

OUR ALLERGEN GUIDE

ALLERGEN GUIDE

J D Wetherspoon attempts to provide as-complete-as-possible allergen information about its food and drinks products. Some dishes and drinks may not be available in all pubs. We require customers with specific food and/or drinks allergen needs to use this guide to assist them with choosing items in Wetherspoon pubs.

Further nutritional information and dietary menus can be found in our 'your choice' menus, in pubs and on our website. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. For further information, please contact our customer service team: 01923 477777 | jdwetherspoon.com

EXCLUSIONS

This booklet highlights the 14 major allergens only. Our kitchens do not handle any products which contain lupin or peanuts; however, we do sell prepackaged peanuts from our bar.

PACKAGED PRODUCTS

Packaged products will not be covered in this allergen guide; however, you will be able to find allergen information on the packaging. Any drinks products not outlined in this guide may require customers to check packaging information of each product. Please ask a staff member to show you product packaging.

HOW TO USE OUR GUIDE

Our menu items are listed in rows on the left-hand side of each allergen table. If a menu item contains an allergen in its ingredients, a 'Y' is displayed on the menu row in the corresponding allergen column. The 'Y' indicates 'Yes' – that allergen is contained in the menu item. Many of our menu items can be ordered with a choice of sides. Where menu items offer differing side options, please check relevant allergen information for your choice of side dish, for example – chips, jacket potato or side salad.

Our menus may vary from pub to pub, so please look for the regional differences section for allergen information about specific dishes in that area.

CROSS-CONTAMINATION STATEMENT

Please read this guide carefully before purchasing.

We have assessed the allergens in the food and drinks we serve. Because of the nature of our operation, we cannot fully guarantee that any food or drinks will be completely free from the allergens stated in this guide. Product specifications may change periodically – in the case of an allergen change, an allergen alert notice will be placed in the back of this folder or on the bar, at the time of the alert.

This information is regularly updated to reflect the current content of our dishes – even if you have dined with us before, ingredients and specifications can change. Information in this folder is correct at the time of print, unless a specific product allergen alert is issued.

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BREAKFAST TAB

BREAKFAST

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Large breakfast – Two Lincolnshire sausages, bacon, two eggs, baked beans, two hash browns, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y					Y		
Large breakfast – Two Lincolnshire sausages, bacon, two eggs, baked beans, two potato rostis, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y					Y		
Large Scottish breakfast – Two Lincolnshire sausages, bacon, two eggs, baked beans, two potato rostis, Stornoway black pudding, tomato, slice of toast	Barley, Oats, Wheat		Y				Y					Y		
Large Scottish breakfast – Two Lincolnshire sausages, bacon, two eggs, baked beans, two hash browns, Stornoway black pudding, tomato, slice of toast	Barley, Oats, Wheat		Y				Y					Y		
Traditional breakfast – Lincolnshire sausage, bacon, egg, baked beans, two hash browns, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y					Y		
Traditional breakfast – Lincolnshire sausage, bacon, egg, baked beans, two potato rostis, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y					Y		
Small breakfast – Lincolnshire sausage, bacon, egg, baked beans, hash brown	Wheat		Y									Y		
Small breakfast – Lincolnshire sausage, bacon, egg, baked beans, potato rosti	Wheat		Y									Y		
Traditional Scottish breakfast – Lincolnshire sausage, bacon, egg, baked beans, two hash browns, Stornoway black pudding, tomato, slice of toast	Barley, Oats, Wheat		Y				Y					Y		
Traditional Scottish breakfast – Lincolnshire sausage, bacon, egg, baked beans, two potato rostis, Stornoway black pudding, tomato, slice of toast	Barley, Oats, Wheat		Y				Y					Y		
Large vegetarian breakfast – Two fried eggs, three Quorn vegan sausages, baked beans, three hash browns, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y							

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Large vegetarian breakfast – Two fried eggs, three Quorn vegan sausages, baked beans, three potato rostis, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y							
Vegetarian breakfast – Two Quorn vegan sausages, two eggs, baked beans, two hash browns, mushroom, tomato, slice of toast	Wheat		Y				Y							
Vegetarian breakfast – Two Quorn vegan sausages, two eggs, baked beans, two potato rostis, mushroom, tomato, slice of toast	Barley, Wheat		Y				Y							
Small vegetarian breakfast (suitable for children – and adults with a smaller appetite) One Quorn vegan sausage, egg, baked beans, hash brown, tomato	Wheat		Y											
Gluten-free breakfast – Two eggs, bacon, baked beans, tomato, mushroom			Y											
Vegan breakfast – Two Quorn vegan sausages, two hash browns, mushroom, tomato, slice of toast	Barley, Wheat													
Vegan breakfast – Two Quorn vegan sausages, two potato rostis, mushroom, tomato, slice of toast	Barley, Wheat													
American breakfast – Two eggs, two hash browns, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	Wheat		Y			Y	Y					Y		
American breakfast – Two eggs, two potato rostis, maple-cured bacon, two sausages, four pancakes, maple-flavour syrup	Wheat		Y			Y	Y					Y		
American-style pancakes – Four pancakes, maple-flavour syrup, maple-cured bacon	Wheat		Y			Y	Y							
American-style pancakes – Four pancakes, maple-flavour syrup, strawberries, blueberries	Wheat		Y			Y	Y							

