(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 | | | | | | | | | | | | | | |
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(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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(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 | | | 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 | |
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(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 |





(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 | | | 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 | | | | | | | |
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(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 | | | | | |
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(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 | | | | | | | |
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(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 | | | |
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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 | | | | | | | | | | | | | | |
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(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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