

Mains - Allergens Matrix - April 23

| Name | Celery | Crustacean | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Soybeans | Sulphur | Nuts | Almond | Brazil | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Cereals (Gluten) | Barley | Oats | Rye | Wheat |
|--|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|
| Core Mains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6X Gold beer battered haddock with chunky chips, mushy peas, tartare sauce, lemon | N | N | Y | Y | N | N | N | Y | N | M | N | N | M | M | M | M | M | M | M | M | M | N | N | N | N | N |
| Honey glazed ham, free range fried eggs, slow cooked tomato, chips | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Beef & 6X ale pie, seasonal greens, gravy and creamy mash or chips | Y | N | Y | N | N | Y | N | Y | N | N | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | |
| Homemade Beef & 6X ale pie, seasonal greens, gravy and creamy mash or chips | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| The Henry Burger, our signature beef burger, mature cheddar cheese, baby gem, tomato, Henry's IPA relish, burger sauce, coleslaw and fries | Y | N | Y | N | N | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Portuguese slow cooked pork in Horizon golden ale, paprika & garlic fries, tomato & oregano salad | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | N | N | N |
| Roasted cauliflower steak, caponata, fried basil gnocchi | Y | M | M | M | N | M | N | M | N | N | M | Y | M | N | N | N | M | N | N | M | N | Y | N | N | N | Y |
| Steak & Frites with roasted garlic & herb butter | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| 8oz 28 day aged Rump, slow cooked plum tomato, flat mushroom, 6X Gold beer battered onion rings & chips. <i>Choose from Peppercorn, Béarnaise, Blue cheese sauce.</i> | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| 8oz 28 day aged sirloin steak, slow roasted plum tomato, flat mushroom, 6X Gold beer battered onion rings & chips. <i>Choose from Peppercorn, Béarnaise, Blue cheese sauce</i> | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Fish Mains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoked haddock kedgerree, poached free- range egg | Y | N | Y | Y | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Chorizo and Horizon golden ale mussels, warm sourdough | N | N | M | N | N | M | Y | N | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | Y | N | N | Y |
| Devonshire Crab, beer mac & cheese, pickled fennel, rocket, garlic bread croutons | N | Y | M | Y | N | Y | Y | Y | N | M | N | N | M | M | N | M | M | N | N | M | M | Y | Y | Y | Y | Y |
| Miso & honey glazed salmon, pickled ginger, spring onion noodles | N | N | N | Y | N | N | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Homemade Thai fish cake, Asian slaw, crispy duck egg | N | M | Y | Y | N | Y | M | N | M | M | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | N | Y | |
| King prawn, chorizo & sundried tomato tagliatelle | M | Y | Y | M | N | Y | N | M | N | N | M | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | N | Y | |
| Sicilian fish stew, fregola, saffron rouille, toasted sour dough | Y | Y | M | Y | N | Y | Y | N | N | M | M | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y |
| Smoked trout, peas, bacon & baby gem, truffle cream | Y | N | N | Y | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Poached smoked haddock Monte Carlo | N | N | Y | Y | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pan roasted fillet of Salmon, dill crushed potatoes, hollandaise & crispy capers | N | N | Y | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Meat Mains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| char grilled pork T-bone, baked rataouille, basil crumb, parmesan and mustard mash | N | N | N | N | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Half roasted chicken, sweet potato fries, Caesar wedge, cucumber & pepper relish | Y | N | Y | N | N | Y | N | Y | N | M | N | Y | M | M | M | M | M | M | M | M | M | Y | Y | Y | Y | Y |
| Roasted pork fillet, Parmesan polenta, pine nut crumble, roasted baby corn, crème fraiche sauce | N | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | M | N | N | N | M |
| Nduja & mascarpone tortellini, courgette, pea, mint, pecorino, rocket | M | M | Y | M | N | Y | N | M | N | N | M | N | M | N | N | N | M | N | N | M | N | Y | N | N | N | Y |
| Slow roasted pork belly, golden fried gnocchi, pea and mint salsa | N | N | N | N | N | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Char grilled bacon chop, braised leeks, mashed potato, parsley sauce | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Free range chicken supreme, tarragon crushed potatoes, courgettes, peas, braised gem, truffle sauce | N | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Smoked Bacon, pea & basil macaroni, garlic bread | N | N | N | N | N | Y | N | Y | N | N | M | Y | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Chicken Milanese, prosciutto, mozzarella, fries, dressed leaves | N | N | Y | N | N | Y | N | N | N | M | N | N | M | M | M | M | M | M | M | M | M | N | N | N | N | N |

