



ALLERGEN MENU

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This guide lists what allergenic ingredients are contained in each of our dishes.

The guide also shows whether or not each dish is suitable for vegetarian or vegan customers. We work closely with our suppliers and chefs to ensure that our information is correct. Therefore we ask that you inform your waiter before ordering if you have any specific dietary requirements.

Our recipe information is frequently updated so please check each time you visit to ensure you have the most up to date information on our dishes. Whilst we take every care with your meal we cannot guarantee a 100% allergen free environment nor can we guarantee against the processes used by our suppliers or products as our dishes are prepared in areas where other allergens are present.

ALLERGEN MENU

SHARERS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Antipasti	Yes - Wheat, rye, barley	Yes											Yes			
Lost & Found mezze	Yes - Wheat	Yes	Yes				Yes				Yes	Yes	Yes		Yes	
Vegan Italian olives															Yes	Yes
Vegan warm breads	Yes - Wheat, rye						Yes					Yes			Yes	Yes

STARTERS

Beef ragu arancini	Yes - Wheat	Yes	Yes							Yes	Yes		Yes			
Crispy halloumi	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Fishcake	Yes - Wheat & barley	Yes	Yes	Yes						Yes	Yes		Yes			
Hot smoked salmon	Yes - Wheat & rye			Yes			Yes				Yes		Yes			
Saffron risotto scallops		Yes				Yes				Yes						
Satay chicken skewers	Yes - Wheat						Yes		Yes			Yes	Yes			
Vegan bang bang cauliflower	Yes - Wheat						Yes				Yes		Yes		Yes	Yes
Vegan mango & avocado salad															Yes	Yes

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BRUNCH	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Baked brunch	Yes - Wheat & rye	Yes	Yes										Yes			
Crispy cornflake chicken	Yes - Wheat & barley	Yes	Yes								Yes		Yes			
Crispy smoked bacon ADD ON																
Croque madame	Yes - Wheat, rye & barley	Yes	Yes								Yes		Yes			
Eggs royale	Yes - Wheat	Yes	Yes	Yes									Yes			
Funghi bruschetta	Yes - Wheat & rye	Yes	Yes				Yes				Yes		Yes		Yes	
Halloumi ADD ON		Yes													Yes	
Pancakes with chocolate	Yes - Wheat	Yes	Yes				Yes	Yes - Hazelnut								Yes
Smashed avocado & poached egg	Yes - Wheat & rye		Yes										Yes		Yes	
Smashed avocado & poached egg with bacon	Yes - Wheat & rye		Yes										Yes			
Spinach & avocado eggs benedict	Yes - Wheat	Yes	Yes										Yes		Yes	
Sweetcorn & butternut squash hash			Yes				Yes				Yes		Yes		Yes	
Turkish eggs	Yes - Wheat & rye	Yes	Yes										Yes			
Vegan smashed avocado, mushroom & confit tomato	Yes - Wheat & rye														Yes	Yes
Vegan sweetcorn & butternut squash hash							Yes				Yes		Yes		Yes	Yes

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STEAKS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
12oz Argentinian ribeye		Yes											Yes			
16oz Chateaubriand		Yes											Yes			
8oz fillet		Yes											Yes			
8oz rump steak		Yes											Yes			
8oz sirloin		Yes											Yes			
Bearnaise sauce		Yes	Yes										Yes		Yes	
Green peppercorn sauce		Yes											Yes			
Steak garlic butter		Yes													Yes	

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MAINS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Bacon burger	Yes - Wheat	Yes	Yes				Yes									
Chicken breast mozzarella		Yes											Yes			
Fish & chips	Yes - Wheat & barley	Yes	Yes	Yes	Yes	Yes				Yes	Yes		Yes			
Glazed duck	Yes - Wheat						Yes				Yes	Yes	Yes			
Grilled seabass				Yes												
N'duja chicken	Yes - Wheat	Yes	Yes										Yes			
Roast monkfish tail		Yes		Yes												
Short rib burger	Yes - Wheat	Yes	Yes				Yes						Yes			
Vegan chipotle & quinoa chilli	Yes - Wheat						Yes			Yes	Yes		Yes		Yes	Yes
Vegan coconut vegetable curry										Yes					Yes	Yes

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PASTA / RISOTTO	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Beef ragu lasagne	Yes - Wheat	Yes	Yes		Yes	Yes	Yes			Yes	Yes		Yes			
Chicken pesto rigatoni	Yes - Wheat	Yes	Yes													
Gnocchi	Yes - Wheat	Yes	Yes							Yes			Yes		Yes	
Seafood tagliolini	Yes - Wheat	Yes	Yes		Yes	Yes				Yes						
Spinach & ricotta ravioli	Yes - Wheat	Yes	Yes							Yes					Yes	
Tagliatelle carbonara pasta	Yes - Wheat	Yes	Yes										Yes			
Three cheese risotto	Yes - Wheat	Yes	Yes							Yes	Yes		Yes		Yes	

