



Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB BRANDS SPRING SUMMER MENU 2024								
STARTERS & SHARERS								
CRISPY CHICKEN GOUJONS WITH BBQ SAUCE	1795	429	19.9	2.3	39.4	10.7	22.5	1.8
LOADED POTATO DIPPERS	1790	428	24.1	9.0	34.5	2.5	18.0	1.4
SALT & PEPPER CALAMARI WITH SPICY MAYO	1767	422	29.1	1.9	26.5	3.9	13.3	3.7
GARLIC & HERB MUSHROOMS WITH BBQ SAUCE	1849	442	17.4	2.1	59.3	11.6	9.6	1.2
CLASSIC PRAWN COCKTAIL	1544	369	20.3	6.3	28.6	10.4	16.4	1.6
TOMATO SOUP	946	226	12.6	3.9	23.1	14.1	3.3	1.2
GARLIC BREAD x 3 SLICES	1464	350	15.3	4.3	43.2	3.5	8.1	0.8
ADD CHEESE	819	196	14.7	9.2	1.4	0.4	14.5	0.9
SHARING PLATTER	6036	1442	71.7	14.2	156.8	23.9	37.7	3.8
5 CRISPY CHICKEN WINGS WITH BBQ SAUCE	1621	387	18.8	4.4	17.1	9.8	37.4	1.7
LOADED NACHOS	1972	471	27.0	5.8	46.6	5.5	8.4	1.8
ADD CHIPOTLE BEEF CHILLI	539	129	5.9	3.0	7.6	3.5	9.5	0.7
VEGAN LOADED NACHOS	2208	527	31.0	18.6	55.7	2.1	4.3	2.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS								
MAINS - BURGERS								
MIXED SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
VEGAN BURGER BUN	743	177	2.7	1.0	31.9	4.5	5.7	0.5
BIG STACK BURGER WITH CHIPS AND BUN	5578	1332	76.9	27.0	96.8	15.0	60.4	3.7
BIG STACK BURGER WITH CHIPS AND SALAD	5009	1196	75.8	26.2	69.5	14.1	56.1	3.4
CHEESE & BACON BURGER WITH CHIPS AND BUN	4430	1058	55.6	16.8	93.6	12.4	42.4	3.5
CHEESE & BACON BURGER WITH CHIPS AND SALAD	3861	922	54.6	16.0	66.3	11.5	38.1	3.1
SPICY CHICKEN BURGER WITH CHIPS AND BUN	4710	1125	54.2	6.2	121.4	15.2	34.2	3.7
SPICY CHICKEN BURGER WITH CHIPS AND SALAD	4140	989	53.2	5.5	94.2	14.3	29.9	3.3
SWAP TO GRILLED CHICKEN BREAST WITH CHIPS AND BUN	3811	910	36.7	4.5	96.5	14.7	44.8	3.3
SWAP TO GRILLED CHICKEN BREAST WITH CHIPS AND SALAD	3242	774	35.7	3.7	69.3	13.8	40.5	3.0
THE VEGAN BURGER WITH CHIPS AND BUN	4151	991	49.4	12.7	103.4	15.8	28.2	3.8
THE VEGAN BURGER WITH CHIPS AND SALAD	3582	856	48.3	12.0	76.1	14.9	23.9	3.5
BURGER UPGRADES								
ADD A 1/4LB* STEAK BURGER	894	214	15.3	6.9	0.1	0.1	19.0	0.2
ADD 2 STREAKY BACON RASHERS	263	63	4.0	1.3	0.2	0.1	6.5	0.9
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD VEGAN BURGER WITH VIOLIFE SLICE	1177	281	19.6	8.5	7.6	1.2	16.3	1.3
ADD 2 THIS™ ISN'T BACON RASHERS	241	58	2.4	0.2	2.0	0.2	6.3	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS - GREAT GRILLS								
CHIPS AND ONION RINGS	1978	472	20.1	2.7	64.2	2.5	6.3	1.1
FRESH MIXED SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
8OZ* RUMP STEAK WITH PEAS AND TOMATO	1575	376	13.7	6.3	11.4	5.2	53.9	0.2
8OZ* SIRLOIN STEAK WITH PEAS AND TOMATO	1575	376	13.3	5.8	11.4	5.6	54.1	0.2
MIXED GRILL WITH CHIPS	6549	1564	88.8	19.7	78.8	8.8	110.6	7.3
UPGRADE YOUR 4OZ* STEAK TO AN 8OZ* STEAK ADD	668	160	6.6	3.1	1.8	0.2	25.2	0.1
SMOTHERED PLATTER WITH CHIPS	7004	1673	94.1	21.1	106.8	19.0	98.2	8.7
UPGRADE YOUR 4OZ* STEAK TO AN 8OZ* STEAK ADD	668	160	6.6	3.1	1.8	0.2	25.2	0.1
7OZ* GAMMON STEAK WITH CHIPS	3146	751	38.4	4.2	60.4	5.8	37.5	5.2
ADD 2 FRIED EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD 2 PINEAPPLE RINGS	182	44	0.0	0.0	10.5	10.5	0.3	0.0
ADD ONE EGG & ONE PINEAPPLE	543	130	8.5	1.8	5.3	5.3	8.1	0.0
ADD PEPPERCORN SAUCE	125	30	0.7	0.4	4.1	2.2	1.5	0.7
CREATE YOUR OWN PIZZA								
PIZZA BASE ONLY	3678	878	19.8	10.7	133.2	12.6	35.6	5.2
FRIED MUSHROOMS	95	23	2.1	0.2	0.1	0.1	0.5	0.0
RED CHILLIES	3	1	0.0	0.0	0.1	0.1	0.0	0.0
RED ONION	34	8	0.0	0.0	1.6	1.1	0.2	0.0
PEPPERS	25	6	0.1	0.0	0.8	0.8	0.4	0.0
HAM	168	40	1.1	0.4	0.3	0.2	7.2	0.6
TOMATO	50	12	0.2	0.1	1.9	1.9	0.4	0.0
PEPPERONI	545	130	11.9	3.6	0.2	0.2	5.5	1.2
PINEAPPLE	91	22	0.0	0.0	5.3	5.3	0.1	0.0
CHICKEN	324	77	1.2	0.3	0.1	0.2	16.4	0.6
MAINS - COMFORTING PUB CLASSICS								
