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DATE: 21st March 2022

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
OLIVES / Rustica olives															
BAGUETTE / Basket of stone-baked artisan baguette (WITH BUTTER)	Y Whe Bar									Y					
BAGUETTE / Basket of stone-baked artisan baguette (WITHOUT BUTTER)	Y Whe Bar														
BAGUETTE & DIPS / Artisan Baguette with a selection of dips	Y Whe Bar							Y	Y		Y			Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
with Spiced Aubergine & Mushroom								Y			Y			Y	
with Citrus Dip / Spicy citrus & coriander															
with Saffron Rouille / Mayonnaise									Y						
ANCHOVY APPETISER	Y Whe Rye			Y						Y					
BREAD GLUTEN FREE									Y						
CHEESE SOUFFLE with Wyke Farm Cheddar Sauce	Y Whe Bar							Y	Y	Y		Y			
MEDITERRANEAN FISH SOUP	Y Whe Bar			Y					Y	Y				Y	
CHICKEN LIVER PARFAIT	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y	Y	Y	
MORTEAU SAUSAGE & POTATO SALAD	M Whe								Y			Y		Y	
PEA & BROAD BEAN SALAD, piquillo peppers, crispy broad beans & shallots, tomato & chilli dressing	M Whe										Y	Y		Y	
MOROCCAN MEZZE PLATTER	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y				Y	Y	Y	
ASPARAGUS with SOFT POACHED EGG									Y					Y	
CLASSIC SALMON GRAVADLAX, dijon mustard, dill, cucumber julienne & lemon creme friache				Y						Y		Y		Y	

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ESCARGOTS / SNAILS garlic herb butter & baguette	Y Whe Bar		Y							Y					
POTTED CORNISH CRAB with AVOCADO GUACAMOLE, prawn butter	Y Whe Rye	Y								Y				Y	
MOULES / MUSSELS MARINIERE, BAGUETTE	Y Whe Bar		Y							Y				Y	
MOULES / MUSSELS MARINIERE, BAGUETTE & CHIPS	Y Whe Bar		Y							Y				Y	
RAINBOW BEETROOT SALAD with Goat's Curd & Croutons	Y Whe Bar									Y	Y	Y		Y	
RAINBOW BEETROOT SALAD without Croutons										Y	Y	Y		Y	
RAINBOW BEETROOT SALAD with Vegan Creme Friache	Y Whe Bar Oat										Y	Y		Y	
SMOKED PORK BELLY with RHUBARB	M Whe Rye Bar Oat							Y		Y	Y	Y	Y	Y	
SALMON & SMOKED HADDOCK FISHCAKE, Tartare Sauce				Y				Y	Y					Y	
DUCK LEG CONFIT with CITRUS SAUCE										Y				Y	
ROAST BUTTERNUT SQUASH with FETA	Y Whe Rye Bar Oat				Y		Y	Y		Y	Y	Y	Y	Y	

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ROAST BUTTERNUT SQUASH without Feta	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y	Y	Y	Y	
PAN-FRIED CHICKEN with MORELS, Sherry Sauce										Y	Y	Y		Y	
FREE RANGE CORNISH BEEF BURGER (Brioche Bun)	Y Whe						Y Wal	Y	Y	Y		Y	Y	Y	
ADD : Chorizo Ketchup											Y			Y	
ADD : Gorgonzola										Y					
ADD : Emmental										Y					
ADD : Bacon															
PAN-FRIED SEA BREAM with BOUILLABAISE SAUCE	Y Whe Bar		Y	Y					Y	Y				Y	
STICKY BEEF with COCONUT RICE	Y Whe							Y		Y	Y	Y	Y	Y	
HALLOUMI BURGER with HOUSE COLESLAW	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y	Y	Y		Y	
GRILLED SALMON FILLET with TOMATO HOLLANDAISE (Mixed Leaf Salad & Fries)	M Whe			Y					Y	Y		Y		Y	
MOROCCAN MEZZE PLATTER (Main)	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y				Y	Y	Y	

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MALABAR FISH CURRY with TOASTED COCONUT (Haddock)	M Whe Rye Bar Oat	Y		Y	Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y	Y	Y	Y	
RUMP STEAK 8oz with Chips, Green Salad & a Garlic Tomato	M Whe									Y		Y		Y	
SIRLOIN STEAK 8oz with Chips, Green Salad & a Garlic Tomato	M Whe									Y		Y		Y	
FILLET STEAK 7oz with Chips, Green Salad & a Garlic Tomato	M Whe									Y		Y		Y	
CHATEAUBRIAND for TWO 14oz with Chips, Green Salad & Garlic Tomatoes	M Whe									Y		Y		Y	
ADD A SAUCE : Butter Cafe de Paris				Y					Y	Y		Y		Y	
ADD A SAUCE: Béarnaise									Y	Y		Y		Y	
ADD A SAUCE: Roquefort	Y Whe							Y		Y					
ADD A SAUCE: Pepper Sauce										Y				Y	
FRENCH FRIES / CHIPS	M Whe														
BUTTERED FRENCH BEANS										Y					
SWEET POTATO FRIES	M Whe														
MINTED NEW POTATOES										Y					

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MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
HOUSE COLESLAW	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y	Y	Y		Y	
MIXED GREENS spinach, leeks, baby gem & peas															
ZESTY LEMON PARFAIT	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y		Y	
PISTACHIO SOUFFLE	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	
CHOCOLATE FONDANT with spiced orange & passion fruit sauce								Y	Y	Y		Y		Y	
MANGO & PINEAPPLE CRUMBLE, fresh fruit & coulis, citrus crumble, mango sorbet	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y				Y	
STICKY TOFFEE PUDDING, cocoa & citrus crisp, creme fraiche	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	

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JUDE'S ICE CREAM Choose from : Vanilla (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Strawberry (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Chocolate (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S ICE CREAM Choose from : Salted Caramel (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Coconut (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Raspberry					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Mango					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					

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JUDE'S SORBETS Lemon					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Blood Orange					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Green Apple					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							Y		Y					
CHEESE PLATE to SHARE	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y		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	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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Where an allergen is shown as M this dish MAY CONTAIN gluten. Whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

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