

## **ALLERGEN MATRIX**

**If you are ordering for someone who has a food allergy or intolerance please let us know.**

Our Allergen Matrix is available on request and on our website. It shows which of the 14 legally declarable allergens are contained in every dish on our menu. Because our recipes sometimes change it is important you let us know about any allergies every time you order. Though we recommend that you check the Matrix yourself our team will always be happy to advise, particularly if your allergy is not covered. We have strict procedures in place for taking and preparing allergen orders but you should be aware that allergenic ingredients are present on our premises and those of our suppliers.

**Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee any of our dishes are 100% free of allergens.**


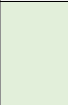



## ALLERGEN MATRIX

### INTRODUCTION

Hello, welcome to our allergy information guide which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order. Please let a member of our team know if you have an allergy or intolerance to any ingredient, even if you have dined with us before. Our Allergen Statement is present on our menus so that our position on allergens is very clear.

### ALLERGEN MATRIX

This is our Allergen Matrix which contains a list of all the dishes served in our Lounges. At the top we have listed the 14 declarable allergens for your reference. On the right-hand side of the matrix you will find the modification column which allows you to remove certain key allergens from your favourite dishes.

	A RED dot means that the dish contains the specified allergenic ingredient. i.e. The ingredient is not included in the menu description but may be part of a sauce.
	A GREEN highlighted box means the dish can be modified to remove the specific allergenic ingredient. See Modification column and make sure to inform your waiter of your allergy(ies) when ordering at the till.
<b>M</b>	A black M means the dish "May Contain". The term 'May Contain' is used to highlight where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contamination may still be a risk. Cross-contamination happens when traces of allergens get into products accidentally during the manufacturing, handling, transport or storage of foods.
	A BLUE Asterisk means that the dish is fried in oil that may also be used to fry other dishes that contains the allergen
	VEGETARIAN
	VEGAN

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Brunch	Cosy Club Breakfast		WHEAT RYE BARLEY		•			•					*	•				GF Option Available
Brunch	Vegetarian Breakfast		WHEAT RYE		•			•			M		*		M	✓		GF & Vegan Options Available
Brunch	Ham Hock Hash	•	RYE BARLEY		•			•					•	•				
Brunch	Smoked Salmon & Scrambled Eggs		WHEAT		•	•		•					•					GF Option Available
Brunch	Cosy Eggs with Smoked Back Bacon		WHEAT		•			•				M	•	•	M			GF Option Available
Brunch	Cosy Eggs with Spinach & Mushrooms		WHEAT		•			•				M	•	•	M	✓		GF Option Available
Brunch	Cosy Eggs with Smoked Salmon		WHEAT		•	•		•				M	•	•	M			GF Option Available
Brunch	Cosy Eggs Chorizo, Baby Kale & Peppers		WHEAT		•			•				M	•	•	M			GF Option Available
Brunch	Shakshuka		WHEAT RYE		•			M								✓		GF & Vegan Options Available
Brunch	Shakshuka with Streaky Bacon		WHEAT RYE		•			M										GF & Vegan Options Available
Brunch	Shakshuka with Feta		WHEAT RYE		•			•								✓		GF & Vegan Options Available
Brunch	Shakshuka with Chorizo		WHEAT RYE		•			M										GF & Vegan Options Available

MENU CATEGORY CORE & KIDS 2019	DISH															VEGETARIAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGAN		
Brunch	Avocado Brunch		WHEAT RYE BARLEY		•			M				M	M	•		<input checked="" type="checkbox"/>		GF & Vegan Options Available
Brunch	Avocado Brunch with Bacon		WHEAT RYE BARLEY		•			•				M	M	•				GF & Vegan Options Available
Brunch	Avocado Brunch with Smoked Salmon		WHEAT RYE BARLEY		•	•		•				M	M	•				GF & Vegan Options Available
Brunch	Rather Elegant Brunch	M	M		•				M		•	•	•					
Brunch	Scrambled Tofu	•	WHEAT RYE BARLEY OATS		M			M	M		M	•				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Brunch	Crumpets with Cinnamon Butter		WHEAT		M			•								<input checked="" type="checkbox"/>		Vegan Option Available
Brunch	Crumpets with Marmite Butter	•	WHEAT RYE BARLEY OATS					•								<input checked="" type="checkbox"/>		Vegan Option Available
Brunch	Buttermilk Pancakes with Compote Creme Fraiche		WHEAT		•			•	M	M		•	•	M		<input checked="" type="checkbox"/>		
Brunch	Buttermilk Pancakes with Bacon Maple Syrup		WHEAT		•			•	M			•	M	M				
Brunch	Cumberland Sausage Sandwich		WHEAT					•				•	•					
Brunch	Smoked Bacon Sandwich		WHEAT					•				•	•					GF Option Available
Brunch	Streaky Bacon Sandwich		WHEAT					•				•						GF Option Available
Brunch	Toast With Jam		WHEAT					•				•				<input checked="" type="checkbox"/>		GF & Vegan Options Available
Brunch	Toast with Marmalade		WHEAT					•				•				<input checked="" type="checkbox"/>		GF & Vegan Options Available
Brunch	Toast with Marmite	•	WHEAT RYE BARLEY OATS					•				•				<input checked="" type="checkbox"/>		