CHICKEN KATSU CURRY	2657	635	24.4	3.5	75.7	4.1	26.8	3.1
CHICKEN TIKKA CURRY	2553	610	20.6	5.1	72.8	23.2	30.1	3.0
ADD NAAN BREAD	801	191	2.6	0.2	34.8	0.8	6.2	0.8
THAI GREEN VEGETABLE CURRY	2619	626	28.5	20.2	77.5	11.6	12.9	1.7
ADD A GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
CLASSIC BEEF LASAGNE	3318	793	38.9	16.0	74.1	17.8	33.0	3.9
SQUASH, SPINACH & RICOTTA LASAGNE	3055	730	25.6	10.1	91.3	23.0	27.8	2.8
WHOLETAIL SCAMPI & CHIPS AND PEAS	3742	894	44.3	4.7	96.5	7.1	23.0	2.6
WHOLETAIL SCAMPI & CHIPS AND MUSHY PEAS	3900	932	44.4	4.7	103.1	5.8	25.3	3.0
ADD WHITE BREAD AND BUTTER	1079	258	8.8	5.3	37.1	2.3	6.3	0.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BEER-BATTERED HADDOCK & CHIPS WITH PEAS	5095	1217	66.3	15.1	94.1	9.2	57.5	2.6
BEER-BATTERED HADDOCK & CHIPS WITH MUSHY PEAS	5253	1255	66.4	15.1	100.7	7.9	59.8	3.0
ADD WHITE BREAD AND BUTTER	1079	258	8.8	5.3	37.1	2.3	6.3	0.8
SMOTHERED CHICKEN WITH CHIPS	3927	938	38.7	10.7	87.9	17.0	55.7	4.2
UPGRADE TO DOUBLE-SMOTHERED CHICKEN ADD	1306	312	9.8	5.2	15.2	10.4	40.3	1.9
BEEF & ALE PIE WITH MASH	4217	1007	50.9	23.9	102.4	10.5	29.7	3.3
BEEF & ALE PIE WITH CHIPS	4580	1094	50.6	16.9	124.2	10.0	30.4	3.1
CREAMY CHICKEN & PULLED HAM PIE WITH CHIPS	5061	1209	63.3	33.8	118.0	10.5	36.1	2.7
FRESH MIXED SALAD VEGAN	408	98	2.3	0.3	12.2	10.4	4.7	0.2
FRESH MIXED SALAD with Croutons	583	139	3.4	0.4	18.8	11.0	5.8	0.5
ADD FRENCH DRESSING	274	66	5.4	0.5	4.1	3.2	0.1	0.4
ADD MARIE ROSE DRESSING	409	98	8.0	0.6	6.1	5.6	0.3	0.4
ADD A GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
SIDES								
SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
MIXED SIDE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
COLESLAW	645	154	11.7	0.9	9.0	6.4	1.5	0.8
BUTTERED JACKET POTATO	1926	460	8.8	5.2	86.5	3.5	11.1	0.2
JACKET POTATO VEGAN	1614	386	0.6	0.0	86.5	3.4	11.1	0.1
KATSU CHICKEN TOPPED CHIPS SINGLE	2223	531	23.8	3.9	65.6	4.1	11.3	2.9
KATSU CHICKEN TOPPED CHIPS SHARER SERVES 2	4447	1062	47.6	7.7	131.1	8.2	22.6	5.8
KATSU CHICKEN TOPPED CHIPS SHARER PER PORTION	2223	531	23.8	3.9	65.6	4.1	11.3	2.9
CHIPOTLE BEEF CHILLI TOPPED CHIPS SINGLE	2066	493	22.5	5.4	58.8	4.0	11.2	1.6
CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER SERVES 2	4132	987	45.0	10.7	117.6	8.0	22.3	3.1
CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER PER PORTION	2066	493	22.5	5.4	58.8	4.0	11.2	1.6
GARLIC BREAD x 3 SLICES	1464	350	15.3	4.3	43.2	3.5	8.1	0.8
ADD CHEESE	819	196	14.7	9.2	1.4	0.4	14.5	0.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DESSERTS								
ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES	2133	509	22.0	14.1	68.4	62.4	8.3	0.4
KNICKERBOCKER GLORY SUNDAE	2321	554	20.6	10.6	82.6	64.7	8.4	0.5
STICKY TOFFEE PUDDING WITH CUSTARD	3028	723	38.1	17.5	86.7	62.7	7.6	0.5
STICKY TOFFEE PUDDING WITH VANILLA DAIRY ICE CREAM	3068	733	37.1	16.7	90.9	64.4	8.1	0.6
CARAMEL APPLE BETTY WITH CUSTARD	1554	371	12.7	4.9	58.4	32.6	5.1	0.3
CARAMEL APPLE BETTY WITH VANILLA DAIRY ICE CREAM	1514	362	13.6	5.7	54.2	30.9	4.5	0.2
TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
CHEESECAKE WITH CADBURY CRUNCHIE	3084	737	38.5	16.9	86.5	68.0	10.6	0.6
APPLE & SPICED BLACKBERRY CRUMBLE WITH CUSTARD	1882	449	11.6	3.9	79.1	47.4	4.4	0.4
APPLE & SPICED BLACKBERRY CRUMBLE WITH VANILLA DAIRY ICE CREAM	1842	440	12.5	4.7	74.9	45.7	3.8	0.3
APPLE & SPICED BLACKBERRY CRUMBLE WITH VEGAN ICE CREAM	1926	460	13.0	5.8	80.6	46.7	2.2	0.3
FRUIT SALAD	444	106	0.2	0.0	22.8	22.8	1.4	0.0
VALUE MENU								
STARTERS								
CRISPY CHICKEN GOJONS WITH BBQ SAUCE	1795	429	19.9	2.3	39.4	10.7	22.5	1.8
GARLIC BREAD WITH CHEESE X 2 SLICES	1522	363	20.0	9.0	29.7	2.6	15.0	1.1
