

DISHES CONTAINING ALLERGENS

'Yes' = Contains / 'Mc' = May contain [as advised on product labelling]

BUSINESS NAME: Alverton Hotel

MENU NAME: Dinner Nibbles + small plates

DATE PUBLISHED: 1st March 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Artisan bread	Yes		Mc			Mc			Mc	mc		Yes	Yes	
	Wheat													
	Mc													
	Oat, rye, barley													
DISH NAME: Olives														
DISH NAME : Hummus	Yes									yes		Yes	yes	
	Wheat													
DISH NAME : Crab cakes [inc mini cakes]	Yes			Yes	Mc		Yes				Mc	Yes	Yes	
	Wheat													
DISH NAME: Chicken	Yes				Yes	Yes	Yes		Yes			Yes	Yes	
	Wheat													
	Mc													
	Oat, rye, barley													

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MENU NAME:

DATE PUBLISHED:

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Moules	Yes				Mc	Mc			Yes		Yes		Yes	
	Wheat													
	Mc													
	Oat, rye, barley													
DISH NAME: Chorizo									Yes					
DISH NAME :														
DISH NAME :														
DISH NAME:														

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DISHES CONTAINING ALLERGENS

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MENU NAME: Lunch menu – starters

DATE PUBLISHED: 1st march 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin	
DISH NAME:	Mc rye	Yes				Mc									
Soup of day dish	Wheat														
	Mc oats														
DISH NAME:						mc	Yes		Yes				Yes		
Asparagus dish	Wheat														
DISH NAME :						Mc			Yes			Yes	yes		
Chicken dish	Wheat														
DISH NAME :	Mc oats			mc	mc	mc			Yes		Yes		Yes		
Moule dish	Wheat														
	Mc rye														
DISH NAME:									Yes				mc		
Potato brava dish															

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DISHES CONTAINING ALLERGENS

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MENU NAME: lunch mains

DATE PUBLISHED: 1st march 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME:									Yes				Yes	
Chicken breast dish														
DISH NAME:				mc	Yes	Yes			Yes		Mc		Yes	
Sole dish	Wheat													
	Mc rye													
	Mc barley													
DISH NAME :							Yes		Yes					
Sirloin dish														
DISH NAME :				Mc	Yes		Yes				Mc	Yes	Yes	
Fish n chips	Wheat													
DISH NAME:		Yes						mc					Yes	
Potato gnocchi dish	Wheat		Cashew											
	Oats													
			Mc All nuts											

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DISHES CONTAINING ALLERGENS

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BUSINESS NAME: Alverton Hotel

MENU NAME: Dinner Sides

DATE PUBLISHED: 21st march 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Cornish potatoes									Yes					
DISH NAME: Julienne fries														
DISH NAME : Cheese julienne fries									Yes					
DISH NAME : Garden leaves												Yes	Yes	
DISH NAME: Red cabbage slaw		Yes				Mc							Yes	

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DISHES CONTAINING ALLERGENS

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MENU NAME:

DATE PUBLISHED:

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Spring vegetables									Yes					
DISH NAME: Baby gem salad	Yes Wheat Mc Rye, barley				Yes	Yes	Yes		Yes			Yes	Yes	
DISH NAME :														
DISH NAME :														
DISH NAME:														

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DISHES CONTAINING ALLERGENS

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BUSINESS NAME: ALVERTON Hotel

MENU NAME: Sandwiches

DATE PUBLISHED: 1 st march

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Fish finger	Yes			mc	yes	Yes	yes				mc	yes	yes	
	Wheat													
	Rye													
	Barley													
DISH NAME: Mature cheddar	Yes					Yes			yes	mc			yes	
	Wheat													
	Rye													
	Barley													
DISH NAME : Ham	Yes	yes				Yes							yes	
	Wheat													
	Barley													
	Rye													
DISH NAME : Smoked salmon	Yes			mc	yes	Yes			yes		mc			
	Wheat													
	Barley													
	Rye													
DISH NAME: Char-grilled chicken	Yes				yes	Yes			yes			yes		
	Wheat													
	Barley													
	Rye													

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DISHES CONTAINING ALLERGENS

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BUSINESS NAME: Alverton Hotel

MENU NAME: Classic mains

DATE PUBLISHED: 21st march 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Sirloin steak							yes		Yes				Yes	
DISH NAME: Fish n chips Battered	Yes wheat				yes		yes		mc			yes	yes	
DISH NAME : Caeser	Yes Wheat Mc Barley, oat, rye				yes	yes	yes		yes			yes	yes	
DISH NAME : Vegan Caesar	Yes Wheat Mc Barley, oat, rye					Yes							Yes	
DISH NAME: Beef burger	Yes Wheat						yes		mc			yes	yes	

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MENU NAME:

DATE PUBLISHED:

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Plant burger	Yes Wheat					mc			mc			yes	yes	
DISH NAME:														
DISH NAME :														
DISH NAME :														
DISH NAME:														

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DISHES CONTAINING ALLERGENS

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BUSINESS NAME: Alverton Hotel

MENU NAME: Dinner Puddings

DATE PUBLISHED: 21st march 2026

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME: Affogato	Yes		Mc			yes	Mc		Yes				Mc	
	Wheat													
DISH NAME: Cheese cake	Yes		Yes			yes	Yes		Yes					
	Wheat		hazelnut											
DISH NAME : Vanilla sponge pudding	Yes		Mc				Yes		Yes					
	Wheat													
DISH NAME : Ice cream / sorbet	Yes		Mc			Mc	Yes		Yes					
	Oats													
	Wheat													
DISH NAME: Cheeseboard	Yes	yes	Mc					mc	yes	mc			yes	
	Barley													
	Rye / oats													
	Barley													

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MENU NAME:

DATE PUBLISHED:

Allergens	Cereals containing Gluten	Celery	Nuts	Crustacean	Fish	Soya	Egg	Peanuts	Dairy Milk Products	Sesame	Molluscs	Mustard	Sulphur Dioxide & sulphates	Lupin
DISH NAME:						Yes	Yes		Yes					
Rhubarb tart	Wheat		Mc all nuts											
DISH NAME:														
DISH NAME :														
DISH NAME :														
DISH NAME:														

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