











































| Allergens                            | Cereals inc Gluten  | Peanuts (Y/N)   | Eggs (Y/N)  | Crustaceans (Y/N)   | Mustard (Y/N)  | Lupin (Y/N)   | Soya (Y/N)  | Molluscs (Y/N)  | Nuts (Y/N)  | Sesame Seeds (Y/N)  | Milk (Y/N)  | Celery (Y/N)  | Fish (Y/N)  | Sulphur Dioxide & Sulphites (Y/N)   |  |
|--------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|--|
|                                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Breakfasts</b>                    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Small Breakfast                      | Wheat   |   | Y   |   | Y  |   | *   |   |   |   |   | Y   |   | Y   |  |
| Full English Breakfast               | Wheat, Barley, oats   |   | Y   |   | Y  |   | *   |   |   |   |   | Y   |   | Y   |  |
| Eggs Florentine                      | Wheat   |   | Y   |   |  |   |   |   |   |   | Y   |   |   | Y   |  |
| Egg Benedict                         | Wheat   |   | Y   |   |  |   |   |   |   |   | Y   |   |   | Y   |  |
| Vegetarian                           | Wheat   |   | Y   |   |  |   |   |   |   |   |   | Y   |   |   |  |
| Ciabatta roll                        | Wheat   |   | Y   |   | Y  |   | *   |   |   |   |   | Y   |   | Y   |  |
| Scrambled Eggs, Mush & Toast         | Wheat, Rye, Oats  |   | Y   |   |  |   | Y   |   |   | Y   |   |   |   |   |  |
| Egg, Bacon Beans & Multigrain Toast  | Wheat, Rye, Oats  |   | Y   |   |  |   | Y   |   |   | Y   |   |   |   |   |  |
| Egg, Bacon Beans & White Toast       | Wheat   |   | Y   |   |  |   |   |   |   |   |   |   |   |   |  |
| American pancakes, Syrup with bacon  | Y - Wheat   |   | Y   |   |  |   |   |   |   |   | Y   |   |   |   |  |
| American pancakes, Syrup with fruits | Y - Wheat   |   | Y   |   |  |   |   |   |   |   | Y   |   |   | Y   |  |
| Bacon Baps                           | Wheat   |   |   |   |  |   | Y   |   |   |   |   |   |   |   |  |
| Sausage Baps                         | Wheat   |   | *   |   | *  |   | Y   |   |   |   | *   | *   |   | Y   |  |
| HP Sauce                             | (Barley, Rye)   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Ketchup                              |   |   |   |   |  |   |   |   |   |   |   | Y   |   |   |  |
| Multi seed toast                     | Wheat, Rye, Oats  |   |   |   |  |   | Y   |   |   | Y   | Y   |   |   |   |  |
| Multiseed toast & Jam                | Wheat, Rye, Oats  |   |   |   |  |   | Y   |   |   | Y   | Y   |   |   |   |  |
| White Bloomer toast & Butter         | Wheat   |   |   |   |  |   | Y   |   |   |   | Y   |   |   |   |  |
| White Bloomer toast, butter & Jam    | Wheat   |   |   |   |  |   | Y   |   |   |   | Y   |   |   |   |  |
| Crumpets with butter                 | Wheat   |   |   |   |  |   |   |   |   |   | Y   |   |   |   |  |
| Butter                               |   |   |   |   |  |   |   |   |   |   | Y   |   |   |   |  |
| <b>A bit more on the side</b>        |   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Fries (with ketchup)                 |   |   |   |   |  |   |   |   |   |   |   | Y   |   |   |  |
| Fries                                |   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Mini Hash Browns                     |   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Mozzeralla Sticks                    | Wheat   |   |   |   |  |   |   |   |   |   | Y   |   |   |   |  |
| Spicy Wedges                         | Wheat   |   |   |   |  |   |   |   |   |   |   | Y   |   |   |  |
| Sweetcorn (with butter)              |   |   |   |   |  |   |   |   |   |   | Y   |   |   |   |  |
| Wings (BBQ sauce dip)                | Barley  |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Onion Rings                          | Wheat, Barley, Rye, maize   |   |   |   |  |   |   |   |   |   |   |   |   |   |  |
| Seasoned Potatoes (with Ketchup)     |   |   |   |   |  |   |   |   |   |   |   | Y   |   |   |  |