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|--|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|
| Veg Mains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bubble and squeak, portobella mushroom, poached egg, hollandaise | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Miso & maple glazed aubergine steak, sweet potato fries, Asian slaw | N | N | N | N | N | N | N | N | M | M | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | N | N | N | N |
| Pea, broad bean and toasted feta risotto | Y | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Truffle cream tagliatelle, Parmesan, rocket | Y | M | Y | M | N | Y | N | Y | N | N | M | Y | M | N | N | N | M | N | N | M | N | Y | N | N | N | Y |
| Aubergine, mascarpone & spinach cannelloni, toasted pine nuts, rocket | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Courgette, blackpepper and lemon spaghetti, basil, pine nut | N | N | M | N | N | Y | N | N | M | M | N | M | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Preserved lemon, courgette, red onion & aubergine skewers, cous cous, apricot harissa hummous ,flatbread | N | N | M | N | N | M | N | N | N | Y | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | N | N | Y |
| Pea and shallot ravioli, crushed peas, pea velouté, pea shoots, crispy onions | Y | M | M | M | N | M | N | M | N | N | M | Y | M | N | N | N | M | N | N | M | N | Y | N | N | N | Y |
| Asian soba noodle, pickled ginger, roasted pak choi | N | N | N | N | N | N | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Premium Mains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6oz Dry aged fillet steak, bubble & squeak, creamed spinach & fried egg | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Crispy lamb shoulder, Cornish new potatoes, whipped goats cheese, salsa Verde, watercress | Y | N | Y | Y | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Honey glazed duck breast, fondant potato, courgettes, peas & broad beans, red wine sauce | Y | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pan-fried fillet of sea bass, crushed new potatoes, fine herb hollandaise | N | N | Y | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Roast fillet of cod, basil & mozzarella gnocchi, artichokes, sweet & sour pepper sauce | Y | M | M | Y | N | Y | N | M | N | N | M | Y | M | N | N | N | M | N | N | M | N | Y | N | N | N | Y |
| Hake wrapped in Prosciutto ham, tomato fondue, basil crumb, ratatouille | N | N | N | Y | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pan Fried fillet of cod, buttered leeks, caviar hollandaise, linguine | N | N | Y | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Pan fried Salmon Nicoise Salad, tapenade dressing | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y - Contains | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M - May contain | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N - Does not contain | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|
| Core Starters | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soup of the day, warm sourdough | Y | N | M | N | N | Y | N | N | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y |
| Chargrilled Mediterranean vegetable antipasti brushetta, lemon oil and rocket | N | N | M | N | N | M | N | N | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y |
| | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Meat Starters | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bresaola, pickled veg, watercress, rye bread croutons | N | N | M | N | N | M | N | N | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | Y | N | Y | Y |
| Chicken liver parfait, spiced plum chutney, toasted brioche | N | N | Y | N | N | Y | N | Y | N | M | Y | Y | M | M | N | N | M | N | N | N | M | Y | Y | Y | Y | Y |
| Crispy ham hock and pea terrine, broad bean, pea, shallot salad, lemon dressing | N | N | Y | N | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Ham hock and pickled carrot terrine, pickled shitake mushroom, honey and mustard dressing | N | N | N | N | N | N | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Chicken and pancetta terrine, green tomato chutney, toasted sourdough | N | N | M | N | N | M | N | Y | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y |
