

# Allergens for Valentines Menu 2026

## Starters

### Filo King Prawns & Sweet Chilli Sauce

Filo King Prawns – **GLUTEN, WHEAT, CRUSTACEANS**

Sweet Chilli sauce – No Allergens

### Brussels Pate with Toasted Baguette & Caramelised Onion Chutney Gf option.

Pate - **MILK**

White Baguette – **GLUTEN, WHEAT**. May contain: Barley & Sesame **Ve, Df**

Schar Ciabatta Rolls – **SOYA**. May contain: Lupin, Mustard. Sesame. **Ve**

### Brie Wedges & Cranberry Sauce

Brie Wedges – **GLUTEN WHEAT, MILK**. May contain Egg

Cranberry Sauce – No Allergens

### Vegetable Spring Rolls & Sweet Chilli Sauce

Spring Rolls – **GLUTEN, WHEAT, SESAME, SOYA**

Sweet Chilli sauce – No Allergens

### Mac 'n' Cheese Bites with relish GLUTEN FREE

Mac 'n' Cheese Bites - **MILK**

May contain - egg, soya, mustard

Relish – No Allergens

## **Mains**

8oz Rump Steak \_ GLUTEN FREE OPTION – (no onion rings, add broccoli instead)

Steak – No Allergens

Fries – No Allergens

Cherry Tomatoes- No Allergens

Onion Rings – **GLUTEN, WHEAT, BARLEY**. May contain Mustard & Soya

Peppercorn Sauce – **MILK**

Salmon in Tuscan Sauce GLUTEN FREE

Salmon – **FISH**

Tuscan Sauce – **MILK, EGG**

Rice – No Allergens

Tender Stem Broccoli – No Allergens

Chicken Kiev GLUTEN FREE

Chicken Kiev – **MILK, SULPHITES**

Diced Potatoes – No Allergens

Mixed Salad – No Allergens

Salad Dressing - **MUSTARD**

Navarin of Lamb GLUTEN FREE

Lamb Stew – **CELERY, SULPHITES**

Mash Potato – **MILK**

Tender Stem Broccoli – No Allergens

### **Mains Continued...**

Cheeseburger Gluten Free opt. Dairy Free opt.

Gluten Free Burger – No Allergens

Burger Cheese – **MILK**

Bacon – No Allergens

Dairy Free Cheese (Violife) – No Allergens

Brioche Bun - **GLUTEN, WHEAT, EGG, MILK**. May contain traces of sesame & Soya.

Dairy Free Brioche Style Bun -**GLUTEN, WHEAT, RYE** May contain : Sesame.

Gluten Free Brioche Burger Bun – **EGG**

Lettuce, Tomato, Onion – No Allergens

Fries – No Allergens

Burger Relish – **MUSTARD**

Red Thai Curry GLUTEN FREE

Curry – No Allergens

Rice – No Allergens

### **Desserts**

Key Lime Pie

Pie - **GLUTEN, WHEAT, EGG, MILK, SOYA, SULPHITES >10ppm**

May contain : Almonds, Hazelnut, Macadamia/Queensland Nut, Peanuts, Pecan Nut, Pistachio and Walnut

Raspberry Coulis – No Allergens

White Chocolate & Raspberry Meringue Sundae GF OPT (no wafer)

**EGG, MILK, SOYA**

May contain : Almonds, Hazelnut, Pecan Nut and Walnut

Wafer - GLUTEN, WHEAT, EGG, MILK, SOYA

Chocolate Brownie Torte GLUTEN FREE

Torte - **SOYA**

May contain : Almonds, Peanuts and Walnut

Vanilla Ice Cream - **MILK**