|  |  |   |   |  |   |  |   |  |   |   |   |   |   |
|--|--|---|---|--|---|--|---|--|---|---|---|---|---|
| Coleslaw                                   |  |   | Y |  | Y |  |   |  |   | Y |   |   |   |
| Egg  |  |   | Y |  |   |  |   |  |   |   |   |   |   |
| Bacon                                      |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Sausage                                    | Wheat                                  |   | * |  | * |  | * |  |   |   | * |   | Y |
| Tomato                                     |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Baked beans                                |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Black Pudding                              | Wheat, Barley                          |   |   |  |   |  |   |  |   |   |   |   |   |
| Mushrooms                                  |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Toasted White Bloomer (butter)             | Wheat                                  |   |   |  |   |  | Y |  |   |   | Y |   |   |
| Toasted Multiseed Bloomer (butter)         | Wheat, Rye, Oats                       |   |   |  |   |  | Y |  |   | Y | Y |   |   |
| Crumpets                                   | Wheat                                  |   |   |  |   |  |   |  |   |   |   |   |   |
| Jam portions                               |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Marmalade                                  |  |   |   |  |   |  |   |  |   |   |   |   | * |
| <b>Mains</b>                               |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Cod & Fries (Tartar sauce)                 | Wheat                                  |   | Y |  | Y |  |   |  |   |   |   |   | Y |
| Steak & Fries                              |  |   |   |  |   |  |   |  |   |   |   |   |   |
| Steak with Peppercorn sauce                | Wheat                                  |   | Y |  | Y |  |   |  |   | Y | Y |   | Y |
| Naked Chicken Salad                        | SALAD (MIXED LEAF, TOMATOES, CUCUMBER) |   |   |  |   |  |   |  |   |   |   |   |   |
| Chicken with Piri Piri                     |  | * | Y |  | Y |  |   |  |   |   | Y |   |   |
| Chicken with Bourbon BBQ                   | Wheat                                  | * | Y |  | Y |  | Y |  |   |   | Y |   |   |
| Chicken with Sweet Chilli                  |  | * | Y |  | Y |  |   |  | Y | Y |   |   |   |
| Trio Chicken Feast(SALAD) Fries & Coleslaw | SALAD (MIXED LEAF, TOMATOES, CUCUMBER) |   |   |  |   |  |   |  |   |   |   |   |   |
| Chicken fillet / Tikka Skewer/Wings        |  |   |   |  |   |  |   |  |   |   |   |   |   |
| with Piri Piri                             | Wheat                                  | * | Y |  | Y |  |   |  |   |   | Y | Y |   |
| with Bourbon BBQ                           | Wheat                                  | * | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| with Hot Chilli                            | Wheat                                  | * | Y |  | Y |  |   |  |   |   | Y | Y |   |
| with Sweet Chilli                          | Wheat                                  | * | Y |  | Y |  |   |  | Y | Y | Y |   |   |
| <b>Burgers</b>                             |  |   |   |  |   |  |   |  |   |   |   |   |   |
| The Arlo's                                 | Y - Wheat, Barley                      |   | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| Mexican Chilli                             | Y - Wheat, Barley                      |   | Y |  | Y |  | Y |  |   |   | Y | Y | Y |
| The Classic 'Bacon & Cheese'               | Y - Wheat, Barley                      |   | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| Double Cheese & Bacon burger               | Y - Wheat, Barley                      |   | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| Kentucky BBQ Jack                          | Y - Wheat, Barley                      |   | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| Cajun chicken                              | Y - Wheat                              |   | Y |  |   |  |   |  |   |   | Y |   |   |