| Homemade Scotch egg, 6X beer mustard mayonnaise, lambs lettuce | N | N | Y | N | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Lamb and anchovy croquette, gremolata, rocket and parmesan | Y | N | Y | Y | N | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Buttermilk fried chicken, aioli | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Chargrilled sourdough, prosciutto, crushed peas, cream cheese, lemon dressing | N | N | M | N | N | Y | N | N | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Korean BBQ pulled pork Bao buns, chilli and spring onion | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Spicy Korean chicken wings, spring onion & coriander SS | N | N | N | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Fish Starters | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BBQ Korean-style calamari tacos | N | N | N | N | N | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Grilled sardines on toasted sour dough, confit tomatoes, garlic and chilli | N | N | M | N | N | M | N | N | N | M | N | N | M | M | N | N | M | N | M | M | M | M | Y | N | N | N | Y |
| 6X ale steamed mussels with garlic, mustard & tarragon, warm sourdough | N | N | M | Y | N | Y | Y | Y | N | M | N | N | M | M | N | N | M | N | M | M | M | M | Y | N | N | N | Y |
| Hot smoked salmon salad, chilli and lemon dressing | N | N | N | Y | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Tempura sole fillet, Asian slaw, sweet green chilli & basil dipping sauce | Y | M | Y | Y | N | Y | Y | M | M | M | Y | M | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | N | N | Y | |
| Grilled Mackerel, heritage tomato salad, lovage pesto | N | N | N | Y | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Tempura prawns, Asian slaw, sweet green chilli sauce | N | Y | N | N | N | N | N | N | M | M | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | N | N | N | Y | |
| Severn & Wye smoked salmon, orange, beetroot & apple remoulade | N | N | N | Y | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Potted crayfish, caperberries, sourdough toast | N | Y | M | N | N | Y | N | N | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Veg/vegan starters | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Summer goats cheese rarebit, beetroot and black pepper salsa, watercress | N | N | Y | N | N | Y | N | Y | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Vegan feta, beetroot and black pepper salsa, watercress | N | N | M | N | N | M | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Breaded halloumi fries, sweet chilli sauce | N | N | N | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Watermelon, grilled halloumi, peanut, caper and mint dressing | N | N | M | N | N | Y | N | N | Y | M | M | Y | M | M | M | M | M | M | M | M | M | M | N | N | N | M | |
| Watermelon, vegan feta, peanut & mint salad | N | N | M | N | N | M | N | N | Y | M | M | Y | M | M | M | M | M | M | M | M | M | M | N | N | N | M | |
| Creamy burrata, chargrilled artichoke, red pepper, caper berries, purple pesto | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pea, leek & mint potato cake, cucumber yogurt | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Hoi sin sticky Cauliflower wings, sea weed mayo | N | M | Y | N | N | N | M | N | N | Y | Y | N | M | M | M | M | M | M | M | M | M | Y | N | N | N | Y | |
| Twice baked Hereford hop cheese soufflé, celeriac, apple and parsley salad | Y | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Premium starters | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoked duck salad, chicory, pomegranate, cumin cous cous | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Wookey hole cheddar frittata, pickled mushrooms, sweetcorn relish | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pan-fried wood pigeon, black pudding, toasted pine nuts, raspberry & rocket salad | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | Y | N | N | |
| Seafood frito misto, saffron aioli | N | Y | Y | Y | N | N | Y | N | N | N | Y | N | M | M | M | M | M | M | M | M | M | Y | N | N | N | Y | |
| Gin cured salmon, horseradish cream, pickled beetroots, sourdough | M | N | Y | Y | N | Y | N | Y | N | M | N | Y | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Devilled crab, smoked chilli jam, toasted sour dough | N | Y | Y | Y | N | Y | N | Y | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | Y | N | N | Y | |
| Seared scallops, chargrilled new potatoes, pea puree, crispy capers | N | N | N | N | N | Y | Y | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Sharers | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bucket of BBQ wings, crispy onions | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Charcuterie, olives, balsamic onion, mature cheddar cheese, sourdough & extra virgin olive oil | N | N | M | N | N | Y | N | N | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Dirty fries, pulled BBQ pork, cheddar cheese, jalapenos, chipotle sauce | N | N | Y | N | N | Y | N | Y | N | M | N | N | M | M | M | M | M | M | M | M | M | N | N | N | N | N | |
