

Key & Interpreting Data

We prepare our food in kitchens with products containing gluten and nuts. Allergy data detailed in the table below has been derived from specifications obtained from the suppliers of our products. Please inform staff of any food allergies prior to placing your order, even if you have eaten the dish previously, so that every precaution can be taken in the kitchen to prevent cross-contamination although this cannot guarantee this. We have taken all reasonable steps to ensure that this table is accurate. We cannot guarantee that any product is "100% free from" any allergen because of the risk of unexpected cross-contamination.

Yes	Yes in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian/Lactose intolerants.
No	No in the column indicates that the information that has been supplied to us indicates the product not is suitable for Vegan/Vegetarian/Lactose intolerants.
Free From	Means that the allergen is not part of the product as it is delivered by the supplier.
Contains	Indicates that the product contains that allergen.
May Contain	Means that this allergen is present in the manufacturing site/factory and our suppliers believe there is a risk that this allergen could cross-contaminate food.
Unknown	Is where ingredient detail for the item is currently unavailable from the supplier and will be added on to the table upon obtaining it.
Modifier Allergen Outcome	Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome

Category	Name	CustomProduct Name	SuitableForVegan	SuitableForVegetarian	SuitableForLactoseIntolerants	ContainsGluten	ContainsWheat	ContainsMilk	ContainsTreeNuts	ContainsPeanuts
Mains	Wholetail Scottish s	Sauce Tartare	No	Yes	Yes	Free From	Contains	Free From	Free From	Free From
Mains	Wholetail Scottish s	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Wholetail Scottish s	Recipe Wholetail Scampi	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Wholetail Scottish s	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI - Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI Mushy Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Wholetail Scottish s	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Battered cod	Sauce Tartare	No	Yes	Yes	Free From	Contains	Free From	Free From	Free From
Mains	Battered cod	Lemons Small	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Battered cod	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Battered cod	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Battered cod	Beer Battered Fish 230g-290g	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	OEI - Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI Mushy Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Battered cod	Total Recipe Allergen Outcome	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Traditional beef las	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Traditional beef las	Lasagne Multi Portion	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Traditional beef las	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Traditional beef las	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Traditional beef las	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Traditional beef las	Garlic Ciabatta	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Traditional beef las	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Suffolk pork & herb	Sausages Suffolk	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Suffolk pork & herb	Potato Luxury Mash	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Suffolk pork & herb	Gravy	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Suffolk pork & herb	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Suffolk pork & herb	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Plaice Goujons	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Plaice Goujons	Plaice Gougons	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	OEI - Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI With Beans	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From

Mains	Plaice Goujons	Total Recipe Allergen Outcome	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Beef	Gravy	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Beef	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Beef	Potato Luxury Mash	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Sunday Roast Beef	Beef Topside	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Beef	Veg Seasonal Box 1 Carrots	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Beef	Fresh Prep Roast Potatoes	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Beef	Yorkshire Pudding Mix	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Beef	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	5oz* rump steak	Whole Onion Rings	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	5oz* rump steak	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	5oz* rump steak	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	5oz* rump steak	Rump Steak 5oz British	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	5oz* rump steak	Total Recipe Allergen Outcome	No	No	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Ham and free range	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Ham and free range	Ham Chiltern Dry	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Ham and free range	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Ham and free range	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Ham and free range	Recipe Free Range Fried Egg	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Ham and free range	Total Recipe Allergen Outcome	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Pork	Gravy	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Pork	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Pork	Potato Luxury Mash	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Sunday Roast Pork	Pork Leg OD Reared	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Pork	Veg Seasonal Box 1 Carrots	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Pork	Fresh Prep Roast Potatoes	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Pork	Sage & Onion Stuffing	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Pork	Yorkshire Pudding Mix	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Pork	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Turkey	Gravy	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Potato Luxury Mash	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Sunday Roast Turkey	Veg Seasonal Box 1 Carrots	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Fresh Prep Roast Potatoes	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Turkey Free Range Butterfly	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Sage & Onion Stuffing	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Sunday Roast Turkey	Yorkshire Pudding Mix	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Turkey	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Veg	Yorkshire Pudding Mix	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Veg	Peas Petit Pois	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Veg	Potato Luxury Mash	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Sunday Roast Veg	Veg Seasonal Box 1 Carrots	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Veg	Fresh Prep Roast Potatoes	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Sunday Roast Veg	Gravy	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	Nut Roast Cannelini	Modifier Allergen Outcome	Yes	Yes	No	Contains	Contains	Contains	Contains	Free From
Mains	Puy Lentil Loaf	Modifier Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Mains	Wellington Med Veg	Modifier Allergen Outcome	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Sunday Roast Veg	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	Contains	May Contain
Mains	Chicken Nuggets	Chicken Nuggets	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Chicken Nuggets	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI - Peas	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	OEI With Beans	Modifier Allergen Outcome	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Chicken Nuggets	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Spinach & ricotta c	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Spinach & ricotta c	Garlic Ciabatta	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From