GARLIC & HERB MUSHROOMS WITH BBQ SAUCE	1849	442	17.4	2.1	59.3	11.6	9.6	1.2
LOADED POTATO DIPPERS	1790	428	24.1	9.0	34.5	2.5	18.0	1.4
TOMATO SOUP	946	226	12.6	3.9	23.1	14.1	3.3	1.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS								
5OZ* GAMMON STEAK WITH CHIPS AND PEAS	2705	646	31.4	3.6	58.8	4.3	28.6	4.0
ADD 2 FRIED EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD 2 PINEAPPLE RINGS	182	44	0.0	0.0	10.5	10.5	0.3	0.0
ADD ONE EGG & ONE PINEAPPLE	543	130	8.5	1.8	5.3	5.3	8.1	0.0
UPGRADE TO 7OZ* GAMMON ADD	390	93	6.6	0.5	0.0	0.0	8.3	1.2
SAUSAGE & MASH	3390	810	48.2	21.8	59.9	9.9	30.3	4.1
GARDEN GOURMET SENSATIONAL SAUSAGES AVAILABLE, JUST ASK	2445	584	27.7	14.9	51.9	9.0	24.8	3.5
FISH & CHIPS WITH PEAS	3819	912	47.1	5.0	78.3	7.7	39.9	2.4
FISH & CHIPS WITH MUSHY PEAS	3977	950	47.2	5.0	84.9	6.4	42.2	2.9
CHICKEN TIKKA CURRY	2553	610	20.6	5.1	72.8	23.2	30.1	3.0
ADD NAAN BREAD	801	191	2.6	0.2	34.8	0.8	6.2	0.8
SMOTHERED CHICKEN WITH CHIPS	3596	859	33.4	10.2	82.3	12.5	54.3	3.9
UPGRADE TO DOUBLE-SMOTHERED CHICKEN ADD	1306	312	9.8	5.2	15.2	10.4	40.3	1.9
SPICY CHICKEN BURGER WITH CHIPS AND BUN	4710	1125	54.2	6.2	121.4	15.2	34.2	3.7
SWAP TO GRILLED CHICKEN BREAST WITH CHIPS AND BUN	3811	910	36.7	4.5	96.5	14.7	44.8	3.3
CHEESEBURGER WITH CHIPS AND BUN	4167	995	51.6	15.5	93.4	12.3	35.9	2.6
BURGER UPGRADES								
ADD A 1/4LB* STEAK BURGER	894	214	15.3	6.9	0.1	0.1	19.0	0.2
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD STREAKY BACON X2	263	63	4.0	1.3	0.2	0.1	6.5	0.9
CLASSIC BEEF LASAGNE	2773	662	33.6	14.5	57.6	15.4	29.8	3.5
CLUB SANDWICH	3282	784	37.5	5.8	64.7	8.6	44.5	4.2
ADD SKIN-ON CHIPS	1539	368	14.5	2.3	52.5	0.9	4.9	0.9
JACKET POTATO WITH CHIPOTLE BEEF CHILLI	2539	606	12.7	4.1	100.2	12.0	22.3	1.2
THAI GREEN VEGETABLE CURRY	2619	626	28.5	20.2	77.5	11.6	12.9	1.7
ADD A GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DESSERTS								
CARAMEL APPLE BETTY WITH CUSTARD	1554	371	12.7	4.9	58.4	32.6	5.1	0.3
CARAMEL APPLE BETTY WITH VANILLA DAIRY ICE CREAM	1514	362	13.6	5.7	54.2	30.9	4.5	0.2
TRIPLE CHOCOLATE BROWNIE	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
MINI SUNDAE WITH BERRIES	838	200	7.6	6.4	31.8	20.6	0.6	0.1
MINI SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES	1183	283	11.9	7.6	38.1	34.7	5.0	0.2
MINI KNICKERBOCKER GLORY SUNDAE	1426	341	11.7	6.2	52.6	40.8	5.4	0.3
SUNDAY ROAST MENU - PLATED SITES								
HORSERADISH per portion	252	60	4.5	0.3	3.8	3.7	1.0	1.4
CRANBERRY SAUCE per portion	222	53	0.0	0.0	12.9	12.6	0.0	0.1
APPLE SAUCE per portion	112	27	0.0	0.0	6.4	5.3	0.1	0.0
ROAST BEEF	6214	1484	78.8	14.9	128.7	20.7	56.4	3.3
GO LARGE ADD AN EXTRA SLICE OF BEEF AND PIG IN BLANKET	648	155	10.3	4.0	1.7	0.3	13.8	0.5
ROAST TURKEY	5614	1341	60.6	7.2	129.4	20.7	60.9	4.6
GO LARGE ADD AN EXTRA SLICE OF TURKEY AND PIG IN BLANKET	448	107	4.2	1.4	1.9	0.3	15.3	0.9
ROAST GAMMON	5936	1418	72.2	11.9	129.9	20.7	53.4	5.7
GO LARGE ADD AN EXTRA SLICE OF GAMMON AND PIG IN BLANKET	555	133	8.1	3.0	2.1	0.3	12.8	1.3
TRIO OF MEAT ROAST	5921	1414	70.5	11.3	129.3	20.7	56.9	4.5
NON CHICKEN ROAST WITH GARDEN GOURMET SENSATIONAL CHICKEN-STYLE FILLET	4728	1129	64.6	6.9	101.9	20.0	25.1	3.0
VEGAN ROAST OPTION AVAILABLE, JUST ASK	3848	919	55.0	4.1	75.5	11.7	22.6	2.3
ADD AN EXTRA GARDEN GOURMET SENSATIONAL CHICKEN-STYLE FILLET	764	183	12.1	0.9	3.9	1.1	12.0	0.5
BOTTOMLESS FAVOURITES								
ROAST POTATOES per portion	1147	274	18.2	1.3	23.7	0.7	2.5	0.2
GOLDEN YORKSHIRES per piece	505	121	3.5	0.4	15.4	0.9	6.4	0.3
GRAVY per 75g portion	76	18	0.1	0.0	4.0	0.9	0.3	0.6
SUNDAY SIDES								
CAULIFLOWER CHEESE	1122	268	19.0	12.5	14.1	5.9	9.4	1.5
PIGS IN BLANKETS x 5	1172	280	19.1	6.5	8.4	1.6	18.1	2.0