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sandwiches	The Cosy Club Sandwich		WHEAT		•			•		•			•					
Sandwiches	Veggie BLT		WHEAT OATS BARLEY										•			✓	Ⓥ	
Sandwiches	Brie, Avocado & Tomato Toastie		WHEAT RYE		M			•				*				✓		
Sandwiches	Fish Finger Sandwich	M	WHEAT	*	•	•		*		•			•	•				
Sandwiches	Croque Monsieur		WHEAT RYE		M			•		•			•	•				
Sandwiches	Croque Madame		WHEAT RYE		•			•		•			•	•				
Sandwiches	Steak Sandwich		WHEAT RYE BARLEY		M			•			M	M						
Sandwiches	Falafel & Hummus	M	WHEAT RYE BARLEY		M			•		M		•	M	•		✓		Vegan Option Available

MENU CATEGORY CORE & KIDS 2019	DISH																VEGETARIAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
Tapas	Cosy Scotch Egg	*	WHEAT BARLEY OATS	*	.	*		*		.			M	.					
Tapas	Squid & Chorizo	M	M		.				SQUID	.				.					
Tapas	Tempura King Prawns	M	WHEAT	PRAWNS	M	M		M		M	M	M	.	*	M				
Tapas	Pulled Chicken & Chorizo	M	M	M	M	M		.	M	M	M	M	*	M	M				
Tapas	Halloumi Sticks		WHEAT		.			.		*			M	*		✓			
Tapas	Roasted Tumeric Cauliflower											.			ALMOND	✓	Ⓥ		
Tapas	Chargrilled Halloumi							.								✓			
Tapas	Crispy Sesame Chicken	*	WHEAT	*	*	*		*		*		.	.	*					
Tapas	Pulled Beef Brisket and Blue Cheese		WHEAT RYE BARLEY		M			.				M	M					GF Option Available	
Tapas	Garlic Mushrooms on Toast	M	WHEAT RYE BARLEY		M			.		M		M	M			✓		GF & Vegan Options Available	
Tapas	Mini Cumberland Old Spot Sausages	.	WHEAT							.				.					
Tapas	Goat Cheese & Spinach Croquettes	M	WHEAT		.			.		.			*		M	✓			
Tapas	Mediterranean Mezze Plate		WHEAT					.		.		.	.			✓		GF & Vegan Options Available	
Tapas	Whole Baked Camembert		WHEAT RYE BARLEY		M			.				M	M			✓		GF Option Available	
Tapas	The Blighty Sharing Plate	.	WHEAT RYE BARLEY OATS	*	.	*		.	SQUID	.		M	M	.					
Tapas	The Mediterranean Mezze (Sharer)		WHEAT					.		.		.	.			✓		GF & Vegan Options Available	

MENU CATEGORY CORE & KIDS 2019	DISH																VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS						
<b>Burgers</b>	The Classic	•	WHEAT		•			•		•		M	•	•	M					GF Option Available	
<b>Burgers</b>	The BEYOND	•	WHEAT		•			•		•		M	•	•	M	✓				GF & Vegan Options Available	
<b>Burgers</b>	The Chicken, Bacon & Avocado	•	WHEAT		•			•		•		M	•	•	M					GF Option Available	
<b>Burgers</b>	The Halloumi	•	WHEAT		•			•		•		•	•	•	M	✓					
<b>Burgers</b>	The Scarlet Pimpernel	•	WHEAT		•			•		•		M	•	•	M					GF Option Available	
<b>Burgers</b>	The Golden Dame	•	WHEAT BARLEY	*	•	*		•		M	M	•	•	•	M						
<b>Burgers</b>	The Blue Velvet	•	WHEAT		•			•		•		M	•	•	M					GF Option Available	
<b>Naked Burgers</b>	The Classic	•			•			•		•			*	•							
<b>Naked Burgers</b>	The BEYOND Meat	•			•			•		•			*	•		✓				GF & Vegan Options Available	
<b>Naked Burgers</b>	The Chicken, Bacon & Avocado	•			•			•		•			*	•							
<b>Naked Burgers</b>	The Halloumi	•	WHEAT		•			•		•		•	M	•		✓					
<b>Naked Burgers</b>	The Scarlet Pimpernel	•			•			•		•			•	•							
<b>Naked Burgers</b>	The Golden Dame	•	WHEAT BARLEY	*	•	*		•		M	M	•	•	•	M						
<b>Naked Burgers</b>	The Blue Velvet	•			•			•		•			*	•							