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Breakfast Sandwiches														
Bacon butty – Four rashers of crispy bacon in two slices of poppy seed white bloomer bread	Barley, Wheat						Y							
Sausage butty – Two Lincolnshire sausages, poppy seed white bloomer bread	Barley, Wheat						Y					Y		
Vegetarian sausage butty – Two Quorn vegan sausages, poppy seed white bloomer bread	Barley, Wheat						Y							
Breakfast sandwich – Lincolnshire sausage, crispy bacon, egg, poppy seed white bloomer bread	Barley, Wheat		Y				Y					Y		
Add: Cheddar cheese							Y							
Add: Two hash browns														
Add: Two potato rostis														
Benedicts														
Eggs Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with Wiltshire ham, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					
Eggs royale – Two poached eggs, on toasted poppy seed white bloomer bread, with smoked salmon, Hollandaise sauce, rocket	Barley, Wheat		Y	Y			Y		Y					
Mushroom Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with mushroom, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					
Eggs Balmoral – Two poached eggs, on toasted poppy seed white bloomer bread, with haggis, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					
Black pudding Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with Stornoway black pudding, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					

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Lighter options														
Smashed avocado on toast – Guacamole, on one slice of toasted poppy seed white bloomer bread, rocket	Barley, Wheat													
Scrambled egg on toast – Three eggs	Barley, Wheat		Y				Y							
Beans on toast	Barley, Wheat						Y							
Add any of the following:														
Add: Avocado														
Add: Bacon														
Add: Poached egg			Y											
Add: Smoked salmon				Y										
Freshly baked pastries – All-butter croissant and Tiptree preserve	Wheat		Y				Y							
Freshly baked pastries – Pain au chocolat	Wheat		Y			Y	Y							
Freshly baked pastries – Pain aux raisins	Wheat		Y				Y							
Berry breakfast bowl – Crunchy gluten-free granola, pumpkin seeds, Greek-style yoghurt with honey, açai & blueberry compote, strawberry, blueberries, chia seeds							Y							
Fresh fruit bowl – A selection of fresh fruit														
MOMA Porridge – Banana, honey, raisins, goji berries, pistachios, hazelnuts							Y	Hazelnuts, Pistachio Nuts				Y		
MOMA Porridge – Fresh blueberries and brown sugar							Y							
Two slices of toast and Tiptree preserve	Barley, Wheat						Y							

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Morning rolls														
Morning roll with bacon	Wheat					Y	Y							
Morning roll with sausage	Wheat					Y	Y					Y		
Morning roll with Quorn vegan sausage	Wheat					Y	Y							
Morning roll with Stornoway black pudding	Oats, Wheat					Y	Y							
Add: Cheddar cheese							Y							
Add: Two hash browns														
Add: Two potato rostis														

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FOOD MENU TAB

BURGERS

FOOD ALLERGENS

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Classic 6oz beef burger – Served with chips	Wheat		Y				Y					Y		
Classic 6oz beef burger – Served with skinny fries	Wheat		Y				Y					Y		
Grilled chicken breast burger – Served with chips	Wheat		Y				Y							
Grilled chicken breast burger – Served with skinny fries	Wheat		Y				Y							
Skinny chicken burger – Grilled chicken breast, with salad, instead of chips	Wheat		Y				Y							
Skinny chicken burger – Grilled chicken breast, with salad, instead of skinny fries	Wheat		Y				Y							
Fried buttermilk chicken burger – Breaded whole chicken breast escalope	Wheat		Y				Y							
Vegetable burger – Puy lentils, carrot, Davidstow Cheddar cheese, sweetcorn, mushrooms	Wheat		Y				Y							
Vegetable burger – Butternut squash, peppers, peas, aubergine, potato, chickpeas	Rye, Wheat		Y				Y							
Add any of the following:														
Add: Cheddar cheese							Y							
Add: Coleslaw			Y							Y				
Add: American-style cheese							Y							
Add: Whisky sauce							Y					Y		
Add: BBQ sauce														
Add: Maple-cured bacon														
Add: British beef chilli	Barley, Wheat													

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Gourmet burgers														
Drive-thru burger – 6oz beef patty, baconnaisse, American-style cheese slices, maple-cured bacon, gherkin, onion rings	Wheat		Y				Y			Y		Y		
Drive-thru burger – 6oz beef patty, baconnaisse, American-style cheese slices, maple-cured bacon, gherkin, coleslaw	Wheat		Y				Y			Y		Y		
Empire State burger – Two 6oz beef patties, American-style cheese slices, maple-cured bacon, onion rings	Wheat		Y				Y					Y		
Empire State burger – Two 6oz beef patties, American-style cheese slices, maple-cured bacon, coleslaw	Wheat		Y				Y			Y		Y		
Ultimate burger – 6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin, onion rings	Wheat		Y				Y					Y		
Ultimate burger – 6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin, coleslaw	Wheat		Y				Y			Y		Y		
BBQ burger – Chicken breast, maple-cured bacon, Cheddar cheese, BBQ sauce, onion rings	Wheat		Y				Y							
BBQ burger – Chicken breast, maple-cured bacon, Cheddar cheese, BBQ sauce, coleslaw	Wheat		Y				Y			Y				
Caledonian burger – 6oz beef patty, haggis, whisky sauce, onion rings	Oats, Wheat		Y				Y					Y		
Caledonian burger – 6oz beef patty, haggis, whisky sauce, coleslaw	Oats, Wheat		Y				Y					Y		

