

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
Mini Mezze	Y Whe												Y	Y	
Choose THREE of the following : Flat Bread	Y Whe														
Choose THREE of the following : Falafel	Y Whe												Y	Y	
Choose THREE of the following : Houmous													Y		
Choose THREE of the following : Avocado Guacomole															
Choose THREE of the following : Carrot & Cucumber Sticks															
Choose THREE of the following : Cherry Tomato Salad															
Penne pasta with homemade tomato sauce & cheese						Y				Y	Y			Y	

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Penne pasta with homemade pesto & cheese										Y					
The Ulti-mutt Burger – beefburger in a sourdough bun with lettuce and tomato	Y Whe														
ADD : Comte Cheese										Y					
ADD : Bacon															
ADD : Crunchy Pickles												Y			
ADD : Homemade Tomato Chutney														Y	
Chicken Goujons- oven-baked with crispy panko breadcrumb coating	Y Whe								Y	Y		Y			
Very veggie chilli with rice on the side: avocado guacamole & tortilla chips	Y Whe Rye Bar					Y					Y			Y	
Grilled Cod- simply cooked & tasty				Y											
Falafel Wrap- soft wrap filled with falafel, houmous & baby spinach	Y Whe												Y	Y	
Choice of sides : Steamed Seasonal Vegetables															
Choice of sides : French Fries	Y Whe														
Choice of sides : Sweet Potato Fries	Y Whe														
Choice of sides : Crunchy Carrot & Cucumber Sticks															
Sunday Roast *****Please refer the current Sunday Menu for allergens*****															

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STICKY TOFFEE PUDDING, scoop of vanilla ice cream	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
Fresh fruit pot & marshmallows with chocolate dipping sauce						Y		Y		Y	Y			Y	
JUDE'S ICE CREAM Choose from : Vanilla (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	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 : Strawberry (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y							
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 : Coconut (Vegan)					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 Lemon					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
JUDE'S SORBETS Raspberry					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 Blackcurrant					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
LITTLE JUDES MILK LOLLIES					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
with Chocolate Sauce (for Ice Creams & Sorbets)								Y		Y				Y	
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							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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