MENU CATEGORY CORE & KIDS 2019	DISH																VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS						
Mains	Pan-Roasted Chicken Breast	•	M					•		M				•							
Mains	Toad in the Hole	•	WHEAT		•			•					M	•							
Mains	Spiced Grilled Skewer Lamb		WHEAT					•						•							
Mains	Spiced Grilled Skewer Halloumi, Peppers & Courgette		WHEAT					•									✓				
Mains	Fish & Chips	M		*	•	•				•			*	•							
Mains	Buttermilk Chicken	•	WHEAT BARLEY	*	•	*		•		•		M	•	•							
Mains	Chicken, Bacon & Avocado Salad							•		•		•	•								
Mains	Gruyere Cheese & Spinach Tart		WHEAT		•			•									✓				
Mains	Roast Tumeric Cauliflower											•			ALMOND	✓	✓				
Mains	Hot Smoked Salmon & Potato Fishcake	•			•	•		•						•							
Mains	Slow Roasted Pork Belly	•						•						•							
Mains	Macaroni Cheese with Streaky Bacon		WHEAT RYE BARLEY		M			•		•		M	M	•	M						



MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Mains	Macaroni Cheese with Truffle Kale & Leek		WHEAT RYE BARLEY		M			.		.		M	M	.	M	✓		
Mains	Thai Green Chicken Curry	M	WHEAT	PRAWNS	M	M		M		M	M	M	.	M	M			GF Option Available
Mains	Thai Green Vegetable Curry	M	WHEAT		M	M		M		M	M	M	.	M	M	✓		GF & Vegan Options Available
Mains	Super food Bowl									.		.	.			✓	Ⓟ	
Mains	Pan Fried Seabass Fillet	M	M	M	M	.		M	M	M	M	M	M	M	M			
Mains	Pan Fried Seabass Fillet with Chorizo	M	M	M	M	.		M	M	M	M	M	M	M	M			
Mains	Vegan 'Fish' & Chips			M		M				.		M	.	.		✓	Ⓟ	
Mains	28 Day Aged 8oz Sirloin Steak							.					*					
Mains	8oz Rib-Eye Steak												*					
Sauces	Bearnaise Sauce				.			.						.		✓		
Sauces	Peppercorn Sauce							.										

MENU CATEGORY CORE & KIDS 2019	DISH															VEGETARIAN		VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS					
Puddings	Melting Chocolate Bombe		M		M			•			M	M	•		M	✓				
Puddings	Mini Cinnamon Doughnuts		WHEAT		•			•			M	M	•		M	✓				
Puddings	Warm Chocolate Brownie				•			•					•		M	✓				
Puddings	Pimm's & Strawberry Trifle		WHEAT		•			•			M		M		M					
Puddings	Salted Caramel Cheesecake		WHEAT OATS		M			•								✓				
Puddings	Caramelised Apple Tart		WHEAT					•			M	M	•		M	✓				
Puddings	Cosy Club Sundae (CC Norwich only)		WHEAT		•			•							M	✓				
Cakes & Snacks	Croissant		WHEAT		•			•							M	✓				
Cakes & Snacks	Chocolate Fudge Cake				•			•					•		M	✓				
Cakes & Snacks	Crumpets with Cinnamon Butter		WHEAT					•								✓				
Cakes & Snacks	Crumpets with Marmite Butter	•	WHEAT					•								✓				
Cakes & Snacks	Pain au Chocolat		WHEAT		•			•					•		M	✓				
Cakes & Snacks	Tea Cake		WHEAT		•			•				M	•		M	✓				
Cakes & Snacks	Mince Pies		WHEAT										•		M	✓	Ⓥ			
Cakes & Snacks	Carrot Cake		WHEAT												WALNUT PISTACHIO	✓	Ⓥ			
Cakes & Snacks	Bombay Mix	M	WHEAT					M		M	•	M	M		PEANUTS	✓	Ⓥ			
Cakes & Snacks	Marrakesh Olives												•			✓	Ⓥ			
Cakes & Snacks	Jelly Beans															✓				

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Cakes & Snacks	Nuts		BARLEY					•		•				CASHEW ALMOND	<input checked="" type="checkbox"/>			

