


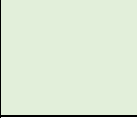




ALLERGEN MATRIX

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 Cosy Clubs. At the top we have listed the 14 declarable allergens for your reference.

	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.
M	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.
M*	A black M with a A BLUE Asterisk  means there is a 'May Contain' risk + a fryer cross contamination risk for this allergen.
	VEGETARIAN
	VEGAN

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.

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
BRUNCH	Back Bacon Bun		WHEAT RYE		M			•				M	•	•	M			
BRUNCH	Boston Brunch		WHEAT		•			•					•	•		✓		
BRUNCH	Bubble and Squeak w/ Bacon and Avocado				•				•									
BRUNCH	Bubble and Squeak w/ Mushroom & Avocado				•				•							✓		
BRUNCH	Butchers Brunch		WHEAT BARLEY OATS		•			•						•				
BRUNCH	Buttermilk Pancakes Bacon, Maple & Blueberries		WHEAT		•			•		M			•	M				
BRUNCH	Buttermilk Pancakes Berries, Banana & Yogurt		WHEAT		•			•		M	M		•	•	M	✓		
BRUNCH	Classic Breakfast		WHEAT		•			•						•				
BRUNCH	Cumberland Sausage Bun		WHEAT RYE		M			•				M	•	•	M			
BRUNCH	Eggs Hot Smoked Salmon		WHEAT RYE		•	•		•				M	•		M			
BRUNCH	Eggs Smoked Back Bacon		WHEAT RYE		•			•				M	•	•	M			

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO2	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
			WHEAT RYE															
BRUNCH	Eggs Spinach & Mushrooms		WHEAT RYE		•			•				M	•		M	✓		
BRUNCH	Ham Hock Hash	•	RYE BARLEY		•			•										
BRUNCH	Huevos Rancheros w/ Chorizo	M	WHEAT		•			M							M			
BRUNCH	Huevos Rancheros w/ Mushrooms and Feta	M	WHEAT		•			•							M	✓		
BRUNCH	Shakshuka		WHEAT		•											✓		
BRUNCH	Shakshuka with Chorizo		WHEAT		•													
BRUNCH	Shakshuka with Feta		WHEAT		•			•								✓		
BRUNCH	Shakshuka with Streaky Bacon		WHEAT		•													
BRUNCH	Smashed Avocado		WHEAT													✓	Ⓟ	
BRUNCH	Smashed Avocado with Halloumi		WHEAT					•								✓		
BRUNCH	Smashed Avocado with Poached Egg		WHEAT		•											✓		

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
BRUNCH	Smashed Avocado with Streaky Bacon		WHEAT															
BRUNCH	Smashed Avocado with Vine Tomatoes		WHEAT													✓	Ⓥ	
BRUNCH	Sourdough Toast with Blackcurrant Jam		WHEAT				•									✓		
BRUNCH	Sourdough Toast with Marmalade		WHEAT				•									✓		
BRUNCH	Sourdough Toast with Marmite	•	WHEAT RYE BARLEY OATS				•									✓		
BRUNCH	Sourdough Toast with Strawberry Jam		WHEAT				•									✓		
BRUNCH	Streaky Bacon Bun		WHEAT RYE		M		•				M	•		M				
BRUNCH	V Boston Brunch		WHEAT									•	•		✓	Ⓥ		
BRUNCH	V Market Garden Breakfast	•	WHEAT						M		M	•	*		✓	Ⓥ		
BRUNCH	V Shakshuka	•	WHEAT						M		M	•			✓	Ⓥ		
BRUNCH	V Vegan Sausage Bun		WHEAT RYE		M		M				M	•	•	M	✓	Ⓥ		