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DELI DEALS

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Freshly made paninis and club sandwich are all served with chips or ask for a salad instead.														
Club sandwich – Chicken breast, maple-cured bacon, Cheddar cheese, tomato, lettuce, mayo, toasted poppy seed white bloomer bread	Barley, Wheat		Y				Y							
Wiltshire cured ham & Cheddar cheese panini	Barley, Wheat						Y							
Sweet chilli chicken, Cheddar cheese & coriander panini	Barley, Wheat						Y							
Mozzarella, tomato & nut-free basil pesto panini	Barley, Wheat						Y							

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PIZZA

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Classic Margherita – Mozzarella, fresh basil	Wheat						Y							
Gourmet vegetable – Mozzarella, mushroom, roasted pepper, courgette, onion	Wheat						Y							
Vegan Gourmet vegetable – Mushroom, roasted pepper, courgette, onion	Wheat													
Hawaiian – Mozzarella, Wiltshire cured ham, pineapple	Wheat						Y							
Ham and mushroom – Mozzarella, Wiltshire cured ham, mushroom	Wheat						Y							
BBQ chicken – Mozzarella, BBQ sauce, chicken breast, red onion	Wheat						Y							
Pepperoni – Mozzarella, pepperoni	Wheat						Y							
Spicy meat feast – Mozzarella, Wiltshire cured ham, pepperoni, chicken breast, sliced chillies	Wheat						Y							
Garlic pizza bread small	Wheat						Y							
Garlic pizza bread large	Wheat						Y							
Add: Mozzarella							Y							

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Choice of extra toppings														
Add: Red onion														
Add: Sliced chillies														
Add: Mushroom														
Add: Pineapple														
Add: BBQ sauce														
Add: Mozzarella							Y							
Add: Wiltshire cured ham														
Add: Chicken breast														
Add: Pepperoni														
Add: Maple-cured bacon														
Children's cheese and tomato	Wheat						Y							
Children's Wiltshire cured ham and cheese	Wheat						Y							
Children's BBQ chicken and cheese	Wheat						Y							
Children's ham and pineapple	Wheat						Y							

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SIDES

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Side salad										Y				
Bowl of skinny fries	Wheat													
Bowl of chips	Wheat													
Giant beer-battered onion rings	Wheat													
Garlic pizza bread	Barley, Wheat						Y							
Add: Mozzarella							Y							

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BRUNCH

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All-day brunch – Two sausages, bacon, eggs, baked beans, skinny fries	Wheat		Y									Y		
All-day brunch – Two sausages, bacon, eggs, baked beans, chips	Wheat		Y									Y		
Eggs Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with Wiltshire cured ham, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					
Eggs royale – Two poached eggs, on toasted poppy seed white bloomer bread, with smoked salmon, Hollandaise sauce, rocket	Barley, Wheat		Y	Y			Y		Y					
Mushroom Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with mushrooms, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					
Eggs Balmoral – Two poached eggs, on toasted poppy seed white bloomer bread, with haggis, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					
Black pudding Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with Stornoway black pudding, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					
Vegetarian all-day brunch – Two Quorn vegan sausages, eggs, baked beans, mushroom, skinny fries	Wheat		Y											
Vegetarian all-day brunch – Two Quorn vegan sausages, eggs, baked beans, mushroom, chips	Wheat		Y											

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PASTA, RISOTTOS AND SALADS

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British beef lasagne (also contains pork) – Side salad, dressing	Durum Wheat		Y				Y			Y				
Add: Skinny fries	Wheat													
Creamy mushroom risotto – Roasted chestnut, oyster, shiitake and porcini mushrooms, with a dash of Prosecco, rocket							Y							
Seafood risotto – Mussels, king prawns, squid rings and crab meat, in a slow-roasted tomato, white wine & lobster sauce		Y		Y			Y					Y		Y
Quinoa salad – Quinoa, rice, black turtle beans, pink cabbage, grilled yellow pepper, Roquito® pepper, pumpkin seeds, kale, avocado, dressing										Y				
Feta & beetroot salad – Crumbled feta cheese, beetroot, roasted butternut squash, green lentils, bulgar wheat, red quinoa, salad leaves, balsamic glaze	Durum Wheat, Wheat						Y			Y		Y		
House Caesar salad – Chicken breast, bacon, boiled free-range egg, Cos lettuce, anchovy fillets, Parmesan, ciabatta croûtons, Caesar dressing	Wheat		Y	Y			Y			Y				
Tagliatelle pasta, with your choice of sauce – Arrabiata – Slow-roasted tomato, char-grilled red pepper, olive oil, Parmesan	Durum Wheat		Y				Y					Y		
Tagliatelle pasta, with your choice of sauce – Beef ragù – Slow-cooked beef rib, minced beef, Chianti, sun-blushed tomatoes, smoked bacon, Parmesan	Barley, Durum Wheat, Wheat		Y				Y		Y			Y		
Macaroni cheese – Chips, side salad, dressing	Durum Wheat, Wheat						Y			Y				
Macaroni cheese – Skinny fries, side salad, dressing	Durum Wheat, Wheat						Y			Y				
Top any pasta, risotto or salad with...														
Add: Roasted vegetables														
Add: Feta cheese							Y							
Add: Pulled chicken breast														
Add: Mozzarella							Y							