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sides & Extras	Avocado															✓	Ⓥ	
Sides & Extras	Baked Beans															✓	Ⓥ	
Sides & Extras	BBQ Chorizo																	
Sides & Extras	Balsamic and Oil												•			✓	Ⓥ	
Sides & Extras	Burger 6oz																	
Sides & Extras	Broccoli with Garlic Butter							•								✓		Vegan Option Available
Sides & Extras	Broccoli with Sweet Chili & Sesame Seeds											•				✓	Ⓥ	
Sides & Extras	Cheddar Grated							•								✓		
Sides & Extras	Cheesy Fries Side							•								✓		
Sides & Extras	Cheese Slice (Burger)							•								✓		
Sides & Extras	Ciabatta with Oil and Balsamic		WHEAT RYE BALEY		M			M			M	M	•			✓	Ⓥ	
Sides & Extras	Diced Tofu									M	M	•				✓	Ⓥ	
Sides & Extras	Falafel x2											*				✓	Ⓥ	
Sides & Extras	Feta							•								✓		
Sides & Extras	Fennel, Radish & Red Onion Slaw															✓	Ⓥ	
Sides & Extras	Flat Mushroom															✓	Ⓥ	

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sides & Extras	Fried Egg				•											✓		
Sides & Extras	Fries												*			✓	Ⓥ	
Sides & Extras	Garlic Bread		WHEAT BARLEY RYE		M			•				M	M	•		✓		
Sides & Extras	Garlic Bread with Cheese		WHEAT BARLEY RYE		M			•				M	M	•		✓		
Sides & Extras	Garlic King Prawns			PRAWNS				•										
Sides & Extras	Cumberland Sausage		WHEAT											•				
Sides & Extras	Halloumi Slices							•								✓		
Sides & Extras	Halloumi Sticks		WHEAT		•			•		*			*	*		✓		
Sides & Extras	Halloumi & Sweetcorn Fritters				•			•			M				M	✓		
Sides & Extras	Herb-Marinated Chicken																	
Sides & Extras	Hollandaise				•			•								✓		
Sides & Extras	House Slaw	•			•			•		•				•		✓		Vegan Option Available
Sides & Extras	House Side Salad									•						✓	Ⓥ	
Sides & Extras	Hummus										•					✓	Ⓥ	



MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sides & Extras	Spinach							•								✓		Vegan Option Available
Sides & Extras	Spinach Vegan															✓	Ⓥ	
Sides & Extras	Sweet Pot Fries											*				✓	Ⓥ	
Sides & Extras	Thick Cut Chips											*				✓	Ⓥ	
Sides & Extras	Toast White		WHEAT					•					•			✓		GF & Vegan Options Available
Sides & Extras	Toast Brown Vegan		WHEAT BARLEY										•			✓	✓	
Sides & Extras	Toast White Vegan		WHEAT										•			✓	Ⓥ	GF Option Available
Sides & Extras	Tomato															✓	Ⓥ	
Sides & Extras	Vegan Bacon Slice		WHEAT OATS										•			✓	Ⓥ	

MENU CATEGORY CORE & KIDS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Kids	Kids Breakfast		WHEAT BARLEY		•			•					•	•				
Kids	Kids Cheesy Beans on Toast		WHEAT BARLEY					•					•			✓		GF & Vegan Options Available
Kids	Kids Sausage Chips and Beans		WHEAT									*	•					
Kids	Kids Pancakes Banana & Compote		WHEAT		•			•	M	M			•	•	M	✓		
Kids	GF Kids Cheesy Beans on Linseed Toast							•										
Kids	Vegan Beans on Toast		WHEAT BARLEY										•			✓	Ⓥ	
Kids	Kids 3oz Hamburger		WHEAT		M			M				M	•		M			GF Option Available
Kids	Kids 3oz Hamburger GF				•													
Kids	Kids Chicken Lollipops	*	WHEAT	*		*		*		*		*						
Kids	Kids Fish Fingers	*	WHEAT	*		•		*		•		*	*					
Kids	Macaroni Cheese & Garlic Bread		WHEAT RYE BARLEY		M			•	•		M	M	•			✓		
Kids	Kids Mezze Plate GF				•			•				•				✓		
Kids	Kids Mezze Plate		WHEAT					•				•				✓		GF & Vegan Options Available
Kids	Vegan Kids Mezze Plate		WHEAT									•				✓	Ⓥ	
Kids	Kids Brownie, Ice Cream, choc Sauce				•			•				•			M	✓		
Kids	GF Kids Fruit Sunday							•			M		•		M	✓		
Kids	Kids Fruit Sunday		WHEAT		•			•			M		•	•	M	✓		
Kids	Kids Ice Cream w Chocolate Sauce				M			•					•			✓		



## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	ALLERGENS														MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS		VEGETARIAN VEGAN	
Brunch	Cosy Breakfast <b>GF</b>				•			•					*	•				
Brunch	Vegtarian Breakfast <b>GF</b>				•			•			M		*		M	✓		Vegan Option Available
Brunch	Smoked Salmon & Scrambled Eggs				•	•		•										
Brunch	Avocado Brunch <b>GF</b>				•									•		✓		Vegan Option Available
Brunch	Avocado Brunch with Bacon & Hollandaise <b>GF</b>				•			•						•				
Brunch	Avocado Brunch with Salmon & Hollandaise <b>GF</b>				•	•		•						•				
Brunch	Rather Elegant Brunch <b>GF</b>	M	M		•					M		•	•	•				
Brunch	Cosy Eggs with Bacon <b>GF</b>				•			•						•				
Brunch	Cosy Eggs with Chorizo, Spinach & Peppers <b>GF</b>				•			•						•				
Brunch	Cosy Eggs with Smoked Salmon <b>GF</b>				•	•		•						•				
Brunch	Cosy Eggs with Spinach & Mushrooms <b>GF</b>				•			•						•		✓		
Brunch	Shakshuka <b>GF</b>				•											✓		Vegan Option Available
Brunch	Shakshuka with Chorizo <b>GF</b>				•													
Brunch	Shakshuka with Streaky Bacon <b>GF</b>				•													
Brunch	Shakshuka with Feta <b>GF</b>				•			•								✓		
Brunch	Streaky Bacon Sandwich <b>GF</b>							•										

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Brunch	Smoked Bacon Sandwich GF							•						•				
Burgers	The Classic GF	•			•			•		•			*	•				
Burgers	The Scarlett Pimpernel GF	•			•			•		•			•	•				
Burgers	The Blue Velvet GF	•			•			•		•			*	•				
Burgers	The Beyond Meat GF	•			•			•		•			*	•		✓		Vegan Option Available
Burgers	The Chicken, Bacon & Avocado GF	•			•			•		•			*	•				
Tapas	Baked Camembert GF				•			•								✓		
Tapas	The Mediterranean Mezze Sharer GF				•			•		•	•	•				✓		Vegan Option Available
Tapas	Squid & Chorizo	M	M		•				SQUID	•				•				
Tapas	Garlic Mushrooms on Toast GF	M	M		•			•		M						✓		Vegan Option Available
Tapas	Mediterranean Mezze Plate GF				•			•		•	•	•				✓		Vegan Option Available
Tapas	Pulled Beef Brisket GF				•			•										
Tapas	Chargrilled Halloumi							•								✓		
Tapas	Pulled Chicken & Chorizo GF	M	M	M	M	M		•	M	M	M	M	*	M	M			
Tapas	Roast Tumeric Cauliflower GF											•			ALMONDS	✓	Ⓥ	

## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH	ALLERGENS														VEGETARIAN VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS			
<b>Mains</b>	Hot Smoked Salmon & Potato Fishcake <b>GF</b>	•			•	•		•					•					
<b>Mains</b>	Pan Fried Chicken Breast <b>GF</b>	•	<b>M</b>					•		<b>M</b>			•					
<b>Mains</b>	Slow Roasted Pork Belly <b>GF</b>	•						•					•					
<b>Mains</b>	Superfood Bowl <b>GF</b>									•		•	•			✓	Ⓥ	
<b>Mains</b>	Fish and Chips <b>GF</b>	<b>M</b>		*	•	•				•		*	•					
<b>Mains</b>	Thai Green Chicken Curry <b>GF</b>	<b>M</b>	<b>M</b>	<b>PRAWNS</b>	<b>M</b>	*		<b>M</b>		<b>M</b>	<b>M</b>	<b>M</b>	•	•	<b>M</b>			
<b>Mains</b>	Thai Green Vegetable Curry <b>GF</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>		<b>M</b>		<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	✓	Ⓥ	
<b>Mains</b>	Roast Tumeric Cauliflower <b>GF</b>											•		<b>ALMONDS</b>	✓	Ⓥ		
<b>Mains</b>	Chicken, Bacon & Avocado Salad <b>GF</b>							•		•		•	•					
<b>Mains</b>	Pan Fried Seabass Fillet <b>GF</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	•	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>			
<b>Mains</b>	Pan Fried Seabass Fillet with Chorizo <b>GF</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	•	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>			
<b>Mains</b>	28 day Aged 8 oz Sirloin Steak <b>GF</b>							•				*						
<b>Mains</b>	8oz Rib-Eye Steak <b>GF</b>							•				*						
<b>Mains</b>	Bearnaise				•			•					•			✓		
<b>Mains</b>	Peppercorn Sauce							•										

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
																✓	✓	
Sides	Avocado GF															✓	✓	
Sides	Baked Beans GF															✓	✓	
Sides	Broccoli with Garlic butter						•						•			✓		Vegan Option Available
Sides	Broccoli with Sweet Chili and Sesame seeds										•					✓	✓	
Sides	Burger Patty																	
Sides	Cheesy Fries Side GF						•						*			✓		
Sides	Cheddar GF						•									✓		
Sides	Chorizo GF																	
Sides	Diced Tofu GF									M		M	•			✓	✓	
Sides	Falafel GF												*			✓	✓	
Sides	Feta GF						•									✓		
Sides	Fennel, Radish & Red Onion Slaw GF															✓	✓	
Sides	Field Mushroom GF						•									✓		
Sides	Fried Egg GF			•												✓		
Sides	Fries Side GF												*			✓	✓	
Sides	Green Beans, Kale & Pea Side GF						•									✓		Vegan Option Available

## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH															MODIFICATION			
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS		VEGETARIAN	VEGAN	
Sides	Garlic Prawns GF			PRAWNS				•						•					
Sides	Halloumi GF							•									✓		
Sides	Halloumi & Sweetcorn Fritters				•			•			M					M			
Sides	Hollandaise GF				•			•									✓		
Sides	House Slaw Side GF	•			•			•		•				•			✓		Vegan Option Available
Sides	Hummus GF										•								
Sides	Jalapenos GF																✓	Ⓥ	
Sides	Little Cosy Side Salad GF									•							✓	Ⓥ	
Sides	Marrakesh Olives GF													•			✓	Ⓥ	
Sides	Scrambled Tofu GF									M		M	•						
Sides	Smocked Back Bacon GF																		
Sides	Smocked Salmon GF					•													
Sides	Sweet Pot Fries Side GF												*				✓	Ⓥ	
Sides	Thick Cut Chips GF												*				✓	Ⓥ	
Sides	Spinach GF							•									✓		Vegan Option Available
Sides	Pulled Beef Brisket GF																		

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Puddings	Warm Chocolate Brownie GF				•			•					•		M	✓		
Puddings	Chocolate & Orange Torte GF												•			✓	Ⓥ	
Puddings	Chocolate Bombe GF		M		M			•			M	M	•		M	✓		
Brunch	Linseed Bread (GF & V Toast)															✓	Ⓥ	
Brunch	Vegan Breakfast		WHEAT BARLEY		M			M					*			✓	Ⓥ	GF option with Linseed Bread
Brunch	Vegan Shakshuka		WHEAT RYE		M			M		M		M	•			✓	Ⓥ	GF option with Linseed Bread
Brunch	Vegan Avocado Brunch		WHEAT RYE BARLEY		M			M				M	M			✓	Ⓥ	GF option with Linseed Bread
Brunch	Vegan Crumpets with Cinnamon Butter		WHEAT		M											✓	Ⓥ	
Brunch	Vegan Crumpets with Marmite Butter	•	WHEAT RYE BARLEY OATS													✓	Ⓥ	
Brunch	Vegan Scrambled Tofu	•	WHEAT RYE BARLEY OATS		M			M		M		M	•			✓	Ⓥ	
Brunch	Vegan Toast With Jam		WHEAT										•			✓	Ⓥ	GF option with Linseed Bread
Brunch	Vegan Toast with Marmite	•	WHEAT RYE BARLEY OATS										•			✓	Ⓥ	
Tapas	Vegan Garlic Mushroom	M	WHEAT RYE BARLEY		M			M		M		M	M	•		✓	Ⓥ	GF option with Linseed Bread
Tapas	Vegan Harrissa-Roasted Vegetables															✓	Ⓥ	
Tapas	Vegan Mediterranean Mezze Plate		WHEAT						•		•	•				✓	Ⓥ	GF option with Linseed Bread
Tapas	Vegan Mediterranean Platter LRG		WHEAT						•		•	•				✓	Ⓥ	GF option with Linseed Bread

## GLUTEN FREE & VEGAN MENU

MENU CATEGORY GF & VEGAN 2019	DISH																	MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN			
Tapas	Vegan Roast Tumeric Cauliflower																ALMONDS	✓	ⓧ	
Mains	Vegan Roast Tumeric Cauliflower																ALMONDS	✓	ⓧ	
Mains	Vegan Fish & Chips			M		M												✓	ⓧ	
Mains	Vegan BLT	M	WHEAT OATS							M		M						✓	ⓧ	
Mains	Vegan Thai Green Vegetable Curry	M	M		M	M		M		M	M	M	M	M	M			✓	ⓧ	
Mains	Vegan Falafel & Hummus Sandwich	M	WHEAT RYE BARLEY		M			M		M								✓	ⓧ	
Mains	Vegan Superfood Bowl																	✓	ⓧ	
Mains	Vegan the BEYOND Burger	•	WHEAT		M			M										✓	ⓧ	
Sides	Vegan Ciabatta with Oil and Balsamic		WHEAT RYE BARLEY		M			M										✓	ⓧ	
Sides	Vegan Fennel																	✓	ⓧ	
Sides	Vegan Spinach, Green Beans and Peas Side																	✓	ⓧ	
Sides	Vegan Marrakesh Olives																	✓	ⓧ	
Sides	Vegan Sweet Pot Fries Side																	✓	ⓧ	
Sides	Vegan Tenderstem Broccoli with Garlic Butter																	✓	ⓧ	
Sides	Vegan Tenderstem Broccoli with Sweet Chilli Sesame																	✓	ⓧ	
Sides	Vegan Thick Cut Chips																	✓	ⓧ	