Mains	Spinach & ricotta c	Canneloni Spinach & Ricotta	No	Yes	No	Contains	May Contain	Contains	May Contain	Free From
Mains	Spinach & ricotta c	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Spinach & ricotta c	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Spinach & ricotta c	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Spinach & ricotta c	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	Free From
Mains	Tandoori chicken b	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Tandoori chicken b	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Tandoori chicken b	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Tandoori chicken b	Spinach Baby	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Tandoori chicken b	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Tandoori chicken b	Chicken Tandoori Cooked	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Tandoori chicken b	Yoghurt & Cucumber Dressing	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Tandoori chicken b	Poppadums	Yes	Yes	Yes	Free From	Free From	Free From	May Contain	May Contain
Mains	Tandoori chicken b	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	May Contain	May Contain
Mains	British beef burger	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	British beef burger	Burger Kids Low Salt	No	No	Yes	May Contain	May Contain	Free From	Free From	Free From
Mains	British beef burger	Cooked Chips	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	British beef burger	Bread Flour Bap 4 inch Kids	Yes	Yes	Yes	Contains	Contains	Free From	Free From	Free From
Mains	British beef burger	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	British beef burger	Mayonnaise Light Heinz	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	British beef burger	Taw Valley Tickler	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	British beef burger	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	British beef burger	Total Recipe Allergen Outcome	No	No	No	Contains	Contains	Contains	Free From	Free From
Mains	Farm-assured â€s	Chicken Breast Cooked	No	No	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Farm-assured â€s	Sauce Provencale	Yes	Yes	Yes	Free From	Free From	Free From	May Contain	May Contain
Mains	Farm-assured â€s	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Farm-assured â€s	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Farm-assured â€s	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Farm-assured â€s	Potatoes Baby New	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Farm-assured â€s	Taw Valley Tickler	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Mains	Farm-assured â€s	Total Recipe Allergen Outcome	No	No	No	Free From	Free From	Contains	May Contain	May Contain
Mains	Organic Macaroni C	Onion Red	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Organic Macaroni C	Parsley Flat Leaf	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Organic Macaroni C	Salad Seasonal Mix	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Organic Macaroni C	Organic Macaroni Cheese	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Mains	Organic Macaroni C	Tomatoes Cherry	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Mains	Organic Macaroni C	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	Free From	Free From
Desserts	Clotted Cream Ice-	Ice Cream Clotted Cream	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Clotted Cream Ice-	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Clotted Cream Ice-	Sauce - Dessert Chocolate	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Clotted Cream Ice-	Total Recipe Allergen Outcome	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Chocolate Mini Hot	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Chocolate Mini Hot	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Chocolate Mini Hot	Custard Birds RTU	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Chocolate Mini Hot	Pudding Mini Chocolate	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Chocolate Mini Hot	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Sticky Toffee Mini H	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Sticky Toffee Mini H	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Sticky Toffee Mini H	Custard Birds RTU	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Sticky Toffee Mini H	Pudding Mini Sticky Toffee	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Sticky Toffee Mini H	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Bananas & Custard	Custard Birds RTU	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Bananas & Custard	Banana	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Bananas & Custard	Total Recipe Allergen Outcome	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Lemon Mini Puddin	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From

Desserts	Lemon Mini Puddin	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Lemon Mini Puddin	Custard Birds RTU	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Lemon Mini Puddin	Mini Pudding Lemon & Ginger	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Lemon Mini Puddin	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Jam Roly Poly Mini	Pudding Mini Jam Roly Poly	No	Yes	Yes	Contains	Contains	Free From	May Contain	May Contain
Desserts	Jam Roly Poly Mini	Custard Birds RTU	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Jam Roly Poly Mini	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Jam Roly Poly Mini	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Jam Roly Poly Mini	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	May Contain	May Contain
Desserts	Apple Pie	Pie Apple Bramley	No	Yes	No	Contains	Contains	Free From	Free From	Free From
Desserts	Apple Pie	Mint Fresh	Yes	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Apple Pie	Sugar Icing	No	Yes	Yes	Free From	Free From	Free From	Free From	Free From
Desserts	Apple Pie	Cream Double	No	Yes	No	Free From	Free From	Contains	Free From	Free From
Desserts	Apple Pie	Total Recipe Allergen Outcome	No	Yes	No	Contains	Contains	Contains	Free From	Free From