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PUB CLASSICS

FOOD ALLERGENS

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Freshly battered fish and chips – Cod fillet mushy peas and tartare sauce	Wheat		Y	Y		Y				Y				
Freshly battered fish and chips – Cod fillet peas and tartare sauce	Wheat		Y	Y		Y				Y				
British beef & Doom Bar® ale pie – Skinny fries, vegetables, gravy	Barley, Wheat		Y											
British beef & Doom Bar® ale pie – Chips, vegetables, gravy	Barley, Wheat		Y											
Fish pie – Hot-kiln-smoked salmon, king prawns, Atlantic cod and haddock, in a mature Cheddar, spinach & British cream sauce, with a mash topping, vegetables	Wheat	Y		Y			Y			Y		Y		
Bangers and mash – Three Lincolnshire sausages, peas, gravy	Wheat						Y					Y		
Vegetarian bangers and mash – Three Quorn vegan sausages, peas, gravy	Wheat						Y		Y					
Lamb moussaka – Pulled and diced lamb, sliced potato, aubergine, topped with a feta Béchamel sauce, with side salad, dressing			Y				Y			Y				
British beef chilli – British diced and minced beef, black beans, kidney beans, in a spicy chipotle chilli sauce containing Shipyard American Pale Ale. Rice, sour cream, fresh salsa, tortilla chips	Barley, Wheat					Y	Y							
Haggis, neeps and tatties – Haggis, swede, mash	Oats						Y							

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CURRIES

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Chicken & paneer makhani – Tandoori-spiced marinated British chicken breast, with paneer, in a rich, spiced, creamy tomato sauce, finished with butter and coriander, naan bread, basmati pilau rice	Barley, Wheat						Y		Y	Y				
Mangalorean roasted cauliflower & spinach curry – A south Indian tangy creamed coconut sauce, roasted cauliflower, potato, spinach, red peppers – finished with fenugreek leaves, naan bread, basmati pilau rice	Wheat								Y	Y				

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SMALL PLATES

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Nachos – Cheese, guacamole, fresh salsa, sour cream, sliced chillies							Y							
Add: British beef chilli	Barley, Wheat													
Topped chips – Loaded, Cheese, maple-cured bacon, sour cream	Wheat						Y							
Topped chips – British beef chilli, sour cream	Barley, Wheat						Y							
Garlic pizza bread	Wheat						Y							
British chicken wings – Ten spicy chicken wings, Sriracha hot sauce, blue cheese dip	Wheat		Y				Y		Y					
Chicken breast bites – Battered chicken, sticky soy sauce	Wheat					Y						Y		
Southern-fried chicken strips – Baconnise	Wheat		Y						Y	Y				
Spicy coated king prawns – Sweet chilli sauce	Wheat	Y							Y			Y		
Mozzarella & tomato salad – Rocket, balsamic glaze							Y					Y		
Houmous and tortilla chips – Fresh salsa											Y			

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SCOTLAND

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Eggs Balmoral – Two poached eggs, on toasted poppy seed white bloomer bread, with haggis, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					
Black pudding Benedict – Two poached eggs, on toasted poppy seed white bloomer bread, with Stornoway black pudding, Hollandaise sauce, rocket	Barley, Oats, Wheat		Y				Y		Y					
Caledonian burger – 6oz beef patty, haggis, whisky sauce, onion rings	Oats, Wheat		Y				Y					Y		
Caledonian burger – 6oz beef patty, haggis, whisky sauce, coleslaw	Oats, Wheat		Y				Y					Y		
Haggis, neeps and tatties – Haggis, swede, mash	Oats						Y							
Macaroni cheese – Chips, side salad, dressing	Durum Wheat, Wheat						Y			Y				
Macaroni cheese – Skinny fries, side salad, dressing	Durum Wheat, Wheat						Y			Y				

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AIRPORT TAKE AWAY SANDWICHES

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Sweet chilli chicken panini	Barley, Wheat						Y							
Ham & cheese panini	Barley, Wheat						Y							
Mozzarella & pesto panini	Barley, Wheat						Y							
Club sandwich (white bread)	Barley, Wheat		Y				Y							
Ham & cheese sandwich (white bread)	Barley, Wheat						Y							
Cheese & tomato sandwich (white bread)	Barley, Wheat						Y							
Chicken mayo sandwich (white bread)	Barley, Wheat		Y				Y							
Chicken Caesar bacon sandwich (white bread)	Barley, Wheat		Y	Y			Y			Y				
BLT (white bread)	Barley, Wheat		Y				Y							
Smoked salmon sandwich (white bread)	Barley, Wheat			Y			Y							
Tuna mayo sandwich (white bread)	Barley, Wheat		Y	Y			Y							
Ham salad sandwich (white bread)	Barley, Wheat						Y							
Breakfast panini	Barley, Wheat											Y		
Childrens' cheese (white bread)	Barley, Wheat						Y							
Childrens' ham (white bread)	Barley, Wheat						Y							
Childrens' jam (white bread)	Barley, Wheat						Y							
Ham & cheese croissant	Wheat		Y				Y							
Club sandwich (brown bread)	Barley, Wheat		Y				Y							
Ham & cheese sandwich (brown bread)	Barley, Wheat						Y							
Cheese & tomato sandwich (brown bread)	Barley, Wheat						Y							