| Breakfast Brunch Burger                    | Wheat, Barley                          |   | Y |  | Y |  | Y |  |   |   | Y | Y |   |
| Classic Chicken Cheese & Bacon             | Y - Wheat                              |   | Y |  |   |  |   |  |   |   | Y |   |   |
| Chicken BBQ Cheese & Bacon melt            | Wheat                                  |   | Y |  |   |  | Y |  |   |   | Y |   | Y |

|                                       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|---------------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| Chicken Piri Piri Cheese & Bacon melt | Y - Wheat   |   | Y   |  |   |   |   |   |   |   | Y   |   |   |   |
| <b>Street Eats</b>                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| American Dog & Fries                  | Wheat & Maize   |   |   |  | Y   |   |   |   |   | *   |   | Y   |   | Y   |
| Chilli Dog & Tortilla chips           | Wheat, Barley & Maize   |   | Y   |  | Y   |   |   |   |   | *   | Y   |   |   | Y   |
| <b>House bowls</b>                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| Chicken Piri Piri Masala              | Y - Barley  |   |   |  | Y   |   |   |   |   |   |   |   |   |   |
| Chilli Con Carne                      | Y - Wheat & Barley  |   |   |  |   |   |   |   |   |   | Y   |   |   | Y   |
| Green Thai curry                      |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| Chilli & Nachos (Tortilla chips)      | Y - Wheat & Barley  |   |   |  |   |   |   |   |   |   | Y   |   |   | Y   |
| Basmati rice                          |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| <b>Allergens</b>                      | Cereals inc Gluten  | Peanuts (Y/N)   | Eggs (Y/N)  | Crustaceans (Y/N)  | Mustard (Y/N)   | Lupin (Y/N)   | Soya (Y/N)  | Molluscs (Y/N)  | Nuts (Y/N)  | Sesame Seeds (Y/N)  | Milk (Y/N)  | Celery (Y/N)  | Fish (Y/N)  | Sulphur Dioxide & Sulphites (Y/N)   |
|                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Vegetarian</b>                     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| Macaroni cheese                       | Wheat, Barley   |   |   |  | Y   |   | *   |   |   | *   | Y   |   |   |   |
| Goan vegetable curry                  |   |   |   |  | Y   |   |   |   |   |   | Y   |   |   |   |
| Nachos & cheese                       |   |   | *   |  | Y   |   |   |   |   |   | Y   |   |   | Y   |
| Flamin Nacho                          | Y -Wheat & Maize  | Y   | Y   |  | Y   |   |   |   | Y   |   | Y   | Y   |   | Y   |
| Vegetarian breakfast                  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| <b>Soup</b>                           |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| Indonesian Chicken Noodle soup        | Gluten (Wheat)  |   | Y   |  |   |   |   |   |   |   |   | Y   |   | Y   |
| Boston Chicken Chowder                |   |   | Y   |  |   |   |   |   |   |   | Y   |   |   |   |
| British Beef & potato                 | (Barley)  |   |   |  |   |   |   |   |   |   | Y   | Y   |   | Y   |
| Chicken Laska                         | Gluten (Wheat)  |   | Y   |  |   |   |   |   |   |   |   |   | Y   | Y   |
| Chipotle Meatball                     |   |   |   |  |   |   |   |   |   |   | Y   |   |   |   |
| <b>Sandwiches</b>                     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
| BLT Multiseed Bloomer                 | Wheat, Rye, Oats  |   | Y   |  | Y   |   | Y   |   |   | Y   | Y   |   |   |   |
| Egg Spinach & Tomato on Rye Bloomer   | Wheat, Rye  |   | Y   |  | Y   |   | Y   |   |   |   | Y   |   |   |   |

|   |                    |   |   |   |   |   |   |   |               |   |   |   |   |   |
|---|--------------------|---|---|---|---|---|---|---|---------------|---|---|---|---|---|
