



Allergen Information

Menu: February 2025 - nibbles

Date Updated: 11 / 2 / 25

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														Crustaceans	Fish	Molluscs
		Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)					
Artisan bread & balsamic	Active	Wheat	N/A	N/A	N/A	N/A	N/A	Active	May	May	N/A	May	all		N/A	N/A	N/A
houmous	May	wheat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	May	all		N/A	N/A	N/A
Olives	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A			N/A	N/A	N/A



Allergen Information

Menu: February 2025 - starters

Date Updated: 11 / 02 / 25

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Sm. Mackerel pate - dish	Activ▼ wheat	May▼	N/A	N/A	Active	Active	Activ▼	Activ▼	May	N/A	May	all	N/A	Active	N/A
Pear & goat ravilio - dish	Active	wheat	N/A	N/A	N/A	Activ▼	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chefs soup / bread - daily chang	Activ▼	wheat	N/A	N/A	N/A	N/A	N/A	May▼	May▼	N/A	May▼	all	N/A	N/A	N/A
Venison sausage roll - dish	Active	Wheat	N/A	N/A	N/A	N/A	Activ▼	N/A	N/A	N/A	N/A▼	N/A	N/A	N/A▼	N/A▼
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chefs special - daily changing	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: February 2025 - bar classics

Date Updated: 11 / 2 / 25

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
alverton burger - dish	Active wheat	Active	N/A	Active	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Beyond burger - dish	Active wheat	Active	N/A	Active	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fish n chips - dish	Active wheat	N/A	N/A	N/A	N/A	Active	Active	Active	N/A	N/A	N/A	N/A	Active	N/A
Alverton winter salad- dish	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	Active walnuts	N/A	N/A	N/A
salmon winter salad - dish	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	Active walnuts	N/A	Active	N/A
Vegan winter salad - dish	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active walnuts	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: February 2025 - mains

Date Updated: 11 / 2 / 25

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
catch of the day - dish - daily	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A
Beef bourguignon - dish	N/A	N/A	N/A	Active	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Coconut laska fish - dish	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A
Coconut laska tofu - dish	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A
Gammon ham - dish	N/A	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chefs main - daily change	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: February 2025 - side dishes

Date Updated: 11 / 2 / 25

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Chunky chips	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Parmesan chips - dish	N/A	N/A	N/A	May	Active	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A
skinny fries	N/A	N/A	N/A	N/A	May	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Winter vegetables	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
parsley potatoes	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
house salad	Active wheat	N/A	N/A	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A
Colcannon potatoe	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: February 2025 - desserts

Date Updated: 11 / 2 / 25

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)															
	Cereals Containing Gluten e.g. bron, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs		
Lemon vacherin - dish	N/A	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	Active	Hazelnuts	N/A	N/A	N/A
Sticky toffee - dish	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
Espresso pot - dish	Active	Active	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
Callestick ice cream - dailey	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
Cheese - dish	Active	N/A	N/A	Active	Active	N/A	Active	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A



Allergen Information

Menu: February 2025 - AFT

Date Updated: 11 / 02 / 25

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Gluten e.g. bron, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs	
Coronation chicken	Active▼ wheat	Active	N/A	N/A	N/A	Active▼	Active	Active▼	N/A	N/A	N/A	N/A	N/A	N/A	
Salmon sandwich	Active wheat	Active	N/A	N/A	Active	N/A▼	N/A	N/A	N/A	N/A	N/A▼	N/A	Active▼	N/A	
venison sausage roll	Active wheat	N/A	N/A	Active	N/A	N/A▼	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
cucumber sandwich	Active wheat	Active	N/A	N/A	Active	N/A▼	N/A	N/A	N/A	N/A	N/A▼	N/A	N/A	N/A	
lemon vacherin	N/A	N/A	N/A	N/A	Active	Active	N/A	N/A▼	N/A	N/A	Active	hazelnuts	N/A▼	N/A▼	
macaroon	N/A	Active	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	Active	almond	N/A	N/A	
espresso pot	Active wheat	Active	N/A	N/A	Active	N/A▼	N/A	N/A▼	N/A	N/A	N/A	N/A	N/A	N/A	
Scone jam cream	Active wheat	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	



Allergen Information

Menu: February 2025- sandwiches

Date Updated: 11 / 2 / 25

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
fish finger sandwich - dish	Active ▼ Wheat	May ▼	N/A	N/A	N/A ▼	Active ▼	Active ▼	Active ▼	N/A ▼	N/A	N/A	N/A	Active ▼	N/A
Brie sandwich - dish	May ▼ wheat	May ▼	N/A	N/A	Active ▼	N/A	Active ▼	N/A	N/A	N/A	N/A ▼	N/A	N/A	N/A
salmon sandwich - dish	Active ▼ wheat	Active ▼	N/A	N/A	Active ▼	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active ▼	N/A
Chicken sandwich - dish	Active ▼ wheat	May ▼	N/A	N/A	Active	Active	N/A	Active ▼	N/A	N/A	N/A	N/A	N/A	N/A
ham sandwich - dish	Active ▼ wheat	May ▼	N/A	Active	N/A	N/A	Active ▼	Active ▼	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A