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AIRPORT TAKE AWAY SANDWICHES

FOOD ALLERGENS

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Chicken mayo sandwich (brown bread)	Barley, Wheat		Y				Y							
Chicken Caesar bacon sandwich (brown bread)	Barley, Wheat		Y	Y			Y			Y				
BLT (brown bread)	Barley, Wheat		Y				Y							
Smoked salmon sandwich (brown bread)	Barley, Wheat			Y			Y							
Tuna mayo sandwich (brown bread)	Barley, Wheat		Y	Y			Y							
Ham salad sandwich (brown bread)	Barley, Wheat						Y							
Bacon toastie (brown bread)	Barley, Wheat						Y							
Sausage toastie (brown bread)	Barley, Wheat						Y					Y		
Childrens' cheese (brown bread)	Barley, Wheat						Y							
Children's ham (brown bread)	Barley, Wheat						Y							
Childrens' jam (brown bread)	Barley, Wheat						Y							
Cheese & tomato croissant	Wheat		Y				Y							

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CHILDREN'S MENU

TAB

CHILDREN'S MENU

FOOD ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DISH CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Cheesy pasta – macaroni pasta, with broccoli and peas	Durum Wheat, Wheat						Y			Y				
Spaghetti Bolognese – Spaghetti pasta, with a 100% British beef sauce, vegetables and herbs	Durum Wheat								Y					
Wiltshire cured ham, fried free-range egg and chips	Wheat		Y											
Grilled chicken breast														
Fish – Freshly battered, sustainable fish (cod)	Wheat			Y		Y								
Fish – Freshly battered, sustainable fish (haddock)	Wheat			Y		Y								
Pork sausages	Wheat											Y		
Quorn vegan sausages	Wheat													
Five chicken breast nuggets	Wheat													
Peas														
No-added-sugar baked beans														
Cucumber sticks and tomato wedges														
Roasted vegetables – Roasted pepper, courgette, onion														
Mashed potato							Y							
Skinny fries	Wheat													
Chips	Wheat													

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CLUB MENUS

TAB

EVENTS & SEASONAL TAB

CHRISTMAS 2018 *Offer available during 14 November – 24 December*

FOOD ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Small plates														
Soup – Tomato & basil soup – Bread and Lurpak spreadable	Barley, Wheat						Y		Y					
Soup – Broccoli & Cashel Blue® cheese soup – Bread and Lurpak spreadable	Barley, Wheat						Y		Y					
Soup – Potato & leek soup – Bread and Lurpak spreadable	Barley, Wheat						Y							
Soup – Vegetable broth – Bread and Lurpak spreadable	Barley, Wheat						Y		Y					
Prawn cocktail – King prawns in a Marie Rose & Prosecco sauce, Cos lettuce, tomato, cucumber, served with bread and Lurpak spreadable	Barley, Wheat	Y	Y				Y			Y		Y		
Pigs-in-blankets – Seven pork chipolata sausages wrapped in streaky bacon, cranberry sauce	Wheat											Y		
Deli deals														
Jacket potato with prawns – King prawns in a Marie Rose & Prosecco sauce, with side salad, dressing		Y	Y							Y		Y		
The freshly made items below are all served with chips or a salad instead – please check allergens for relevant sides below.														
Prawn & avocado wrap – King prawns in a Marie Rose & Prosecco sauce, avocado, cucumber, salad leaves	Wheat	Y	Y							Y		Y		
Brie & cranberry panini	Barley, Wheat						Y							
Add: Maple-cured bacon														
Side options														
Chips option	Wheat													
Side salad option										Y				
Skinny fries option	Wheat													

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CHRISTMAS 2018 *Offer available during 14 November – 24 December*

FOOD ALLERGENS

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Festive main meals														
Stuffed turkey breast and winter vegetables – Turkey breast slice filled with sage & onion stuffing, served with roasted Chantenay carrots and parsnips, Maris Piper mash, pigs-in-blankets, peas, cranberry sauce, gravy	Wheat		Y				Y					Y		
Brie & bacon burger – 6oz beef patty, Brie, maple-cured bacon, cranberry sauce, topped with two pigs-in-blankets and served with chips	Wheat		Y				Y					Y		
Chicken & stuffing burger – Grilled chicken breast, maple-cured bacon, a pork, apricot & cranberry stuffing, cranberry sauce, topped with two pigs-in-blankets and served with chips	Wheat		Y				Y					Y		
Buttermilk chicken & stuffing burger – Buttermilk chicken breast, maple-cured bacon, a pork, apricot & cranberry stuffing, cranberry sauce, topped with two pigs-in-blankets and served with chips	Wheat		Y				Y					Y		
Brie & cranberry vegetable burger – Vegetable burger, topped with Brie, cranberry sauce. Served with chips, six onion rings	Barley, Wheat		Y				Y							
Creamy mushroom risotto – Roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket							Y							
Top with: Pulled chicken														
Pig-in-blanket, Brie & cranberry pizza – Pigs-in-blankets, sliced Brie, cranberry sauce, rocket	Wheat						Y					Y		
Brie & cranberry pizza – Sliced Brie, cranberry sauce, rocket	Wheat						Y							
Children's festive meals														
Pigs-in-blankets and mash – Served with baked beans	Wheat						Y					Y		
Pigs-in-blankets and mash – Served with peas	Wheat						Y					Y		