| Ham & Swiss Cheese, Red Onion chutney on Ciabatta         | Wheat              |   |   |   |   |   |   |   |               |   | Y |   |   | Y |
| Tuna Melt Ciabatta  | Wheat              |   | Y |   | Y |   |   |   |               |   | Y |   | Y |   |
| Cheddar with Chilli Chutney Sour Dough                    | Wheat, Rye         |   |   |   |   |   | Y |   |               |   | Y |   | Y | Y |
| Classic Ham & Cheddar with Mustard Mayo Multiseed Bloomer | Wheat, Rye, Oats   |   | Y |   | Y |   | Y |   |               |   | Y | Y |   | Y |
| Chicken Chorizo & Mozzarella Focaccia                     | Wheat, Barley      |   |   |   |   |   |   |   |               |   | Y |   |   |   |
| Chicken Pesto on Focaccia                                 | Wheat, Barley      |   |   |   | Y |   | Y |   | PINE          |   | Y | Y |   | Y |
| New Yorker on Corn bread                                  | Wheat, Rye         |   |   |   | Y |   |   |   |               |   |   | Y |   | Y |
| Cherry Tomato, Mozzarella & Advocado                      | Wheat              |   | Y |   | Y |   |   |   |               |   | Y | Y |   | Y |
| <b>Kids</b>   |                    |   |   |   |   |   |   |   |               |   |   |   |   |   |
| Kids breakfast  | Wheat              |   | Y |   |   |   |   |   |               |   |   |   |   | Y |
| Pancakes & fruit  | Y - Wheat          |   | Y |   |   |   |   |   |               |   | Y |   |   | Y |
| Scrambled Egg & Toast                                     | Wheat, Rye, Oats   |   | Y |   |   |   | Y |   |               |   | Y |   |   |   |
| Burger & fries  | Y - Wheat, Barley  |   |   |   | Y |   | Y |   |               |   | Y | Y |   |   |
| Loaded burger & fries                                     | Y - Wheat, Barley  |   |   |   | Y |   | Y |   |               |   | Y | Y |   |   |
| Chicken fillet burger                                     | Y - Wheat, Barley  |   |   |   | Y |   | Y |   |               |   | Y | Y |   |   |
| Chicken salad   |                    |   | Y |   | Y |   |   |   |               |   | Y |   |   |   |
| Kids Fish fingers   | Wheat              |   |   |   | Y |   |   |   |               |   | Y | Y | Y | Y |
| Fried Chicken dippers                                     | Wheat              |   |   |   | Y |   |   |   |               |   | Y |   | Y |   |
| <b>Patisserie &amp; Cakes</b>                             |                    |   |   |   |   |   |   |   |               |   |   |   |   |   |
| Banana Banoffee Slice                                     | Y - Wheat          | N | Y | N | N | N | Y | N | N             | N | Y | N | N | N |
| Latte Slice   | Y - Wheat          | N | Y | N | N | N | Y | N | Y - Hazelnuts | N | Y | N | N | N |
| Cookies & Cream (Oreo Slice)                              | Y - Wheat          | N | Y | N | N | N | Y | N | N             | N | Y | N | N | N |
| Sicilian Lemon Slice                                      | Y - Wheat          | N | Y | N | N | N | N | N | N             | N | Y | N | N | N |
| Ind. Raspberry & White Chocolate Frangipan                | Y - Wheat          | N | Y | N | N | N | Y | N | Y - Almonds   | N | Y | N | N | N |
| Ind. Pear & Almond Frangipan                              | Y - Wheat          | N | Y | N | N | N | N | N | Y - Almonds   | N | Y | N | N | N |
| Toffee Apple Crumble Tart                                 | Y - Wheat          | N | Y | N | N | N | Y | N | N             | N | Y | N | N | Y |
| Fruits of the Forest Tart - pre cut 14 ptn                | Y - Wheat          | N | Y | N | N | N | Y | N | N             | N | Y | N | N | N |
| Classic Lemon Tart (Pre-Cut 14)                           | Y - Wheat          | N | Y | N | N | N | N | N | N             | N | Y | N | N | N |
| Ind. Triple Chocolate Cake                                | Y - Wheat & Barley | N | Y | N | N | N | Y | N | N             | N | Y | N | N | N |