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY GF & VEGAN 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Sides	Vegan Cosy Side Salad									•						✓	Ⓥ	
Sides	Vegan Garlic Bread		WHEAT RYE BARLEY		M			M				M	M			✓	Ⓥ	
Sides	Vegan House Slaw	M								•				M		✓	Ⓥ	
Puddings	Vegan Chocolate & Orange Torte												•			✓	Ⓥ	
Puddings	Vegan Berry Cheesecake							M			M		•	•	M	✓	Ⓥ	



MENU CATEGORY DRINKS 2019	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
WINE White	Chenin Blanc Cullinan View							•							•				
WINE White	Picpoul de Pinet, Reserve Mirou														•		✓	Ⓥ	
WINE White	Sauvignon Blanc Pulpo							•							•				
WINE White	Chardonnay Bouchard														•				
WINE White	Verdejo El Velero Verde														•				
WINE White	Albarino Lolo Tree														•				
WINE White	Pinot Grigo Vita														•		✓	Ⓥ	
WINE Red	El Velero Tempranillo Garnacha														•				
WINE Red	Malbec Luna del Sur														•		✓	Ⓥ	

MENU CATEGORY DRINKS 2019	DISH																	MODIFICATION			
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN				
WINE Red	Cotes du Rhone Ogier																	✓	Ⓥ		
WINE Red	Merlot Monte Verde																		✓	Ⓥ	
WINE Red	Rioja Marques de Morano																		✓	Ⓥ	
WINE Red	Shiraz Short Mile Bay				•			•													
WINE Red	Pinot Noir Amodo																		✓	Ⓥ	
WINE Rose	White Zinfandel Lavender Hill							M													
WINE Rose	Pinot Grigio Rosato Corte Vigna																		✓	Ⓥ	
WINE Spark	English Sparkling Chapel Down				•	•															
WINE Spark	Prosecco Santa Fosca																		✓	Ⓥ	
WINE Spark	Moet and Chandon, Brut																		✓		

MENU CATEGORY DRINKS 2019	DISH																MODIFICATION		
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN		VEGAN	
Cocktails	Amaretto Disaronno Sours				•														
Cocktails	Aperol Spritz												•						
Cocktails	Bramble																		
Cocktails	Bucks Fizz												•						
Cocktails	Bulleit Bourbon Sours				•														
Cocktails	Cosmopolitan																		
Cocktails	Daiquiri																		
Cocktails	French Martini																		
Cocktails	French Sidecar				M														
Cocktails	Johnnie Walker Red Label Sours				•														
Cocktails	Kir Royale												•						
Cocktails	Long Island Iced Tea																		
Cocktails	Mai Tai		•																
Cocktails	Manhattan (Bulleit)												•						
Cocktails	Manhattan (Copper Dog)												•						
Cocktails	Manhattan (Evan Williams)												•						



MENU CATEGORY DRINKS 2019	DISH																	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	
Cocktails	Cosy Cosmo																	
Cocktails	English Garden																	
Cocktails	Mojito																	
Cocktails	Mojito SPLENDID																	
Cocktails	Mulled Wine Martini																	
Cocktails	Passion Fruit Mojito																	
Cocktails	Passion Fruit Mojito SPLENDID																	
Cocktails	Pear & Blackberry Royale							M		M								
Cocktails	Porn Star Martini																	
Cocktails	Rambling Ricky																	
Cocktails	Rhubarb & Elderflower Spritz																	
Cocktails	Rhubarb and Ginger Bramble																	



MENU CATEGORY DRINKS 2019	DISH																	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN		
Milkshakes	Banana Milkshake		•					•									✓		
Milkshakes	Chocolate Milkshake		•					•					M				✓		
Milkshakes	Strawberry Milkshake		•					•									✓		
Milkshakes	Vanilla Milkshake		•					•									✓		
Milks	Coconut Milk												•				✓	Ⓥ	
Milks	Oat Milk		•														✓	Ⓥ	
Milks	Soya Milk												•				✓	Ⓥ	
Milks	Dairy Full Fat milk							•									✓		
Milks	Dairy Skimmed Milk							•									✓		
Coffee	Iced coffee							•									✓		