| Goats cheese & red onion marmalade flatbread | N | N | N | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Turkish lamb flatbread, feta cheese, pine nuts, hot honey | N | N | N | N | N | Y | N | N | N | Y | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Confit hoi sin Duck flatbread, chilli & spring onion | N | N | N | N | N | M | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Italian flatbread, Prosciutto, burrata & tomato pesto | M | N | Y | M | N | Y | N | N | N | N | Y | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | M | M | Y | |
| Hot smoked salmon flatbread, lemon creme fraiche, pickled cucumber and crispy capers | N | N | M | Y | N | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Roasted garlic & herb flatbread, olives, hummus | N | N | N | N | N | Y | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Vegan board - Provencal olives, toasted flatbread, charred cauliflower, padron peppers, herby polenta chips | Y | N | M | N | N | M | N | N | N | N | N | Y | M | M | M | M | M | M | M | M | M | Y | Y | N | N | Y | |
| Hunter's board - Pork pie, sausage roll, scotch egg and honey glazed ham with mature Cheddar cheese, sourdough bread, pickles and chutney | Y | N | Y | N | N | Y | N | Y | N | M | Y | Y | M | M | N | N | M | N | M | M | M | Y | Y | Y | Y | Y | |
| Nachos with salsa, sour cream, guacamole & cheese add chilli | N | N | N | N | N | Y | N | N | N | M | N | N | M | M | M | M | M | M | M | M | M | N | N | N | N | N | |
| Y - Contains | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M - May contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N - Does not contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Dessert Allergen Matrix - April 23

| Name | Celery | Crustacean | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Soybeans | Sulphur | Nuts | Almond | Brazil | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Cereals (Gluten) | Barley | Oats | Rye | Wheat | |
|---|--------|------------|------|------|-------|------------------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|--|
| Desserts | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swordfish ale infused sticky toffee pudding, clotted cream ice cream | N | N | Y | N | N | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | N | N | Y | |
| Baked vanilla cheesecake, poached rhubarb, pear and ginger ice cream | N | N | N | N | N | N+G 7:G3 1 | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Ice cream Purbeck | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Ice cream Joe DeLuccio | N | N | M | N | N | Y | N | N | M | N | M | N | M | N | N | N | M | N | N | M | M | M | N | N | N | M | |
| Affogato, posh toffee ice cream, shortbread | N | N | N | N | N | Y | N | N | N | N | N | N | M | M | M | N | M | M | M | M | M | M | Y | N | N | Y | |
| Duo of British cheeses, Henry's IPA chutney, biscuits | Y | N | N | N | N | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Apple and blueberry crumble, custard or ice cream | N | N | N | N | N | Y | N | N | M | M | M | M | M | M | M | M | M | M | M | M | M | N | N | N | N | N | |
| Chocolate pot, mascarpone mousse, crushed pistachios | N | N | Y | N | N | Y | N | N | N | M | Y | M | Y | M | M | M | M | M | M | Y | M | M | N | N | N | M | |
| Chocolate Fondant, salted caramel ice cream & honeycomb | N | N | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Banoffee waffle | N | N | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Roasted pineapple, rum & raisin ice cream | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Chocolate brownie, chocolate sauce, vanilla ice cream | N | N | Y | N | N | Y | N | N | N | N | Y | M | Y | M | N | N | M | N | M | Y | M | N | N | N | N | N | |
| Homemade Chocolate Brownie, chocolate sauce, white chocolate ice cream | N | N | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Lemon meringue dome, stem ginger ice cream | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Summer berry Eton mess, raspberry ripple ice cream | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Cream tea pudding, fried scone, strawberry compote, clotted cream ice cream | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Apple and blackberry crumble, custard or ice cream to share | N | N | N | N | N | Y | N | N | M | M | M | M | M | M | M | M | M | M | M | M | M | N | N | N | N | N | |
| Apple tarte tatin, custard or vanilla ice cream to share | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Vanilla panna cotta, summer berry fruits, meringue | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Black Forest sundae | N | N | Y | N | N | Y | N | N | N | N | Y | N | M | M | N | N | M | N | M | M | M | N | N | N | N | N | |
| Caramel brownie sundae | N | N | Y | N | N | Y | N | N | N | N | Y | N | M | M | N | N | M | N | M | M | M | N | N | N | N | N | |
| Sticky toffee sundae | N | N | N | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Banoffee Sundae | N | N | N | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Double Choc Sundae | N | N | Y | N | N | Y | N | N | N | N | Y | N | M | M | N | N | M | N | M | M | M | N | N | N | N | N | |