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CHRISTMAS 2018 *Offer available during 14 November – 24 December*

FOOD ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Festive desserts														
Baileys® chocolate bread & butter pudding – Buttery panettone sweet bread, layered with milk chocolate and baked in a Baileys® custard, then hand finished with dark chocolate stars. Served with ice cream	Wheat		Y			Y	Y							
Baileys® chocolate bread & butter pudding – Buttery panettone sweet bread, layered with milk chocolate and baked in a Baileys® custard, then hand finished with dark chocolate stars. Served with custard	Wheat		Y			Y	Y							
Melty mallow stack – A Lotus Biscoff biscuit base and biscuit spread, with chocolate brownie, topped with a layer of fluffy mallow	Wheat		Y			Y	Y					Y		
Festive treats														
Cranberry & white chocolate muffin	Wheat		Y			Y	Y							
Mince tart	Wheat		Y				Y					Y		

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CHRISTMAS 2018 *Offer available during 14 November – 24 December*

DRINK ALLERGENS

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Adnams – Shingle Shells	Barley, Wheat													
Mordue – Winter Tyne	Barley, Wheat, Rye													
B & T – Santa’s Slayer	Barley, Wheat													
Butcombe – Chris Moose	Barley, Wheat													
Milestone – Comet	Barley, Wheat													
Coach House – Christmas Stocking	Barley													
Sadler’s – Peaky Blinder Pale	Barley, Wheat													
Wychwood – Bah Humbug	Barley													
Burton Bridge – Santi-Freeze	Barley													
Greene King – Fireside	Barley													
Maxim – Santastic	Barley, Wheat													
Wickwar – A Christmas Tall Tale	Barley, Wheat, Rye													
Atlas – Blizzard	Barley, Wheat													
Limestone – Stone Cold	Barley, Wheat													
JW Lees – Plum Pudding	Barley													
Long Man – Inn Keeper	Barley, Wheat													
Saltaire – Cascade	Barley, Wheat													
Arundel – Winter Knights	Barley, Wheat													
Titanic – Plum Porter	Barley, Wheat													

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CHRISTMAS 2018 *Offer available during 14 November – 24 December*

DRINK ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Exmoor – Exmas	Barley													
Nethergate – Old Growler	Barley													
Wadworth – Bishop's Tipple	Barley													
WH Buckley – Grand Cru	Barley, Wheat													
Hook Norton – Twelve Days	Barley													
Woods – Christmas Cracker	Barley, Wheat													

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BURNS' NIGHT *Offer available during Friday 18 – Friday 25 January 2019*

FOOD ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Caledonian burger – 6oz beef patty, haggis, whisky sauce, onion rings	Oats, Wheat		Y				Y					Y		
Caledonian burger – 6oz beef patty, haggis, whisky sauce, coleslaw	Oats, Wheat		Y				Y			Y		Y		
Haggis, neeps and tatties – Haggis, swede, mash	Oats						Y							
Add: Haggis	Oats													
Add: Whisky sauce							Y					Y		

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DRINKS MENU TAB

DRAUGHT LAGER & BEER

DRINK ALLERGENS

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Bud Light	Barley													
Carlsberg	Barley													
Foster's	Barley													
Carling	Barley, Wheat													
Coors Light	Barley, Wheat													
Stella Artois	Barley													
San Miguel	Barley													
Kronenbourg 1664	Barley													
Heineken	Barley													
John Smith's	Barley													
Guinness	Barley													
Tennent's	Barley, Wheat													
Innis & Gunn Lager	Barley, Oats, Wheat													
Deuchars IPA	Barley													
When adding lemonade or cordials, please note the additional allergens below:														
R White's lemonade												Y		
Lime cordial												Y		
Blackcurrant cordial														

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CRAFT BEER & REAL ALE

DRINK ALLERGENS

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Ruddles	Barley													
Greene King IPA	Barley													
Abbot Ale	Barley													
Sharp's Doom Bar	Barley													
Shipyards American Pale Ale	Barley, Rye, Wheat													
Hop House 13 Lager	Barley													
BrewDog Punk IPA	Barley													
BrewDog Elvis Juice	Barley													
Innis & Gunn Mango IPA	Barley													
Sixpoint Lo-Res IPA	Barley													
Sixpoint Bengali IPA	Barley													
Lagunitas IPA	Barley, Wheat													
Brooklyn Lager	Barley													
Black Sheep Pathmaker pale ale	Barley, Wheat													
Crafty Dan 13 Guns American IPA	Barley, Rye													
When adding lemonade or cordials, please note the additional allergens below:														
R White's lemonade												Y		
Lime cordial												Y		
Blackcurrant cordial														