CORE & KIDS MENU

MENU CATEGORY	DISH	ALLERGENS														DIETARY		MODIFICATION
		CELERY	WHEAT	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO2	TREENUTS	VEGETARIAN	
NIBBLES	Courgette Fritti	M	WHEAT		M	M		M		M	M	M	•		M	✓		
NIBBLES	House Sourdough Loaf		WHEAT RYE					•								✓		
NIBBLES	Nocellara Olives															✓	Ⓥ	
SANDWICHES	Cosy Club Sandwich		WHEAT		•			•					*	*				
SANDWICHES	Fishfinger Sandwich		WHEAT BARLEY		•	•		M		•		M	•	•				
SMALL PLATES	Asian Fried Chicken		WHEAT		*	*		*		*		•	•					
SMALL PLATES	Bang Bang Cauliflower	M	M		M	M		M		M		•	•	M*		✓	Ⓥ	
SMALL PLATES	Burrata with Green Herb Dressing							•										
SMALL PLATES	Burrata with Olive Oil							•										
SMALL PLATES	Burrata with San Marzano Tomatoes							•										
SMALL PLATES	Charred Broccoli	M	M							M		•	•			✓	Ⓥ	
SMALL PLATES	Crispy Duck Salad (Small Plate)				*			*				•	•					
SMALL PLATES	Fried Halloumi		WHEAT		•			•					M*			✓		
SMALL PLATES	Garlic Prawns		WHEAT RYE	•				•										
SMALL PLATES	Harissa Lamb Shoulder (Small Plate)	•	WHEAT					•		•		•	•	•				
SMALL PLATES	Spanish Chicken & Chorizo (Small Plate)	•	WHEAT RYE	M	•	M		•	M	M	M	M	•	M				

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
MAINS	10oz Ribeye Steak												*	*				
MAINS	10oz Ribeye Steak w Bearnaise sauce				•			•					*	*				
MAINS	10oz Ribeye Steak w Green Herb Dressing												*	*				
MAINS	10oz Ribeye Steak w Old Winchester Butter				•			•					*	*				
MAINS	10oz Ribeye Steak w Peppercorn Sauce							•					*	*				
MAINS	6oz Flat Iron Steak												*	*				
MAINS	6oz Flat Iron Steak w green herb dressing												*	*				
MAINS	6oz Flat Iron Steak w Old Winchester Butter				•			•					*	*				
MAINS	Buttermilk Chicken	•	WHEAT BARLEY		•	•		•	•				•	•				
MAINS	Chicken, Bacon & Avocado Salad				•			•	•		•	•	•					
MAINS	Crispy Duck Salad (Large Plate)				*			*			•	•						
MAINS	Dirty Chicken Burger	•	WHEAT RYE BARLEY		•	•		•	•	M	M	•	•	•	M			
MAINS	Green Risotto	•			•			•					•			☑		
MAINS	Harissa Lamb Shoulder (Large Plate)	•	WHEAT					•	•		•	•	•					

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
MAINS	House Beef Burger	•	WHEAT RYE		•			•		•		M	•	•	M			
MAINS	Mushroom, Leek & Vintage Cheddar Tart		WHEAT		•			•				M	M		✓			
MAINS	Pan Fried Seabass	M	WHEAT		M	•		M		M		•	•	M				
MAINS	Roast Harissa Cauliflower	M	M							•		•	•	*	✓	Ⓟ		
MAINS	Salmon Fishcakes		WHEAT		•	•		•		*			M*					
MAINS	Spanish Chicken & Chorizo (Large Plate)	•	WHEAT RYE	M	•	M		•	M	M	M	M	M	•	M			
MAINS	Sunshine Bowl with Avocado	•														✓	Ⓟ	
MAINS	Sunshine Bowl with Hot Smoked Salmon	•				•												
MAINS	V Green Risotto	•											•		✓	Ⓟ		
MAINS	Vegan Cheeseburger	•	WHEAT RYE		M			M		•		M	•	*	M	✓	Ⓟ	

CORE & KIDS MENU

MENU CATEGORY	DISH	ALLERGENS																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
SIDES	Fries Side												*	*			✓	ⓧ	
SIDES	House Salad Side	•							•								✓	ⓧ	
SIDES	Mac & Cheese Side		WHEAT		*		•		•	M	M	*			M		✓		
SIDES	Onion Rings Side		WHEAT		*		•		*			*					✓		
SIDES	Roasted Baby New Potatoes				•			•									✓		
SIDES	Tenderstem Broccoli Side																✓	ⓧ	