| Rocky Road Sundae | N | N | Y | N | N | Y | N | N | M | N | Y | N | M | M | N | N | M | M | M | M | M | Y | N | N | N | Y | |
| Dark chocolate brownie & peanut butter sundae, blackcurrant sorbet | N | N | Y | N | N | Y | N | N | Y | N | Y | N | M | M | M | M | M | M | M | M | M | N | N | N | N | N | |
| Raspberry, white chocolate & pistachio tiramisu | N | N | Y | N | N | Y | N | N | N | M | Y | M | Y | M | M | M | M | M | M | Y | M | Y | N | N | N | Y | |
| Peach Melba Eton mess | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Summer pudding, vegan rhubarb & rosehip ice cream | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | M | M | M | Y | |
| Mango and passion fruit cheesecake, mango sorbet | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Caramelised lemon tart, blackcurrant sorbet | N | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Saffron poached pear, lime sorbet, pistachio | N | N | N | N | N | N | N | N | N | M | N | M | Y | M | M | M | M | M | M | Y | M | M | N | N | N | M | |
| Vanilla and white chocolate crème brulee, strawberry & mint salsa | N | N | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Dark chocolate tart, passion fruit sorbet vg | N | N | M | N | N | M | N | N | N | N | M | N | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Y - Contains | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M - May contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N - Does not contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Name | Celery | Crustacean | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Soybeans | Sulphur | Nuts | Almond | Brazil | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Cereals (Gluten) | Barley | Oats | Rye | Wheat | |
|---|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|--|
| Sandwiches | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Owtons- Wadworth club sandwich | N | N | Y | N | N | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | M | M | M | Y | |
| Smoked salmon, cream cheese & cucumber | N | N | N | Y | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Hot smoked salmon, avocado and lime mayo club, skinny fries | N | N | Y | Y | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | M | M | M | Y | |
| Chicken Caesar Milanese Ciabatta | N | N | Y | N | N | Y | N | Y | N | M | N | N | M | M | M | M | M | M | M | M | M | Y | N | N | N | Y | |
| Pastrami Reuben sandwich | N | N | M | N | N | Y | N | Y | N | M | N | N | M | M | N | N | M | N | M | M | M | Y | N | N | N | Y | |
| Roast beef topside, horseradish mayonnaise, rocket | N | N | Y | N | N | Y | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Sandwich BLT | N | N | Y | N | N | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Tuna mayo & spring onion | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Sandwich - Prawn Marie-Rose, baby gem | Y | Y | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Houmous, roasted red pepper & gem lettuce | N | N | N | N | N | Y | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Falafel, houmous, gem lettuce | N | N | N | N | N | Y | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | N | Y | Y | M | M | Y | |
| Greek salad wrap, vegan feta, fries | N | N | N | N | N | Y | N | N | N | N | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | Y | |
| 6X Gold beer battered fish goujons, baby gem, tartare sauce | N | N | Y | Y | N | Y | N | Y | N | M | Y | N | M | M | M | M | M | M | M | M | M | Y | Y | N | N | Y | |
| Honey glazed ham, 6X mustard mayo | N | N | Y | N | N | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y | |
| Coronation chickpea, golden raisin, shredded baby gem wrap | N | N | N | N | N | N | N | Y | N | M | N | Y | M | M | M | M | M | M | M | M | M | Y | N | N | N | Y | |
| Steak ciabatta with IPA onions & horseradish mayonnaise | N | N | Y | N | N | Y | N | Y | N | M | N | N | M | M | N | M | M | N | N | N | N | Y | Y | N | Y | Y | |
| Lunch | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Traditional cheese ploughman, quiche, mature cheddar cheese, pickles, sourdough | N | N | Y | N | N | Y | N | Y | N | M | M | Y | M | M | M | M | M | M | M | M | M | Y | Y | Y | Y | Y | |
| Traditional ham ploughman, honey glazed ham, hand raised pork pie, mature cheddar, pickles, sourdough | Y | N | Y | N | N | Y | N | Y | N | M | Y | Y | M | M | N | N | M | N | M | M | M | Y | Y | Y | Y | Y | |
| Warm quiche of the day, Cornish new potato & purple pesto salad | Y | N | Y | N | N | N | N | Y | N | N | N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y - Contains | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M - May contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N - Does not contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Salads - Allergen Matrix April 23