| Ind. Strawberries & Cream Cake                            | Y - Wheat          | N | Y | N | N | N | N | N | N             | N | Y | N | N | N |
| Ind. Toffee Waffle & Maple Cake                           | Y - Wheat          | N | Y | N | N | N | Y | N | N             | N | Y | N | N | N |
| Ind. Sicilian Lemon & Ginger Cake                         | Y - Wheat          | N | Y | N | N | N | N | N | N             | N | Y | N | N | N |

|  |               |   |   |   |   |   |   |   |         |   |   |   |   |   |
|--|---------------|---|---|---|---|---|---|---|---------|---|---|---|---|---|
| Strawberry & Cream Cheesecake with Devon Clotted Cream Slice | Y - Wheat     | N | Y | N | N | N | Y | N | N       | N | Y | N | N | N |
| White Choc & Rasp Cookie                                     | Y - Wheat     |   | Y |   |   |   | Y |   |         |   | Y |   |   |   |
| Quadruple Choc Cookie  | Y - Wheat     |   | Y |   |   |   | Y |   |         |   | Y |   |   |   |
| Shortbread Choc Chip Cookies                                 | Y - Wheat     |   |   |   |   |   | Y |   |         |   | Y |   |   |   |
| Croissant  | Y - Wheat     |   | Y |   |   |   |   |   |         |   | Y |   |   | Y |
| Pecan Maple Danish   | Y - Wheat     |   | Y |   |   |   |   |   | Pecan   |   | Y |   |   |   |
| Almond Croissant   | Y - Wheat     |   | Y |   |   |   |   |   | Almonds |   | Y |   |   |   |
| Pain Aux Raisin  | Y - Wheat     |   | Y |   |   |   |   |   |         |   | Y |   |   | Y |
| Scone  | Y - Wheat     |   | Y |   |   |   |   |   |         |   | Y |   |   | Y |
| Strawberry Jam   |               |   |   |   |   |   |   |   |         |   |   |   |   |   |
| Butter   |               |   |   |   |   |   |   |   |         |   | Y |   |   |   |
| Banana & Walnut Loaf   | Y - Wheat     |   | Y |   |   |   | Y |   | Walnut  |   | Y |   |   |   |
| Red Velvet cake  | Y - Wheat     |   | Y |   |   |   | Y |   |         |   | Y |   |   |   |
| Zucchini & Lime  | Y - Wheat     |   | Y |   |   |   | Y |   |         |   | Y |   |   | Y |
|  |               |   |   |   |   |   |   |   |         |   |   |   |   |   |
| <b>Bircher Pots</b>  |               |   |   |   |   |   |   |   |         |   |   |   |   |   |
| Raspberry  | Gluten - Oats |   |   |   |   |   |   |   | Y       |   | Y |   |   | Y |
| Passion Fruit  | Gluten - Oats |   |   |   |   |   |   |   | Y       |   | Y |   |   | Y |

| Allergens                               | Cereals inc Gluten   | Peanuts (Y/N)  | Eggs (Y/N)   | Crustaceans (Y/N)  | Mustard (Y/N)   | Lupin (Y/N)  | Soya (Y/N)   | Molluscs (Y/N)   | Nuts (Y/N)   | Sesame Seeds (Y/N)   | Milk (Y/N)   | Celery (Y/N)   | Fish (Y/N)   | Sulphur Dioxide & Sulphites (Y/N)  |  |
|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|
|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Bread</b>                            |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |
| White Bloomer                           | Wheat  |  |  |  |   |  | Y  |  |  |  |  |  |  |  |  |
| Farmhouse Multiseed Extra Thick         | Oats   |  |  |  |   |  | Y  |  |  | Y  |  |  |  |  |  |
| White Poppy Seeded Bloomer Thick Sliced | Wheat  |  |  |  |   |  | Y  |  |  |  |  |  |  |  |  |
| Multiseed Bloomer Thick Sliced          | Oats   |  |  |  |   |  | Y  |  |  | Y  |  |  |  |  |  |
| White Round Rolls                       | Wheat  |  |  |  |   |  | Y  |  |  |  |  |  |  |  |  |
| Foccacia bread                          | Wheat, Barley  |  |  |  |   |  | *  |  |  | *  | *  |  |  |  |  |
| Club Crois sandwich                     | Wheat, Oats  |  | Y  |  |   |  | *  |  | *  |  |  |  |  |  |  |
| Rye Bloomer                             | Wheat, Rye   |  |  |  |   |  | Y  |  |  |  |  |  |  |  |  |
| Ciabatta                                | Wheat  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |
| Sour Dough                              | Wheat, Rye   |  |  |  |   |  | Y  |  |  |  |  |  |  |  |  |