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY MENU KIDS								
KIDS ROAST BEEF	3065	732	38.7	7.9	57.7	10.0	33.6	1.3
KIDS ROAST TURKEY	2665	636	26.6	2.8	58.1	10.0	36.5	2.1
KIDS ROAST GAMMON	2879	688	34.3	5.9	58.5	10.0	31.6	2.8
SUNDAY ROAST MENU - CARVERY SITES								
HAND-CARVED ROAST BEEF per slice	476	114	8.1	3.7	0.0	0.0	10.2	0.1
GO LARGE ADD AN EXTRA SLICE OF BEEF AND PIG IN BLANKET	711	170	11.9	5.0	1.7	0.3	13.8	0.5
TURKEY per slice	310	74	2.8	1.4	0.1	0.1	12.1	0.1
GO LARGE ADD AN EXTRA SLICE OF TURKEY AND PIG IN BLANKET	545	130	6.6	2.7	1.8	0.4	15.7	0.5
GAMMON per slice	321	77	4.3	1.7	0.4	0.0	9.2	0.9
GO LARGE ADD AN EXTRA SLICE OF GAMMON AND PIG IN BLANKET	555	133	8.1	3.0	2.1	0.3	12.8	1.3
GARDEN GOURMET SENSATIONAL CHICKEN-STYLE FILLET (with gravy)	840	201	12.1	0.9	7.9	2.0	12.3	1.1
NON CHICKEN ROAST WITH GARDEN GOURMET SENSATIONAL CHICKEN-STYLE FILLET (served plated)	4728	1129	64.6	6.9	101.9	20.0	25.1	3.0
VEGAN OPTION AVAILABLE PLATED	3848	919	55.0	4.1	75.5	11.7	22.6	2.3
ADD AN EXTRA GARDEN GOURMET SENSATIONAL CHICKEN-STYLE FILLET	764	183	12.1	0.9	3.9	1.1	12.0	0.5
SUNDAY SIDES								
HELP YOURSELF TO UNLIMITED								
APPLE SAUCE per spoon	15	4	0.0	0.0	0.9	0.7	0.0	0.0
CRANBERRY SAUCE per spoon	30	7	0.0	0.0	1.7	1.7	0.0	0.0
HORSERADISH per spoon	34	8	0.6	0.0	0.5	0.5	0.1	0.2
MUSTARD per spoon	22	5	0.3	0.0	0.5	0.3	0.2	0.3
STUFFING BALLS per portion	310	74	3.8	0.4	7.8	0.3	1.7	0.5
GOLDEN YORKSHIRES per portion	1009	241	6.9	0.8	30.7	1.8	12.7	0.6
CAULIFLOWER CHEESE per spoon	471	113	7.9	5.3	6.6	2.8	3.4	0.7
GRAVY per spoon	102	24	0.1	0.0	5.4	1.2	0.4	0.8
HONEY ROAST PARSNIPS per spoon	540	129	6.0	0.6	16.6	5.4	1.3	0.2
MASHED POTATO per spoon	306	73	4.0	2.5	7.8	0.3	1.0	0.3
PEAS per spoon	231	55	2.0	1.1	5.4	2.8	2.7	0.0
POTATO GRATIN per spoon	731	175	9.2	5.3	17.3	2.3	4.9	0.8
ROASTED POTATOES per spoon	2466	589	39.1	2.8	51.0	1.5	5.4	0.4
ROASTED CARROTS per spoon	329	79	6.4	1.0	4.2	4.0	0.3	0.1
ROOT VEG MASH per spoon	376	90	3.9	2.3	11.2	3.3	1.3	0.5

