

ALLERGENS: Please let us know of any allergies before you order. Whilst we have kitchen protocols in place to address the risk of cross-contamination of allergens, kitchens are busy environments so we cannot guarantee their total absence in our dishes.

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
OLIVES / Rustica olives								Y							
BAGUETTE unsalted butter / Basket of stone-baked artisan baguette	Y Whe Bar									Y					
BAGUETTE & DIPS / Artisan baguette with a selection of dips	Y Whe Bar							Y	Y		Y			Y	
ANCHOVY APPETISER	Y Whe Rye			Y						Y					
CHEESE SOUFFLE	Y Whe Bar								Y	Y					
MEDITERRANEAN FISH SOUP	Y Whe Bar			Y					Y	Y				Y	
WILD MUSHROOM FRICASSEE	Y Whe Bar									Y				Y	

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CHICKEN LIVER PARFAIT	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y		Y	Y	
POTTED CORNISH CRAB with AVOCADO GUACAMOLE, prawn butter	Y Whe Rye	Y								Y				Y	
INDIAN SPICED SAMOSAS	Y Whe						Y Cas								
GRILLED LIGHTLY SMOKED SALMON WITH CURRIED CAULIFLOWER				Y						Y		Y		Y	
ROAST CORNISH BEEF & COTTAGE PIE	Y Whe								Y	Y	Y			Y	
ROAST PORK SIRLOIN	Y Whe Bar								Y	Y	Y			Y	
ROAST CORNISH LAMB & SHEPHERD'S PIE	Y Whe Bar								Y	Y	Y			Y	
VEGETARIAN PASTRY PARCEL	Y Whe					Y	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y			Y	
MALABAR FISH CURRY with TOASTED COCONUT	Y Whe	Y		Y								Y			
PAELLA VALENCIANA WITH RED MULLET & KING PRAWNS		Y	Y	Y		Y					Y				
MARINATED KING PRAWNS WITH BLACK RICE (Only for Chichester instead of Paella)		Y									Y				

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MARINATED / GLAZED CHICKEN with SWEET POTATO WEDGES	Y Whe							Y	Y					Y	
DUCK LEG CONFIT with BLACKBERRIES										Y	Y			Y	
'LE GRAND' STEAK FRITES	Y Whe			Y						Y					
FREE RANGE CORNISH BEEF BURGER	Y Whe Rye								Y		Y	Y		Y	
ADD : Comte Cheese										Y					
ADD : Melted Blue Cheese										Y					
ADD : Bacon															
MOULES / MUSSELS MARINIERE, BAGUETTE & CHIPS	Y Whe Bar		Y							Y	Y			Y	
GRILLED CAULIFLOWER STEAK with TRUFFLE CREAM , TOASTED NUTS	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y			Y	
FRENCH FRIES / CHIPS	Y Whe														
DAUPHINOISE POTATO										Y	Y			Y	
SWEET POTATO FRIES	Y Whe														
BUTTERED GREEN BEANS										Y					
WILTED SPINACH & KALE with Wyke Farm Cheddar sauce & almonds	Y Whe						Y Alm			Y					

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WINTER COLESLAW SALAD								Y			Y	Y	Y	Y	
MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
PISTACHIO SOUFFLE	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
BRAMLEY APPLE & PEAR CRUMBLE							Y Alm			Y				Y	
CHOCOLATE INDULGENCE					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
STICKY TOFFEE PUDDING, Normandy crème fraiche & crunchy nougatine	Y Whe				Y		Y Alm		Y	Y				Y	
JUDE'S ICE CREAM Choose from : Chocolate (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
JUDE'S ICE CREAM Choose from : Coconut (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								

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JUDE'S ICE CREAM Choose from : Salted Caramel (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y							
JUDE'S ICE CREAM Choose from : Strawberry (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y							
JUDE'S ICE CREAM Choose from : Vanilla (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y							
JUDE'S SORBETS Blackcurrant					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
JUDE'S SORBETS Green Apple					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
JUDE'S SORBETS Lemon					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
JUDE'S SORBETS Mango					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								

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JUDE'S SORBETS Raspberry					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							Y		Y					
SAINT-MARCELLIN CHEESE	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y	Y			Y	

■ Yes   
 ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashew Nuts
Haz	Hazelnuts
Mac	Macedamia Nuts

Pec	Pecan
Pis	Piastachios
Wal	Walnuts

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