread Rolls		$\checkmark$												
Battered Sausages		$\checkmark$		$\checkmark$			$\checkmark$							
Unbattered Sausage														
Breaded Scampi		$\checkmark$												
Battered Brie		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	
Breaded Fishcake		$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$				$\checkmark$	
Battered Chicken		$\checkmark$		$\checkmark$			$\checkmark$		$\checkmark$				$\checkmark$	

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