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
PUDDINGS	Affogato		M					•			M		M		M	✓		
PUDDINGS	Apple Tarte Fine		WHEAT					•			M		M		M	✓		
PUDDINGS	Lemon Posset		WHEAT					•					•			✓		
PUDDINGS	Salted Caramel Cheesecake		WHEAT		•			•					•		M	✓		
PUDDINGS	Valrhona Chocolate Brownie		M		•			•			M		•		M	✓		
PUDDINGS	Vegan Cheesecake with Raspberries												•		M	✓	Ⓥ	

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
ADD/EXTRA	Sharing Loaf		WHEAT RYE													<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Avocado															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Baked Beans															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Beyond Burger															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Black Pudding		WHEAT BARLEY OATS															
ADD/EXTRA	Add Cheddar Slice							.								<input checked="" type="checkbox"/>		
ADD/EXTRA	Add Chorizo																	
ADD/EXTRA	Add Feta							.								<input checked="" type="checkbox"/>		
ADD/EXTRA	Add Flat Mushroom															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Fried Egg				.											<input checked="" type="checkbox"/>		
ADD/EXTRA	Add Halloumi Slices							.								<input checked="" type="checkbox"/>		
ADD/EXTRA	Add Hollandaise				.			.								<input checked="" type="checkbox"/>		
ADD/EXTRA	Add Maple Syrup															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ADD/EXTRA	Add Pancake		WHEAT		.			.		M			.	M	M	<input checked="" type="checkbox"/>		

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
ADD/EXTRA	Add Poached Egg				•											✓		
ADD/EXTRA	Add Roasted Vine Tomatoes															✓	Ⓟ	
ADD/EXTRA	Add Rosti				•		•									✓		
ADD/EXTRA	Add Sausage Cumberland													•				
ADD/EXTRA	Add Scrambled Tofu	•							M	M		•				✓	Ⓟ	
ADD/EXTRA	Add Smoked Back Bacon													•				
ADD/EXTRA	Add Smoked Streaky Bacon																	
ADD/EXTRA	Add Sourdough Toast & Butter		WHEAT				•									✓		
ADD/EXTRA	Add Spinach						•									✓		
ADD/EXTRA	Add Vegan Hash Browns											*	*			✓	Ⓟ	
ADD/EXTRA	Add Veggie Sausage											•	•			✓	Ⓟ	
ADD/EXTRA	Scrambled Eggs				•		•									✓		
ADD/EXTRA	GF Add Linseed Toast & Butter						•									✓		
ADD/EXTRA	V Add Sourdough Toast & Sunflower spread		WHEAT													✓	Ⓟ	
ADD/EXTRA	V Add Spinach															✓	Ⓟ	

CORE & KIDS MENU

MENU CATEGORY	DISH	ALLERGENS																MODIFICATION	
		CELERY	CEREALS-CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
KIDS	Kids Fries												*	*		✓	ⓧ		
KIDS	Kids 100% Beef Burger	•	WHEAT RYE		M				M	•			M	•	•	M			
KIDS	Kids Burger Salad Side	•								•						✓	ⓧ		
KIDS	Kids Breaded Chicken Goujons	•	WHEAT							•			*	*					
KIDS	Kids Macaroni Cheese		WHEAT					•		•	M	M			M	✓			
KIDS	Kids Breakfast		WHEAT		•			•						•					
KIDS	Kids Buttermilk Pancakes Berries, Banana & Yogurt		WHEAT		•			•		M	M		•	•	M	✓			
KIDS	Kids Vegan Burger	•	WHEAT RYE		M				M	•		M	•	*	M	✓	ⓧ		
KIDS	Kids Veggie Sausages, Chips and Beans	•								•			•	•		✓	ⓧ		
KIDS	Kids Veggie Stir Fry	M	WHEAT		M	M		M		M		•	•	M		✓	ⓧ		
KIDS	Kids Sausages, Chips and Beans	•								•			*	•					
KIDS	Kids Cheesy Beans on Toast		WHEAT BARLEY		M			•				M	•			✓			
KIDS	Kids Fish Fingers	•	WHEAT		*	•		*		•			*	*					
KIDS	Kids Fruit Bowl															✓	ⓧ		
KIDS	Kids Chocolate Brownie		M		•			•			M		•		M	✓			
KIDS	Kids Vanilla Ice Cream		M					•			M		M		M	✓			