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CRAFT BEER & REAL ALE

DRINK ALLERGENS

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Williams Bros Brewing Co, Pavlov's Dog	Barley, Wheat, Oats													
The Orkney Brewery, Dark Island	Barley, Wheat													
Truman's, Bow Bells	Barley, Wheat, Oats													
Portobello, London Pilsner	Barley													
Redemption, Big Chief	Barley, Wheat													
Freedom Brewery, Organic Helles	Barley													
Hop Stuff, Renegade IPA	Barley, Wheat													
Windsor & Eton, Guardsman	Barley, Wheat													
When adding lemonade or cordials, please note the additional allergens below:														
R White's lemonade												Y		
Lime cordial												Y		
Blackcurrant cordial														

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DRAUGHT & BOTTLED CIDER

DRINK ALLERGENS

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Goose IPA	Barley, Wheat													
Blue Moon Belgian-style wheat ale	Barley, Oats, Wheat													
Devils Backbone – American IPA	Barley													
Strongbow Dark Fruit												Y		
Magners												Y		
Strongbow												Y		
Thatchers Gold												Y		
Angry Orchard												Y		
Aspall Suffolk Cyder												Y		
Kopparberg Strawberry & Lime cider												Y		
Kopparberg Mixed Fruit cider												Y		
Bulmers No17 cider												Y		
Hawkes, Alcoholic Ginger Beer														
Thistly Cross, Original Cider												Y		
When adding lemonade or cordials, please note the additional allergens below:														
R White's lemonade												Y		
Lime cordial												Y		
Blackcurrant cordial														

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DRAUGHT & BOTTLED CIDER

DRINK ALLERGENS

ALLERGEN INFORMATION: IF **Y** DISPLAYED, THEN DRINK CONTAINS INDICATED ALLERGEN (UNLESS ALLERGEN SOURCE, ITSELF, IS STATED)

Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
WKD														
Smirnoff Ice														
Hooch														
When adding lemonade or cordials, please note the additional allergens below:														
R White's lemonade												Y		
Lime cordial												Y		
Blackcurrant cordial														

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WORLD BEER

DRINK ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
SA Brains Atlantic White IPA	Barley, Wheat													
Thornbridge Versa Weisse Beer	Barley, Wheat													
Beck's	Barley													
Birra Moretti	Barley													
Tsingtao	Barley													
Tyskie Gronie	Barley													
Krombacher Pils	Barley													
Newcastle Brown Ale	Barley													
Budweiser	Barley													
Peroni	Barley													
Sol	Barley													
Corona	Barley													
Desperados	Barley													
Efes	Barley, Rye, Wheat													
Baltika 7	Barley													
Estrella Galicia GLUTEN FREE														

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LOW & ALCOHOL FREE

DRINK ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Adnams Ghost Ship low alcohol	Barley, Wheat			Y										
Beck's Blue alcohol free	Barley													
Kopparberg Strawberry & Lime alcohol free												Y		

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GIN PALACE

DRINK ALLERGENS

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Allergen stated for gin and garnish only – please see soft drinks for mixer allergens														
Zymurgorium Realm of the Unicorn Gin Liqueur. With strawberry														
Zymurgorium Sweet Violet Liqueur. With lemon														
Tanqueray Flor de Sevilla. With orange														
Gordon's Pink Gin. With strawberry														
Gordon's. With lime														
Portobello Road. With pink grapefruit														
Bombay Sapphire. With lime														
Tanqueray. With lime														
Tanqueray No. Ten. With pink grapefruit														
Edinburgh Gin Raspberry Liqueur. With lime														
Edinburgh Gin Rhubarb & Ginger Liqueur. With lemon														
Hendrick's Gin. With cucumber														
Caorunn. With apple														
Brecon Special Reserve. With lemon														
Pink Gin Spritz – Gordon's Pink Gin and lemonade. With strawberry												Y		
Gin and Ting – Portobello Road and Ting – a sparkling citrus mixer with the zing of Caribbean grapefruit. With pink grapefruit and mint														
Gin and Ginger – Edinburgh Gin Rhubarb & Ginger Liqueur and ginger ale. With lemon														
Gin Fizz – Gordon's gin, elderflower cordial, lime, tonic water							Y							

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RUM SHACK

DRINK ALLERGENS

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Allergen stated for rum only – please see soft drinks for mixer allergens														
Captain Morgan Original Spiced Gold														
Captain Morgan White														
Bacardi Carta Blanca														
Kraken Black Spiced														
Havana Club 7-year-old														
Ron Zacapa														

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VODKA DISTILLERY

DRINK ALLERGENS

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Menu description	Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof	Celery and products thereof	Mustard and products thereof	Sesame seeds and products thereof	Sulphur dioxide and sulphites	Lupin and products thereof	Molluscs and products thereof
Allergen stated for vodka only – please see soft drinks for mixer allergens														
Smirnoff														
Stolichnaya														
Skyy														
Absolut														
Absolut Vanilia														
Grey Goose														