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY MENU KIDS CARVERY								
KIDS ROAST 2 BEEF SLICES & GRAVY	1079	258	17.3	7.6	4.4	0.7	20.8	0.6
KIDS 2 TURKEY SLICES & GRAVY	747	178	6.6	2.8	4.6	0.8	24.6	0.5
KIDS 2 GAMMON SLICES & GRAVY	893	213	12.9	5.6	5.2	0.7	18.8	2.2
KIDS MENU								
KIDS STARTERS								
BAKED GARLIC & PARSLEY FLATBREAD	1040	248	10.0	3.2	34.0	0.3	4.9	0.6
TORTILLA CHIPS WITH DIP	682	163	6.5	1.0	21.1	2.7	3.8	0.2
VEGAN TORTILLA CHIPS AVAILABLE, JUST ASK	629	150	6.4	0.9	20.0	1.5	2.1	0.2
VEGGIE STICKS WITH DIP	118	28	0.4	0.0	3.6	3.4	2.3	0.1
KIDS MAINS								
10-VEG TOMATO PASTA	985	235	3.8	0.5	40.8	6.8	7.5	0.6
PORK SAUSAGES, MASH & GRAVY	1439	344	19.8	7.5	23.9	4.4	16.3	1.6
GARDEN GOURMET SENSATIONAL SAUSAGE & MASH	1170	279	13.0	6.1	23.3	2.5	13.8	1.7
OVEN BAKED POPPIN' CHICKEN WITH CHIPS	1473	352	15.4	2.4	39.2	0.6	13.1	0.9
OVEN BAKED FISH BITES WITH CHIPS	2108	504	21.9	2.3	55.9	2.1	19.7	1.3
GRILLED CHICKEN BREAST WITH CHIPS	1204	287	9.5	1.6	30.1	0.7	19.2	1.1
SPAGHETTI BOLOGNESE	1204	288	6.5	2.5	40.0	6.8	15.4	0.3
MARGHERITA PIZZA	1576	377	10.8	4.8	54.0	2.6	14.4	1.4
BEEF BURGER WITH CHIPS	2401	573	26.2	9.1	54.9	2.0	26.9	0.9
MAC & CHEESE	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
STEAK WITH CHIPS	1547	370	14.9	4.4	31.8	0.7	28.0	0.6
KIDS DESSERTS								
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
VANILLA DAIRY ICE CREAM	778	186	8.1	5.5	24.0	15.3	3.6	0.2
PANCAKES	1057	252	6.2	2.6	44.2	28.1	4.1	0.4
CHOCOLATE BROWNIE	1339	320	13.1	7.7	44.2	34.2	4.6	0.2
STRAWBERRY FROZEN YOGHURT	538	129	4.9	3.4	18.1	10.8	2.7	0.1
KIDS SIDES								
2 MINI CORN ON THE COBS	200	48	1.1	0.2	5.7	1.5	2.2	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS	65	16	0.2	0.0	2.4	2.3	0.6	0.0
MINI JACKET POTATOES	648	155	0.3	0.2	32.6	3.7	4.1	0.1
MASHED POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
SKIN-ON CHIPS KIDS PORTION	879	210	8.3	1.3	30.0	0.5	2.8	0.5



