

# Allergen Information & Food Safety

## Food Allergies and Intolerances

In accordance with the Food Information Regulations 2014 and Food Standards Agency (FSA) guidance, we provide full allergen information for all food and drink offered for sale.

If you have a food allergy or intolerance, it is your responsibility to check this information carefully **before ordering**, including for takeaway and delivery orders. If you require further information, please contact the restaurant prior to placing your order.

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## Allergen Information – Menu Items

The following information identifies the presence of any of the 14 declarable allergens as defined by UK food law.

### Starters

#### **Smoked Salmon**

Contains: Fish, Gluten (Wheat), Milk

#### **Prawn Cocktail**

Contains: Crustaceans, Egg, Milk, Gluten (Wheat)

#### **Anchovy Bruschetta**

Contains: Fish, Gluten (Wheat), Milk

#### **Avocado Prawns**

Contains: Crustaceans, Egg

#### **Grilled Sardines**

Contains: Fish, Gluten (Wheat)

#### **Prawn Tempura**

Contains: Crustaceans, Gluten (Wheat), Egg, Milk, Celery

#### **Calamari**

Contains: Molluscs, Gluten (Wheat), Egg, Milk, Celery

#### **Homemade Fishcake**

Contains: Fish, Gluten (Wheat), Egg, Milk

#### **Brie (Breaded)**

Contains: Milk, Gluten (Wheat), Egg

**King Prawns**

Contains: Crustaceans

**Crab Claws**

Contains: Crustaceans, Gluten (Wheat), Egg

**Scallops**

Contains: Molluscs, Milk, Gluten (Wheat), Sulphites

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**Mains****Battered Fish**

Contains: Fish, Gluten (Wheat), Milk, Celery

**Matzo Fish**

Contains: Fish, Gluten (Wheat), Egg

**Seabass Fillet**

Contains: Fish, Milk, Gluten (Wheat), Sulphites

**Whole Tail Scampi**

Contains: Crustaceans, Gluten (Wheat), Egg, Milk

**Grilled Octopus (Gluten-Free)**

Contains: Molluscs, Milk

**Bangers and Mash**

Contains: Gluten (Wheat), Milk, Egg

**Chicken and Mushroom Pie**

Contains: Gluten (Wheat), Milk, Egg, Soya

**Beef and Ale Pie**

Contains: Gluten (Wheat), Milk, Egg, Soya, Sulphites

**Vegetarian Pie**

Contains: Gluten (Wheat), Milk, Egg, Soya

**Fish Burger**

Contains: Fish, Gluten (Wheat), Egg, Milk, Soya, Mustard

**Cheeseburger**

Contains: Gluten (Wheat), Milk, Egg, Soya

**Chicken Burger**

Contains: Gluten (Wheat), Egg, Milk, Soya

### **Halloumi Burger**

Contains: Milk, Gluten (Wheat), Soya

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## **Desserts**

### **Baked Cheesecake**

Contains: Milk, Egg, Gluten (Wheat)

### **Pear and Blackberry Crumble**

Contains: Gluten (Wheat), Milk, Nuts

### **Sticky Toffee Pudding**

Contains: Gluten (Wheat), Milk, Egg

### **Bread and Butter Pudding**

Contains: Gluten (Wheat), Milk, Egg

### **Tiramisu**

Contains: Milk, Egg, Gluten (Wheat), Alcohol

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## **Takeaway and Delivery Orders**

Allergen information is available on this website for all menu items. Customers ordering takeaway or delivery food are advised to review allergen content carefully before ordering and to contact the restaurant if further clarification is required.

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## **Pre-Packed Takeaway Sauces**

All pre-packed takeaway sauces are labelled in accordance with food allergen legislation and clearly identify any allergenic ingredients they contain.

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## **Allergen Controls and Cross-Contamination**

We have procedures in place, consistent with Food Standards Agency guidance, to manage food allergens and minimise the risk of cross-contamination. These include:

- Appropriate storage and segregation of allergenic ingredients where reasonably practicable
- Use of designated utensils and equipment where required
- Effective cleaning and sanitising procedures
- Staff training in allergen awareness and control

While these controls are in place, we cannot guarantee that any dish is completely free from allergens.

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## **Allergic Reaction Procedures**

Our staff are trained to respond appropriately in the event of a suspected allergic reaction on the premises. This includes contacting emergency services immediately and following internal incident management procedures.

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## **Review and Updates**

Allergen information is reviewed and updated whenever there are changes to menu items, ingredients, or suppliers.

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*This information is provided in line with the Food Information Regulations 2014 and Food Standards Agency allergen guidance.*