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WHISKY BARREL

DRINK ALLERGENS

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Allergen stated for whisky only – please see soft drinks for mixer allergens														
WHISKIES														
Haig Club Clubman														
Bell's														
Famous Grouse														
Jameson														
Jack Daniel's														
SINGLE MALTS														
Glenfiddich														
Glenmorangie	Barley													
Laphroaig														
Auchentoshan, Three Wood														
Macallan, Double Cask Gold														
BOURBONS														
Jim Beam														
Buffalo Trace														

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LIQUEUR & BRANDY

DRINK ALLERGENS

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Allergen stated for liqueur/brandy only – please see soft drinks for mixer allergens														
LIQUEURS														
Southern Comfort														
Chambord Black Raspberry Liqueur														
Disaronno Amaretto														
Archers peach schnapps														
Malibu														
Baileys							Y							
BRANDIES														
Black Bottle														
E & J												Y		

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WINE CELLAR

DRINK ALLERGENS

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Coldwater Creek Chardonnay												Y		
Coldwater Creek Pinot Grigio												Y		
Coldwater Creek Merlot												Y		
Coldwater Creek White Zinfandel Rosé												Y		
Hardys – Chardonnay			Y				Y					Y		
Hardys – Pinot Grigio			Y				Y					Y		
Hardys – Shiraz			Y				Y					Y		
Hardys – Rosé			Y				Y					Y		
Villa Maria Sauvignon Blanc			Y	Y			Y					Y		
Casillero Del Diablo Cabernet Sauvignon												Y		
Trivento Malbec												Y		
Mud House Sauvignon Blanc Rosé			Y				Y					Y		

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PROSECCO & SPARKLING

DRINK ALLERGENS

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Teresa Rizzi Prosecco DOC Brut												Y		
Teresa Rizzi Sparkling Rosé												Y		
Hardys Sparkling Chardonnay Pinot Noir			Y				Y					Y		
Denbies Whitedowns Brut												Y		
Denbies Whitedowns Rosé Brut												Y		

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COCKTAILS

DRINK ALLERGENS

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Buck's Fizz - A 125ml glass of Prosecco, with a dash of freshly squeezed orange juice.												Y		
Kir Royal - A 125ml glass of Prosecco, with a dash of Chambord Black Raspberry Liqueur.												Y		
Aperol Spritz - Aperol (50ml spirit) and Prosecco, dash of soda, orange wedge.												Y		
Classic Pimm's - With lemonade and lots of fruit.												Y		
Bloody Mary Smirnoff Red served with Big Tom spiced tomato juice, lime. Add Tabasco sauce for a spicier hit.	Barley			Y					Y	Y				
Gin Fizz - Tanqueray No. Ten, elderflower cordial, tonic water. With cucumber.						Y								
Pink Gin Spritz - Gordon's Pink Gin and lemonade. With strawberry.												Y		
Gin and Ting - Portobello Road and Ting – a sparkling citrus mixer with the zing of Caribbean grapefruit. With pink grapefruit and mint.														
Gin and Ginger - Edinburgh Gin Rhubarb & Ginger Liqueur and ginger ale. With lemon.														

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SOFT DRINKS

DRINK ALLERGENS

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Ting														
Pepsi Max														
Diet Pepsi														
R White's lemonade												Y		
Pepsi														
Apple Juice														
Cranberry Juice														
Orange Juice														
J2O Apple & Mango														
J2O Apple & Raspberry														
J2O Orange & Passion Fruit														
Monster Mango Loco														
Monster Energy														
Monster Ultra														
R White's raspberry lemonade														
Old Jamaica ginger beer														
Old Jamaica diet ginger beer														

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SOFT DRINKS

DRINK ALLERGENS

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Sanpellegrino Blood Orange														
Sanpellegrino Lemon														
Innocent™ Super Smoothie Energise														
Fentimans Tonic Water														
Fentimans Slimline Tonic Water														
Fentimans Pink Grapefruit Tonic Water														
Strathmore spring water still														
Strathmore spring water sparkling														
Britvic Blackcurrant Cordial														
Britvic Ginger Ale														
Britvic Ginger Beer														
Britvic Grapefruit Juice														
Britvic Low-Calorie Bitter Lemon														
Britvic Lime Cordial												Y		
Britvic Orange Juice														
Britvic Orange Cordial												Y		
Britvic Pineapple Juice														
Britvic Low-Calorie Tonic Water														
Britvic Tomato Juice	Barley								Y					
Britvic Tonic Water														

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SOFT DRINKS

DRINK ALLERGENS

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Elderflower cordial						Y								
Irn-Bru														
Irn-Bru sugar free														
Fruit Shoot Juiced Apple & Pear														
Fruit Shoot Juiced Orange & Pineapple														
Milk							Y							
PIP organic														
Happy Monkey														

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TEA AND COFFEE TAB

TEA AND COFFEE

DRINK ALLERGENS

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Cappuccino							Y							
Espresso														
Latte							Y							
Flat white							Y							
Americano														
Iced coffee							Y							
Tetley tea														
Teapigs Darjeeling Earl Grey tea														
Earl Grey tea														
Teapigs peppermint tea														
Teapigs Mao Feng green tea														
Hot chocolate						Y	Y							
Milk							Y							
Individual soya milk jigger						Y								
Chocolate sprinkles														

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**GUEST ALES
TAB**

ALLERGEN TAB