Starters

BBQ CHICKEN WINGS

Contains: No major allergens

May Contains: No major allergens

CHICKEN GOUJONS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

GARLIC & HERB MUSHROOMS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

GARLIC BREAD -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

LOADED NACHOS -

Contains: Milk

May Contains: No major allergens

POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

PRAWN COCKTAIL

Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard

May Contain: Soya, Sulphite

SALT AND PEPPER SQUID

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contains: No major allergens

SHARING PLATTER

Contains: Cereals containing Gluten (Barley, Wheat), Milk

May Contain: Other Cereals containing (Oats, Rye), Milk, Soya

TOMATO SOUP -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

Kids Mains

KIDS BURGER & CHIPS

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Milk

KIDS CHICKEN BREAST

Contains: No major allergens

May Contains: No major allergens

KIDS FISH BITES & CHIPS

Contains: Cereals containing Gluten (Wheat), Fish

May Contains: No major allergens

KIDS MAC AND CHEESE -

Contains: Cereals containing Gluten (Wheat), Milk, Mustard

May Contains: No major allergens

KIDS MARGHERITA PIZZA -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

KIDS POPPIN CHICKEN

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

KIDS PORK SAUSAGES

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

KIDS SPAGHETTI BOLOGNESE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

KIDS STEAK AND CHIPS

Contains: No major allergens

May Contains: No major allergens

KIDS TOMATO PASTA -

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: No major allergens

KIDS VEGGIE SAUSAGE & MASH -

Contains: Soya

May Contains: No major allergens

Kids Desserts

KIDS CHOCOLATE BROWNIE -

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

May Contains: No major allergens

KIDS ETON MESS SUNDAE -

Contains: Egg, Milk

May Contain: Tree Nuts (Hazelnut)

KIDS FRUIT SALAD -

Contains: No major allergens

May Contains: No major allergens

KIDS ICE CREAM -

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

May Contains: No major allergens

KIDS PANCAKES -

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

May Contains: No major allergens

KIDS STRAWBERRY FROZEN YOGHURT -

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

May Contain: Tree Nuts (Hazelnut)

Mains

8OZ RUMP

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

8OZ SIRLOIN

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

BEEF AND ALE PIE

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk

May Contains: No major allergens

BEEF LASAGNE

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contain: Milk, Soya

BEER BATTERED HADDOCK AND CHIPS

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard

May Contains: No major allergens

BIG STACK BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

CHICKEN AND HAM PIE

Contains: Cereals containing Gluten (Oats, Wheat), Egg, Milk, Mustard

May Contains: No major allergens

CHICKEN KATSU CURRY

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

CHICKEN TIKKA CURRY

Contains: Milk

May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)

