

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 & DIPS / Artisan baguette with a selection of dips	Y Whe Bar							Y	Y		Y			Y	
BAGUETTE unsalted butter / Basket of stone-baked artisan baguette	Y Whe Bar									Y					
ANCHOVY APPETISER	Y Whe Rye			Y						Y					
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	

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INDIAN SPICED SAMOSAS	Y Whe						Y Cas								
BAKED SAINT-MARCELLIN CHEESE	Y Whe Bar						Y Wal			Y	Y			Y	
SOURDOUGH SELECTION : LIGHTLY GRILLED GOAT'S CHEESE with BEETROOT & ROQUETTE	Y Whe Rye Bar					Y				Y	Y			Y	
SOURDOUGH SELECTION : LIGHTLY GRILLED CHEDDAR & ONION	Y Whe Rye Bar									Y		Y			
SOURDOUGH SELECTION : BREADED CHICKEN, LETTUCE, TOMATO & CHILLI MAYONNAISE	Y Whe Rye Bar								Y	Y					
SOURDOUGH SELECTION : HAM & HOMEMADE PICCALILLI	Y Whe Rye Bar									Y	M	Y		Y	
SOURDOUGH SELECTION : HOT SMOKED SALMON with SWEET CURED CUCUMBER	Y Whe Rye Bar			Y					Y	Y		Y		Y	
SOURDOUGH SELECTION : CORNISH BEEF 'MINUTE' STEAK / Grilled steak & red onion marmalade	Y Whe Rye									Y	Y	Y		Y	
MARINATED / GLAZED CHICKEN with SWEET POTATO WEDGES	Y Whe							Y	Y					Y	
'LE GRAND' STEAK FRITES	Y Whe			Y						Y					
SALMON & SMOKED HADDOCK FISHCAKE with wilted spinach, kale & nutmeg in a cheddar cream sauce, toasted almonds	Y Whe Bar			Y			Y Alm		Y	Y		Y		Y	

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FISH AND CHIPS	Y Whe			Y					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															
MOROCCAN MEZZE PLATTER (main course)	Y Whe Bar						Y Cas	Y				Y	Y	Y	
FRENCH FRIES / CHIPS	Y Whe														
MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
STICKY TOFFEE PUDDING, Normandy crème fraiche & crunchy nougatine	Y Whe				Y		Y Alm		Y	Y				Y	
BRAMLEY APPLE & PEAR CRUMBLE							Y Alm			Y				Y	
SAINT-MARCELLIN CHEESE	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y	Y			Y	

* Allergens marked with 'M' may contain that allergen.

 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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