

THE ALVERTON ALLERGY STATEMENT

Please speak to your server before placing your order, if you suffer from any food intolerance or allergy.

PLEASE NOTIFY US

We take the presence of allergies and intolerances seriously. Allergen information is provided for our ingredients and dishes., but we ask you to advise us of any allergies or intolerances before you order.

Whilst we have identified the allergens that are in the dishes, please be aware that there may be traces of allergens in the dish due to manufacturing or cooking methods.

DEEP FAT FRYING

Deep fat frying is an important cooking process in our kitchen; the ingredients within dishes which are deep fried will be cooked in the same fryer as other ingredients which may contain allergens and therefore there will be a risk of cross contamination.

CHANGING MENUS

Our chefs are always keen to create new dishes and introduce seasonal specialities. Please check allergen information each time you visit as changes to recipes are made.

OUR KITCHENS

Whilst we make every effort to minimise cross contamination, please be aware that our dishes are made and prepared in an environment where allergen are present.

GENETICALLY MODIFIED FOODS

The policy of this company is that it does not knowingly sell any foods that contain Genetically Modified Organisms (GMOs).

The only exception to this may be cooking oil for deep fat frying. As standard we use a non-GMO rapeseed oil. Due to global pressures, at

times, our supplier may need to use vegetable oil, this product cannot be guaranteed as non-GMO.

PLEASE SPEAK TO US

On rare occasions, we may feel we will struggle to safely accommodate your needs, we will do every we can to or offer you a suitable replacement.

When using this allergen guide - allergens shown in red

Dc = daily changing – need to check with server on the day

Mc = may contain [for example made in an environment that contains the allergen]

BREAKFAST GOOD MORNING - MYTTIN DA!

FOR THE TABLE

Choice of fresh juice: orange / apple / cranberry **Vg**

Farmhouse toast: butter **MILK** / choice of preserve
choose from white **GLUTEN SOYA** / granary **GLUTEN SOYA** / gluten free **EGG V**

Hot drink: English breakfast tea / cafetiere coffee / herbal teas

TO START

Fruits: melon / orange / pineapple / grapefruit **Vg**

Granola / local yoghurt / berry compote **V GLUTEN MILK SULPHATE**

Butter croissant / preserve **V GLUTEN EGG MILK MC NUT SOYA**

Cereal: Cornflakes / Crunchy Nut **N** / Weetabix / Alpen **V ALLERGEN ON REQUEST**

HOT FROM THE GRILL

Alverton grill / pork sausage / back bacon / field mushroom /
tomato / potato cake / choice of egg **GLUTEN EGG**

[ONLY SAUSAGE CONTAINS GLUTEN]

Alverton garden grill / vegetarian sausage / field mushroom /
tomato / potato cake / beans / spinach / choice of egg **V Vgor GLUTEN EGG**

[ONLY SAUSAGE CONTAINS GLUTEN]

Muffin stack / bacon / sausage / Monterey jack cheese / sriracha sauce
GLUTEN MILK MC MUSTARD SOYA

Eggs Benedict / poached eggs / toasted muffin / hollandaise / gammon
GLUTEN EGG MILK SOYA

Eggs Florentine / poached eggs / toasted muffin / hollandaise / spinach **V**
GLUTEN EGG MILK SOYA

Eggs Royale / poached eggs / toasted muffin / hollandaise / smoked salmon

GLUTEN EGG FISH MILK SOYA

Baked eggs / haddock / spinach / cheese

EGG FISH MILK

Porridge / Scottish oats / Cornish cream / demerara sugar *V Vgor*

GLUTEN MILK

For food allergens or dietary requests, please ask a member of the team. A full allergen menu is always available on request. Please scan the QR code for online allergen info.

V = Vegetarian VG = Vegan VGOR = Vegan On Request N = Nuts