CLASSIC CHEESE AND BACON BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

CREATE YOUR OWN PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

GAMMON STEAK

Contains: Egg

May Contains: No major allergens

MIXED GRILL

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite

May Contain: Other Cereals containing (Oats, Rye)

MIXED SALAD -

Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite

May Contain: Milk

SCAMPI AND CHIPS

Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Mustard

May Contains: No major allergens

SMOTHERED CHICKEN

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contain: Milk, Soya

SMOTHERED PLATTER

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Oats, Rye)

SPICY CHICKEN BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contain: Sesame

SPICY GRILLED CHICKEN BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contain: Sesame

THE VEGAN BURGER -

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: Celery, Egg, Mustard, Sesame

VEGAN THAI GREEN CURRY -

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

VEGGIE LASAGNE -

Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite

May Contain: Milk, Soya

Sides

BEER BATTERED ONION RINGS

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

COLESLAW -

Contains: Egg, Mustard

May Contains: No major allergens

GARLIC BREAD -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

JACKET POTATO -

Contains: Milk

May Contains: No major allergens

KATSU CHICKEN LOADED CHIPS LARGE

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

KATSU CHICKEN LOADED CHIPS SGL

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

PEPPERCORN SAUCE

Contains: Celery, Milk

May Contains: No major allergens

SIDE SALAD -

Contains: Mustard, Sulphite

May Contains: No major allergens

SKIN ON CHIPS -

Contains: No major allergens

May Contains: No major allergens

Condiments

Condiments 21 Restaurants New -

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Mustard

May Contain: Sulphite

Desserts

APPLE AND BLACKBERRY CRUMBLE -

Contains: Cereals containing Gluten (Oats), Milk

May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

CADBURY'S CARAMEL SUNDAE -

Contains: Milk, Soya

May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

CARAMEL APPLE BETTY -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

CRUNCHIE CHEESECAKE -

Contains: Egg, Milk

May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

FRUIT SALAD -

Contains: No major allergens

May Contains: No major allergens

KNICKERBOCKERGLORY -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya, Sulphite

May Contain: Milk, Soya, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

STICKY TOFFEE PUDDING -

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

TRIPLE CHOCOLATE BROWNIE -

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

May Contains: No major allergens

Daytime Starters

CHICKEN GOUJONS

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

GARLIC & HERB MUSHROOMS -

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

GARLIC BREAD WITH CHEESE -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Milk, Soya

POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

TOMATO SOUP -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

Daytime Mains

BEEF LASAGNE

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contain: Milk, Soya

BREWERS CLUB SANDWICH

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contain: Other Cereals containing (Barley), Soya

CHEESE BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Sesame

CHICKEN TIKKA CURRY

Contains: Milk

May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)

FISH AND CHIPS

Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard

May Contains: No major allergens

GAMMON STEAK

Contains: Egg

May Contains: No major allergens

JACKET POTATO WITH CHILLI

Contains: Celery, Egg, Milk, Mustard, Soya, Sulphite

May Contains: No major allergens

SAUSAGE AND MASH

Contains: Cereals containing Gluten (Wheat), Milk, Sulphite

May Contains: No major allergens

SMOTHERED CHICKEN

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Milk, Soya

SPICY CHICKEN BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contain: Sesame

SPICY GRILLED CHICKEN BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Mustard

May Contain: Sesame

VEGAN THAI GREEN CURRY -

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

VEGGIE SAUSAGE AND MASH -

Contains: Milk, Soya

May Contains: No major allergens

Daytime Desserts

CARAMEL APPLE BETTY -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

MINI CADBURY NIBBLE SUNDAE -

Contains: Milk, Soya

May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

MINI KNICKERBOCKERGLORY SUNDAE - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya, Sulphite

May Contain: Milk, Soya, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

MINI WINTER BERRIES SUNDAE - VE V

Contains: No major allergens

May Contains: No major allergens

TRIPLE CHOCOLATE BROWNIE - V

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

May Contains: No major allergens

Kids Starters

KIDS GARLIC FLATBREAD - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

KIDS TORTILLA CHIPS - V

Contains: Milk

May Contains: No major allergens

KIDS TORTILLA CHIPS - VE V

Contains: No major allergens

May Contains: No major allergens

KIDS VEGGIE STICKS - V

Contains: Milk

May Contains: No major allergens

Guest Choice

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Ice Cream - V

Contains: Milk

May Contains: No major allergens

Mushy Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Pepperoni Sliced

Contains: No major allergens

May Contains: No major allergens

Pineapple Ring - VE V

Contains: No major allergens

May Contains: No major allergens

Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

Chipotle Chilli Chips

Contains: Celery, Milk, Soya

May Contains: No major allergens

Chips & Onion Rings NEW

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Custard - V

Contains: Milk

May Contains: No major allergens

French Dressing - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Fried Egg - V