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH																	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	
BRUNCH	GF Back Bacon Bun				•			•							•			
BRUNCH	GF Boston Brunch				•			•					•	•			✓	
BRUNCH	GF Bubble and Squeak w/ Bacon and Avocado				•				•									
BRUNCH	GF Bubble and Squeak w/ Mushroom & Avocado				•				•								✓	
BRUNCH	GF Butchers Brunch				•			•							•			
BRUNCH	GF Classic Breakfast				•			•							•			
BRUNCH	GF Cumberland Sausage Bun				•			•							•			
BRUNCH	GF Eggs Hot Smoked Salmon				•	•		•										
BRUNCH	GF Eggs Smoked Back Bacon				•			•							•			
BRUNCH	GF Eggs Spinach & Mushrooms				•			•									✓	
BRUNCH	GF Shakshuka				•												✓	
BRUNCH	GF Shakshuka with Chorizo				•													

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN VEGAN		MODIFICATION
																<input type="checkbox"/>	<input type="checkbox"/>	
BRUNCH	GF Shakshuka with Feta				•			•								<input checked="" type="checkbox"/>		
BRUNCH	GF Shakshuka with Streaky Bacon				•													
BRUNCH	GF Smashed Avocado															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
BRUNCH	GF Smashed Avocado with Halloumi							•								<input checked="" type="checkbox"/>		
BRUNCH	GF Smashed Avocado with Poached Egg				•											<input checked="" type="checkbox"/>		
BRUNCH	GF Smashed Avocado with Streaky Bacon																	
BRUNCH	GF Smashed Avocado with Vine Tomatoes															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
BRUNCH	GF Streaky Bacon Bun				•			•										
BRUNCH	GF Toast with Blackcurrant Jam							•								<input checked="" type="checkbox"/>		
BRUNCH	GF Toast with Marmalade							•								<input checked="" type="checkbox"/>		
BRUNCH	GF Toast with Strawberry Jam							•								<input checked="" type="checkbox"/>		
BRUNCH	GF V Boston Brunch												•	•		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
BRUNCH	GF V Market Garden Breakfast	•	M							M		M	•	*		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
BRUNCH	GF Veggie Sausage Bun				•			•					•	•		<input checked="" type="checkbox"/>		

GLUTEN FREE & VEGAN MENU																			
MENU CATEGORY	DISH																		MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
SMALL PLATES	GF Bang Bang Cauliflower	M	M		M	M		M		M		.	.	M*		☑	Ⓟ		
SMALL PLATES	GF Burrata with Green Herb Dressing							.											
SMALL PLATES	GF Burrata with Olive Oil							.											
SMALL PLATES	GF Burrata with San Marzano Tomatoes							.											
SMALL PLATES	GF Charred Broccoli	M	M							M		.	.			☑	Ⓟ		
SMALL PLATES	GF Crispy Duck Salad (Small Plate)				*			*				.	.						
SMALL PLATES	GF Garlic Prawns			.	.			.											
SMALL PLATES	GF Harissa Lamb Shoulder (Small Plate)	.	M		*					
SMALL PLATES	GF Spanish Chicken & Chorizo (Small Plate)	.	M	M	.	M		.	M	M	M	M	M	.	M				
NIBBLES	Nocellara Olives															☑	Ⓟ		
MAINS	GF 10oz Ribeye Steak												*	*					
MAINS	GF 10oz Ribeye Steak w Bearnaise sauce				.			.					*	*					
MAINS	GF 10oz Ribeye Steak w Green Herb Dressing												*	*					
MAINS	GF 10oz Ribeye Steak w Old Winchester Butter				.			.					*	*					
MAINS	GF 10oz Ribeye Steak w Peppercorn Sauce							.					*	*					

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
MAINS	GF 6oz Flat Iron Steak.												*	*				
MAINS	GF 6oz Flat Iron Steak w green herb dressing												*	*				
MAINS	GF 6oz Flat Iron Steak w Old Winchester Butter				•			•					*	*				
MAINS	GF Chicken, Bacon & Avocado Salad.				•			•	•		•	•	•					
MAINS	GF Crispy Duck Salad (Large Plate)				*			*			•	•						