OPEN SANDWICHES

Brie & chilli jam sandwich	Yes - Wheat & rye	Yes					Yes				Yes		Yes		Yes	
Chicken caesar sandwich	Yes - Wheat, rye & barley	Yes	Yes	Yes												
Fish finger sandwich	Yes - Wheat, rye & barley		Yes	Yes	Yes	Yes	Yes				Yes		Yes			
Steak sandwich	Yes - Wheat & rye	Yes	Yes										Yes			
Skinny fries UPGRADE															Yes	Yes

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PIZZAS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Bacon & brie 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes				Yes		Yes			
Bacon & brie pizza	Yes - Wheat	Yes														
Caprino 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Caprino pizza	Yes - Wheat	Yes													Yes	
Diavolo 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes				Yes		Yes			
Diavolo pizza	Yes - Wheat	Yes														
Festa della carne 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes			Yes	Yes		Yes			
Festa della carne Pizza	Yes - Wheat	Yes								Yes			Yes			
Margherita 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Margherita pizza	Yes - Wheat	Yes													Yes	
Pollo peperoncino 1/2 pizza & salad	Yes - Wheat	Yes	Yes				Yes				Yes		Yes			
Pollo peperoncino pizza	Yes - Wheat	Yes														
Vegan Mediterranean 1/2 pizza & salad	Yes - Wheat						Yes				Yes		Yes		Yes	Yes
Vegan Mediterranean pizza	Yes - Wheat														Yes	Yes

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SALADS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Chicken caesar salad	Yes - Barley	Yes	Yes	Yes												
Salmon nicoise salad			Yes	Yes			Yes				Yes		Yes			
Smashed cucumber & watermelon salad							Yes					Yes	Yes		Yes	Yes

SIDES	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Focaccia garlic bread side	Yes - Wheat	Yes	Yes												Yes	
Mac & cheese side	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Seasonal vegetables side		Yes													Yes	
Skin-on skinny fries side															Yes	Yes
Smashed cucumber & watermelon side							Yes					Yes			Yes	Yes
Triple cooked chips side													Yes		Yes	Yes
Vegan bang bang cauliflower side	Yes - Wheat						Yes				Yes		Yes		Yes	Yes
Vegan broccoli satay side	Yes - Wheat						Yes		Yes			Yes	Yes		Yes	Yes

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DESSERTS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Berry pavlova		Yes	Yes												Yes	
Chocolate & peanut butter parfait		Yes	Yes				Yes		Yes				Yes		Yes	
Sticky toffee pudding	Yes - Wheat	Yes	Yes												Yes	
Raspberry sorbet															Yes	Yes
Warm chocolate cake	Yes - Wheat	Yes	Yes				Yes						Yes		Yes	
White chocolate & citrus cheesecake	Yes - Wheat	Yes	Yes				Yes	Yes - Hazelnut							Yes	

SUNDAY ROASTS

Cauli cheese rarebit KIDS		Yes	Yes				Yes			Yes	Yes		Yes		Yes	
Cauli rarebit side		Yes	Yes				Yes				Yes		Yes		Yes	
Cauliflower cheese rarebit		Yes	Yes				Yes			Yes	Yes		Yes		Yes	
Roast 1/2 chicken		Yes	Yes				Yes			Yes	Yes		Yes			
Roast 1/2 chicken KIDS		Yes	Yes				Yes			Yes	Yes		Yes			
Roast potato side		Yes								Yes			Yes		Yes	
Roast sirloin beef		Yes	Yes										Yes			
Roast sirloin beef KIDS		Yes	Yes										Yes			

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EXTRAS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Beef ragu topping										Yes			Yes			
Chorizo iberico topping																
Extra avocado															Yes	Yes
Extra grilled mushroom															Yes	Yes
Extra mozzarella		Yes													Yes	
Extra olive topping															Yes	Yes
Extra poached egg			Yes										Yes		Yes	
Extra sourdough	Yes - Wheat & rye														Yes	Yes
Extra vanilla ice cream		Yes													Yes	
Goats cheese topping		Yes													Yes	
Jalapenos topping															Yes	Yes
N'duja topping																
Pepperdew pepper topping															Yes	Yes
Proscuitto topping																
Semi dried tomato topping															Yes	Yes
Spicy chicken topping																

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STARTERS																
Crispy halloumi	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Fishcake	Yes - Wheat & barley	Yes	Yes	Yes			Yes			Yes	Yes		Yes			
Roasted tomato soup	Yes - Wheast & rye	Yes	Yes					Yes		Yes					Yes	
MAINS																
Chicken breast mozzarella		Yes											Yes			
Pan fried cod	Yes - Barley	Yes	Yes	Yes	Yes	Yes				Yes	Yes		Yes			
Vegan coconut vegetable curry										Yes					Yes	Yes
DESSERTS																
Dark chocolate pot		Yes	Yes				Yes						Yes		Yes	
Sticky toffee pudding	Yes - Wheat	Yes	Yes												Yes	
White chocolate & citrus cheesecake	Yes - Wheat	Yes	Yes				Yes	Yes - Hazelnut							Yes	

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