Contains: Egg

May Contains: No major allergens

Fried Egg & Pineapple - V

Contains: Egg

May Contains: No major allergens

Fried Mushroom Cup - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Ice Cream Vanilla - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Katsu Chicken Loaded Chips	
<i>Contains: Cereals containing Gluten (Wheat), Soya</i>	<i>May Contains: No major allergens</i>
Kids Mashed Potato - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Kids Peas - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Kids Sweetcorn - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
MIXED SIDE SALAD - VE V	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
Mini Jacket Potatoes - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Potato Mash New - V	
<i>Contains: Milk</i>	<i>May Contains: No major allergens</i>
Red Chilli Slice - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Red Onion Slice - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Red Pepper Slice - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Salad Garnish - VE V	
<i>Contains: Mustard, Sulphite</i>	<i>May Contains: No major allergens</i>
Seafood Dressing - V	
<i>Contains: Egg, Mustard</i>	<i>May Contain: Sulphite</i>
Skin on Chips - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Skin on Chips - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Sliced Ham	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Tomato Slice - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Vegan Burger Bun NEW - VE V	
<i>Contains: Cereals containing Gluten (Wheat)</i>	<i>May Contain: Sesame</i>
Vegetable Batons - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
4oz Rump	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
8oz Rump	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>
Vegan Ice Cream - VE V	
<i>Contains: No major allergens</i>	<i>May Contains: No major allergens</i>

Upgrade

4oz Burger	
Contains: No major allergens	May Contains: No major allergens
4oz Steak Burger	
Contains: No major allergens	May Contains: No major allergens
7oz Gammon	
Contains: No major allergens	May Contains: No major allergens
Cheese Slice - 	
Contains: Milk	May Contains: No major allergens
Chicken Breast	
Contains: No major allergens	May Contains: No major allergens
Chipotle Chilli	
Contains: Celery, Milk, Soya	May Contains: No major allergens
Double Smothered Chicken	
Contains: Milk	May Contains: No major allergens
Mozzarella Cheddar - 	
Contains: Milk	May Contains: No major allergens
Naan Bread -  	
Contains: Cereals containing Gluten (Wheat)	May Contains: No major allergens
Skin On Chips -  	
Contains: No major allergens	May Contains: No major allergens
Streaky Bacon	
Contains: No major allergens	May Contains: No major allergens
Vegan Bacon -  	
Contains: Soya	May Contain: Other Cereals containing (Wheat)
Vegan Burger With Cheese -  	
Contains: Cereals containing Gluten (Barley), Soya	May Contain: Celery, Egg, Mustard, Sesame
White Bread & Butter - 	
Contains: Cereals containing Gluten (Wheat), Milk	May Contain: Other Cereals containing (Barley), Soya



Sunday Roast Carvery

MEAT CARVERY ADULT

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

MEAT CARVERY KIDS

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

VEG CARVERY ADULT - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Soya, Sulphite

May Contains: No major allergens

VEGAN NON CHICKEN ROAST - VE V

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Sunday Roast Plated

BEEF TOPSIDE SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

CAULIFLOWER CHEESE - V

Contains: Milk

May Contains: No major allergens

GAMMON SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

NON CHICKEN ROAST - V

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contains: No major allergens

PIGS IN BLANKETS

Contains: Sulphite

May Contains: No major allergens

TRIO OF ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

TURKEY SUNDAY ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

VEGAN NON CHICKEN ROAST - VE V

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Sunday Roast Kids Plated

KIDS ROAST BEEF

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

KIDS ROAST GAMMON

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

KIDS ROAST TURKEY

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contains: No major allergens

Sunday Roast UNLIMITED

ROAST UNLIMITED - V	
<i>Contains: Cereals containing Gluten (Wheat), Egg, Milk</i>	<i>May Contains: No major allergens</i>

Upgrade

Beef Topside & Pig in Blanket	
Contains: Milk, Sulphite	May Contains: No major allergens
Gammon & Pig in Blanket	
Contains: Sulphite	May Contains: No major allergens
Turkey & Pig in Blanket	
Contains: Sulphite	May Contains: No major allergens
Vegan Chicken Breast -  	
Contains: Cereals containing Gluten (Wheat), Soya	May Contains: No major allergens