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH																	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ²	TREENUTS	VEGETARIAN	VEGAN	
MAINS	GF Green Risotto	•			•			•					•		☑			
MAINS	GF Harissa Lamb Shoulder (Large Plate)	•	M		•			•		•		•	*					
MAINS	GF House Beef Burger	•			•			•		•		*	•					
MAINS	GF Roast Harissa Cauliflower	M	M						•		•	•	*		☑	Ⓥ		
MAINS	GF Spanish Chicken & Chorizo (Large Plate)	•	M	M	•	M		•	M	M	M	M	•	M				
MAINS	GF Sunshine Bowl with Avocado	•													☑	Ⓥ		
MAINS	GF Sunshine Bowl with Hot Smoked Salmon	•				•												
MAINS	GF Veggie Cheeseburger	•			•			•		•		*	•		☑			
MAINS	Vegan Slaw Portion	•							•						☑	Ⓥ		

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
SIDES	GF Fries Side												*	*		✓	Ⓥ	
SIDES	GF House Salad Side	•								•						✓	Ⓥ	
SIDES	GF Roasted Baby New Potatoes				•			•								✓		
SIDES	GF Tenderstem Broccoli Side															✓	Ⓥ	
PUDDINGS	GF Affogato		M					•			M		M		M	✓		
PUDDINGS	GF Lemon Posset							•					•			✓		
PUDDINGS	GF Valrhona Chocolate Brownie		M		•			•			M		•		M	✓		
PUDDINGS	GF Vegan Cheesecake with Raspberries												•		M	✓	Ⓥ	

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
GF KIDS	Kids Fries												*	*		✓	Ⓥ	
GF KIDS	GF Kids 100% beef burger	•			•					•			*	•				
GF KIDS	GF Kids Breakfast				•			•						•				
GF KIDS	GF Kids Cheesy Beans on Toast							•								✓		
GF KIDS	GF Kids Sausages, Chips and Beans	•								•			*	•				
GF KIDS	GF Kids Vegan Breakfast												•	•		✓	Ⓥ	
GF KIDS	GF Kids Veggie Sausage, Chips & Beans	•								•			•	•		✓	Ⓥ	
GF KIDS	GF Kids Veggie Burger	•			•					•			*	*		✓		
GF KIDS	GF Kids Chocolate Brownie		M		•			•			M		•		M	✓		
GF KIDS	GF Kids Vanilla Ice Cream		M					•			M		M		M	✓		
GF KIDS	GF Kids Fruit Bowl															✓	Ⓥ	

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
BRUNCH	V Boston Brunch		WHEAT										•	•		✓	Ⓥ	
BRUNCH	V Market Garden Breakfast	•	WHEAT							M		M	•	*		✓	Ⓥ	
BRUNCH	V Mexican Brunch w/ Mushrooms	•	WHEAT					M		M		M	•		M	✓	Ⓥ	
BRUNCH	V Shakshuka	•	WHEAT							M		M	•			✓	Ⓥ	
BRUNCH	V Smashed Avocado		WHEAT													✓	Ⓥ	
BRUNCH	V Smashed Avocado with Vine Tomatoes		WHEAT													✓	Ⓥ	
BRUNCH	V Toast with Blackcurrant Jam		WHEAT													✓	Ⓥ	
BRUNCH	V Toast with Marmalade		WHEAT													✓	Ⓥ	
BRUNCH	V Toast with Marmite	•	WHEAT RYE BARLEY OATS													✓	Ⓥ	
BRUNCH	V Toast with Strawberry Jam		WHEAT													✓	Ⓥ	
BRUNCH	V Vegan Sausage Bun		WHEAT RYE		M			M				M	•	•	M	✓	Ⓥ	