MENU CATEGORY CHRISTMAS 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
Christmas Puddings	English Cheese Selection	•	OATS					•							M	✓		GF Option available: Ask for No Crackers and Swap for GF roll or Linseed Bread
Christmas Puddings	Chocolate & Cinder Toffee Cheesecake		WHEAT BARLEY		•			•		M			•	•	M			GF Option available: Ask for Baked Vanilla Cheesecake & Mulled Spiced Oranges instead
Christmas Puddings	Pimm's & Strawberry Trifle		WHEAT		•			•		M		M			M			GF Option available: Ask for no Sponge Roll
Christmas Puddings	Traditional Christmas Pudding				M			•					•	•		✓		
Vegan Christmas Starters	Roast Spiced Beetroot	M	M						M		•	•				✓	Ⓥ	
Vegan Christmas Starters	Cosy Festive Flatbread		WHEAT										•			✓	Ⓥ	
Vegan Christmas Starters	Truffled Garlic Mushrooms	M	WHEAT BARLEY RYE		M			M	M		M	M	•			✓	Ⓥ	
Vegan Christmas Main	Balsamic Roasted Beetroot & Thyme Tarte Tatin	•	WHEAT							M			•		M	✓	Ⓥ	
Vegan Christmas Pudding	Baked Vanilla Cheesecake & Mulled Spiced Oranges							M					•		M	✓	Ⓥ	
Vegan Christmas Pudding	Mince Pie		WHEAT										•		M	✓	Ⓥ	
Vegan Christmas Pudding	Chocolate & Orange Torte												•			✓	Ⓥ	

BUFFET MENU																		
MENU CATEGORY BUFFET 2019	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
BUFFET BITES	Thai Green Chicken Curry	M	WHEAT	•	M	M		M		M	M	M	•	M	M			
BUFFET BOWLS	Thai Veg Green Curry	M	WHEAT		M	M		M		M	M	M	•	M	M	✓	Ⓥ	
BUFFET BOWLS	Buttermilk Chicken & Chips	•	WHEAT BARLEY	*	•	*		•		•		M	•	•				
BUFFET BOWLS	Macaroni Cheese with Leek & Kale		WHEAT RYE BARLEY		M			•		•		M	M	•	M	✓		
BUFFET BOWLS	Chicken, Bacon & Avocado Salad							•		•		•	•					
BUFFET BOWLS	Superfood Bowl									•		•	•			✓	Ⓥ	
BUFFET BOWLS	Mini Fish & Chips	M	WHEAT	*	•	•		*		•			*	•				
BUFFET BOWLS	Sesame Chicken	*	WHEAT	*	*	*		*		•		•	•	*				
BUFFET BITES	Beef Burger Sliders	•	WHEAT		•			•		•		M						
BUFFET BITES	Scotch Egg	*	WHEAT BARLEY OATS	*	•	*		*		•			M	•				
BUFFET BITES	Beef & Bone Marrow Croquettes	M	WHEAT	*	•	*		•		•			*	•				
BUFFET BITES	Goats & Spinach Cheese Croquettes	M	WHEAT		•			•		•			*	M		✓		
BUFFET BITES	Avocado Toasts with Hummus & Rocket	M	WHEAT							M		•				✓		
BUFFET BITES	Mac Cheese Bites	M	WHEAT		•			•		•	M		M	*	M	✓		
BUFFET BITES	Garlic Mushrooms on Toast	M	WHEAT RYE BARLEY	•				•		M		M	M			✓		
BUFFET BITES	King Prawns Tempura	*	WHEAT	•	M	M		M		M	M	M	•	*	M			

MENU CATEGORY BUFFET 2019	DISH																VEGETARIAN VEGAN		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO <sub>2</sub>	TREENUTS				
<b>BUFFET BITES</b>	Mini Hot Smoked Salmon Fishcakes	M	M	*	.	.		.		M									
<b>BUFFET BITES</b>	Smoked Salmon Blinis	M	WHEAT		.	.		.		.			.						
<b>SANDWICH PLATTERS</b>	Cheese & Tomato Chutney		WHEAT					.									✓		
<b>SANDWICH PLATTERS</b>	Ham, Cheese and Mustard		WHEAT		.			.		.									
<b>SANDWICH PLATTERS</b>	Hummus, Avocado & Rocket		WHEAT								.						✓	Ⓥ	
<b>SANDWICH PLATTERS</b>	Smoked Salmon & Cream Cheese		WHEAT			.		.											
<b>SANDWICH PLATTERS</b>	Cream Cheese & Cucumber		WHEAT					.									✓		
<b>SIDES</b>	Olives												.				✓		
<b>SIDES</b>	Ciabatta with Balsamic & olive oil		WHEAT BARLEY RYE		M			.				M	M	.			✓		
<b>SIDES</b>	Garlic Bread with Cheese		WHEAT BARLEY RYE		M			.				M	M	.			✓		
<b>SIDES</b>	House Salad								.								✓		
<b>SIDES</b>	House Slaw	.			.			.		.		.	.				✓		
<b>SIDES</b>	Cheesy Fries							.				*					✓		
<b>SIDES</b>	Fries											*					✓		
<b>SIDES</b>	Thick Cut Chips											*					✓		
<b>SIDES</b>	Sweet Potato Fries											*					✓		
<b>SIDES</b>	Onion Rings		WHEAT		*			.		*		*	*				✓		