| Name | Celery | Crustacean | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Soybeans | Sulphur | Nuts | Almond | Brazil | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Cereals (Gluten) | Barley | Oats | Rye | Wheat | |
|--|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|--|
| Salad | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken & bacon Caesar salad, shaved parmesan, anchovies, croutons | N | N | Y | Y | N | Y | N | Y | N | M | Y | Y | M | M | M | M | M | M | M | M | M | Y | M | M | M | Y | |
| Fattoush salad, yoghurt & mint dressing, sumac croutons, baba ghanoush | N | N | N | N | N | N | N | N | N | Y | Y | Y | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y | |
| Crispy chilli beef, Asian salad, sweet chilli sauce | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Classic Greek salad, pan fried halloumi, lemon & honey dressing | N | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Heritage tomato, mozzarella and basil pesto panzanella | N | N | M | N | N | Y | N | N | N | M | N | Y | Y | M | N | Y | M | N | N | M | M | Y | N | N | N | Y | |
| Salad of Cantaloupe melon, prosciutto toasted pine nuts, balsamic and honey dressing | N | N | N | N | N | N | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Courgette, carrot and mint salad, pistachios, feta | N | N | N | N | N | Y | N | N | N | M | N | Y | Y | M | M | M | M | M | M | Y | M | M | N | N | N | M | |
| Courgette, carrot and mint salad, pistachio, vegan feta | N | N | N | N | N | N | N | N | N | M | N | Y | Y | M | M | M | M | M | M | Y | M | M | N | N | N | M | |
| Chicken & bacon Waldorf salad | Y | N | Y | N | N | N | N | N | M | N | N | Y | Y | M | M | M | M | M | M | M | Y | N | N | N | N | N | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y - Contains | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M - May contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N - Does not contain | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Children's Allergen Matrix - April 23

| Name | Celery | Crustacean | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Soybeans | Sulphur | Nuts | Almond | Brazil | Cashew | Hazelnut | Macadamia | Pecan | Pistachio | Walnut | Cereals (Gluten) | Barley | Oats | Rye | Wheat |
|---|--------|------------|------|------|-------|------|----------|---------|---------|--------------|----------|---------|------|--------|--------|--------|----------|-----------|-------|-----------|--------|------------------|--------|------|-----|-------|
| Childrens | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jumbo fish finger, garden peas, chips | N | N | N | Y | N | Y | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Mac and cheese, peas, garlic bread | N | N | N | N | N | Y | N | Y | N | N | M | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Southern fried chicken goujons, BBQ beans, fries | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Kids grazing plate, warm flat bread, houmous, cherry tomatoes, olives, carrot & cucumber sticks | N | N | M | N | N | M | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | Y | Y | N | N | Y |
| Henry Jnr cheeseburger, fries, coleslaw | N | N | Y | N | N | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | N | N | Y | Y | Y | Y | Y |
| Margarita pizza | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Tomato & basil penne pasta, toasted garlic focaccia | N | N | M | N | N | M | N | N | N | N | M | M | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | |
| Honey glazed ham, fried egg, peas and fries | N | N | Y | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Warm falafel, houmous. cherry tomatoes | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Sausage and mash, baked beans | N | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Kids pasta bolognese, garlic bread | Y | N | N | N | N | Y | N | N | N | N | M | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| Kids chicken katsu curry, steamed rice, carrot and cucumber salad | N | N | Y | N | N | Y | N | Y | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Desserts | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pip Ice lolly Apple | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pip Ice lolly Rainbow | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Pip smoothie | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Mini homemade chocolate brownie, vanilla ice cream | N | N | Y | N | N | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Mini sticky toffee pudding, clotted cream ice cream | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Mini chocolate churros, chocolate sauce | M | M | M | M | N | Y | M | M | N | M | Y | N | M | M | M | M | M | M | M | M | M | Y | N | N | N | Y |

Y - Contains
M - May contain
N - Does not contain