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
SMALL PLATES	V Bang Bang Cauliflower	M	M		M	M		M		M		•	•	M		✓	Ⓥ	
SMALL PLATES	V Charred Broccoli	M	M							M		•	•			✓	Ⓥ	
NIBBLES	Nocellara Olives															✓	Ⓥ	
NIBBLES	V House Sourdough Oil & Balsamic Vinegar		WHEAT RYE										•			✓	Ⓥ	
MAINS	Add Burger Salad Side	•								•						✓	Ⓥ	
MAINS	V Green Risotto	•											•			✓	Ⓥ	
MAINS	V Roast Harissa Cauliflower	M	M							•		•	•			✓	Ⓥ	
MAINS	V Sunshine Bowl with Avocado	•														✓	Ⓥ	
MAINS	Vegan Cheeseburger	•	WHEAT RYE		M			M		•		M	•		M	✓	Ⓥ	
MAINS	Vegan Slaw Portion for Menu	•								•			*	*		✓	Ⓥ	
SIDES	V Fries Side												*	*		✓	Ⓥ	
SIDES	V House Salad Side	•								•						✓	Ⓥ	
SIDES	V Roasted Baby New Potatoes															✓	Ⓥ	
SIDES	V Tenderstem Broccoli Side															✓	Ⓥ	
PUDDINGS	Vegan Cheesecake with Raspberries												•		M	✓	Ⓥ	

GLUTEN FREE & VEGAN MENU																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO²	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
KIDS	Add Kids Fries												*	*		✓	Ⓥ	
KIDS	Kids Add Burger Salad Side	•							•							✓	Ⓥ	
KIDS	Kids Vegan Breakfast		WHEAT										•	•		✓	Ⓥ	
KIDS	Kids Vegan Burger	•	WHEAT RYE		M			M	•		M		•	*	M	✓	Ⓥ	
KIDS	V Kids Beans on Toast		WHEAT BARLEY		M			M			M		•			✓	Ⓥ	
KIDS	V Kids Fruit Bowl															✓	Ⓥ	
KIDS	V Kids Vegan Sausages, Chips and Beans	•							•				•	•		✓	Ⓥ	
KIDS	V Kids Vegan Stir Fry	M	WHEAT		M	M		M	M		•	•	M			✓	Ⓥ	

DRINKS																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
WINE WHITE	Chenin Blanc Cullinan View							•						•				
WINE WHITE	Te Kairanga Riesling, Martinborough							•						•		✓		
WINE WHITE	Vinuva Organic Pinot Grigio, Terre Siciliane													•		✓	Ⓥ	
WINE WHITE	Petit Chablis, J. Moreau et Fils													•		✓	Ⓥ	
WINE WHITE	Villa Maria Cellar Selection Sauvignon Blanc, Marlborough					•		•						•				
WINE WHITE	Luis Felipe Edwards Reserva Sauvignon Blanc, Casablanca Valley													•				
WINE WHITE	Casa Albali Verdejo-Sauvignon Blanc, Valdepetas													•				
WINE WHITE	Chardonnay Bouchard													•				
WINE WHITE	Verdejo El Velero Verde													•				

DRINKS																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
WINE RED	Don Jacobo Rioja Vendimia Seleccionada, Bodegas Corral													•		✓	Ⓥ	
WINE RED	Château-neuf-du-Pape, Les Clefs du Paradis													•		✓	Ⓥ	
WINE RED	Chateau Vignot Saint-Emilion Grand Cru													•		✓	Ⓥ	
WINE RED	Reign of Terroir Pinotage, Swartland													•		✓	Ⓥ	
WINE RED	Familia Zuccardi Brazos Malbec, Uco Valley, Mendoza													•		✓	Ⓥ	
WINE RED	Angus The Bull Cabernet Sauvignon, Victoria													•		✓	Ⓥ	
WINE RED	Vinuva Organic Nero d'Avola, Terre Siciliane													•		✓	Ⓥ	
WINE RED	Ceres Composition Pinot Noir, Central Otago													•		✓	Ⓥ	
WINE RED	Shiraz Short Mile Bay			•				•						•				
WINE ROSE	Mirabeau Belle Anne Rosee, Vin de France													•		✓		
WINE ROSE	White Zinfandel Lavender Hill							M						•				
WINE SPARKS	Laurent Perrier La Cuvee													•		✓	Ⓥ	
WINE SPARKS	Prosecco Santa Fosca													•		✓	Ⓥ	

DRINKS																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
COCKTAILS	Aperol Spritz CLASSIC													•		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Bloody Mary PF	•	BARLEY	•	•		•			•			•	•				
COCKTAILS	Blow a Raspberry at Colin PITCHER															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Blow a Raspberry at Colin															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Cherry Bakewell PITCHER															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Cherry Bakewell															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Cosy Colada															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Crushed Blush															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	English Garden PITCHER															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	English Garden															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Mojito															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
COCKTAILS	Passion Fruit Mojito															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

DRINKS																			
MENU CATEGORY	DISH																VEGETARIAN	VEGAN	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS				
COCKTAILS	Raspberry Mojito																✓		
COCKTAILS	Butter Toffee Old-Fashioned							•									✓		
COCKTAILS	Coconut Éclair							•						•			✓		
COCKTAILS	Porn Star Martini													•			✓	ⓧ	
COCKTAILS	Raspberry & Vanilla Martini													•			✓	ⓧ	
COCKTAILS	Vanilla Espresso Martini																✓	ⓧ	
COCKTAILS	Classic Mimosa													•			✓	ⓧ	
COCKTAILS	Rhubarb & Elderflower Spritz													•			✓	ⓧ	
COCKTAILS	Sparkling Sherbet Lemon				•										•		✓		
N&L COCKTAILS	N&L Cherry Bakewell		BARLEY														✓	ⓧ	
N&L COCKTAILS	N&L English Garden																✓	ⓧ	
N&L COCKTAILS	N&L Espresso Martini														M		✓	ⓧ	
MOCKTAILS	Morning Cooling / Lemonade																✓	ⓧ	
MOCKTAILS	Pink Lemonade																✓	ⓧ	
MOCKTAILS	Virgin Mary	•	BARLEY		•	•				•			•	•					

DRINKS																		
MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
MILKS	Coconut Milk												.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
MILKS	Oat Milk		OATS													<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
MILKS	Soya Milk												.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
MILKS	Dairy Full Fat milk							.								<input checked="" type="checkbox"/>		
MILKS	Dairy Skimmed Milk							.								<input checked="" type="checkbox"/>		
COFFEE	Iced coffee							.								<input checked="" type="checkbox"/>		

XMAS MENU 2021

MENU CATEGORY	DISH	ALLERGENS																MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	
STARTER	Asian Fried Chicken		WHEAT		*	*		*		*		.	.					
STARTER	Broccoli Small Plate	M	M							M		.	.			✓	Ⓥ	
STARTER	Fried Halloumi with Spiced Date & Chilli Jam		WHEAT		.			.					M	.		✓		
STARTER	House Sourdough Loaf		WHEAT RYE					.								✓		
STARTER	Pigs in Blankets in a sticky cider, honey & mustard glaze	.							.				.					
MAINS	Butternut Squash Old winchester & Sage Risotto			✓		
MAINS	Confit Duck Leg	.	M	M	M	M		.	M	M	M	M	M	.	M			
MAINS	Pan-Fried Fillet Of Salmon	M	M	.	M	.		.	.	M	M	M	M	.	M			
MAINS	Roasted Beetroot, Brie & Thyme Tarte Tatin	.	WHEAT					.			M		.	M	✓			
MAINS	Turkey & Smoked Bacon Pie	.	WHEAT		.			.			M	M	M	.				
MAINS	V Butternut Squash & Sage Risotto	.											.			✓	Ⓥ	
MAINS	V Roasted Beetroot & Thyme Tarte Tatin	.	WHEAT							M			.	M	✓	Ⓥ		

XMAS MENU 2021

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
PUDDING	British Cheese Selection/		WHEAT OATS					•					•	M	✓			
PUDDING	Lemon Posset		WHEAT					•				•			✓			
PUDDING	Salted Caramel Cheesecake		WHEAT BARLEY		•			•				•		M	✓			
PUDDING	Traditional Christmas Pudding		WHEAT BARLEY		M			•				M	M	WALNUTS	✓			
PUDDING	Vegan Cheesecake with Raspberries											•		M	✓	Ⓥ		