

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.

Y = Contains

M = May Contain

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.

DATE: 4th July 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 Bar | | | Y | | | | | | Y | | | | | |
| BREAD GLUTEN FREE | | | | | | | | | Y | | | | | | |
| CHEESE SOUFFLE with Ford Farm Coastal 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 | |
| FRESHWATER TROUT GRAVADLAX | | | | Y | | Y | | | | Y | Y | Y | | Y | |
| MORTEAU SAUSAGE & POTATO SALAD | M Whe | | | | | | | | Y | | | Y | | Y | |
| PEA & BROAD BEAN SALAD | M Whe | | | | | | | | | | Y | Y | | Y | |
| GRILLED SQUID with CHILLI & GINGER (Starter) | | | Y | | | | | | | | | | | Y | |
| HERITAGE TOMATO SALAD | | | | | | | | | | | | | | Y | |
| ESCARGOTS / SNAILS | Y Whe Bar | | Y | | | | | | | Y | | | | Y | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|---|----------------------|-------------|----------|------|---------|-------|--------------------------------------|------|------|------|--------|---------|--------|-----------------|-------------------|
| POTTED DEVON CRAB with AVOCADO GUACAMOLE, prawn butter | Y Whe Bar | Y | | | | | | | | Y | | | | Y | |
| MOROCCAN MEZZE PLATTER | Y Whe Rye Bar Oat | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | | | Y | Y | |
| PAN-FRIED SEA BREAM with BOUILLABAISE SAUCE | Y Whe Bar | | Y | Y | | | | | Y | Y | | | | Y | |
| PAN-FRIED CHICKEN with MORELS & SHERRY SAUCE (Leeks) | | | | | | | | | | Y | Y | Y | | Y | |
| GRILLED SQUID with CHILLI & GINGER (Main) | | | Y | | | | | | | | | | | Y | |
| HERITAGE TOMATOES with MOZZARELLA | Y Whe Bar | | | | | | | | | Y | | | | Y | |
| HERITAGE TOMATOES without MOZZARELLA | Y Whe Bar | | | | | | | | | | | | | Y | |
| DUCK LEG CONFIT with CITRUS SAUCE | | | | | | | | | | Y | | | | Y | |
| GRILLED TROUT FILLET with TOMATO HOLLANDAISE (Mixed Leaf Salad & Fries) | M Whe | | | Y | | | | | Y | Y | | Y | | Y | |
| FREE RANGE BEEF BURGER (Brioche Bun) | Y Whe | | | | | | Y Wal | Y | Y | Y | | Y | Y | Y | |
| ADD : Chorizo Ketchup | | | | | | | | | | | Y | | | Y | |
| ADD : Bacon | | | | | | | | | | | | | | | |
| ADD : Gorgonzola | | | | | | | | | | Y | | | | | |
| ADD : Emmental | | | | | | | | | | Y | | | | | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|---|-------------------------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| 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 | |
| RAINBOW BEETROOT SALAD with Goat's Curd & Croutons | Y Whe Bar | | | | | | | | | Y | Y | Y | | Y | |
| RAINBOW BEETROOT SALAD with Vegan Creme Friache | Y Whe Bar Oat | | | | | | | | | | 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 | |
| HOMEMADE FISHCAKE with POACHED EGG (Trout & Smoked Haddock) | | | | Y | | | | Y | Y | | | | | Y | |
| STICKY BEEF with COCONUT RICE | Y Whe | | | | | | | Y | | 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 | |
| SMOKED PORK BELLY with RHUBARB | M Whe Rye Bar Oat | | | | | | | Y | | Y | Y | Y | Y | Y | |
| ROAST BUTTERNUT SQUASH with FETA | Y Whe Rye Bar Oat | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | Y | Y | Y | Y | Y | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|--|-------------------------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| 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 | |
| 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 : Butter Cafe de Paris | | | | Y | | | | | Y | Y | | Y | | Y | |
| ADD : Sauce Béarnaise | | | | | | | | | Y | Y | | Y | | Y | |
| ADD : Sauce Roquefort | Y Whe | | | | | | | Y | | Y | | | | | |
| ADD : Sauce Peppercorn | | | | | | | | | | Y | | | | Y | |
| FRENCH FRIES / CHIPS | M Whe | | | | | | | | | | | | | | |
| BUTTERED FRENCH BEANS | | | | | | | | | | Y | | | | | |
| SWEET POTATO FRIES | M Whe | | | | | | | | | | | | | | |
| MINTED NEW POTATOES | | | | | | | | | | Y | | | | | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|--|-------------------------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| 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 | |
| MIXED GREENS spinach, leeks, baby gem & peas | | | | | | | | | | | | | | | |
| SUMMER BERRY SAVARIN | Y Whe | | | | | | | Y | Y | Y | | | | Y | |
| MANGO & PINEAPPLE CRUMBLE | M Whe Rye Bar Oat | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | | Y | Y | | | | Y | |
| PISTACHIO SOUFFLE | Y Whe | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | Y | Y | | Y | | Y | |
| CHOCOLATE FONDANT | | | | | | | | Y | Y | 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 | |
| JUDE'S ICE CREAM Choose from : Vanilla (Vegan) | | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | Y | Y | | | | | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|---|--------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| 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 | | | | | |
| JUDE'S SORBETS Lemon | | | | | Y | | Y Alm Brz Cas Haz Mac Pec Pis Wal | | Y | Y | | | | | |

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|---|--------------|-------------|----------|------|---------|-------|---|------|------|------|--------|---------|--------|-----------------|-------------------|
| JUDE'S SORBETS Blood Orange | | | | | 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 SELECTION | 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 |

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.

Y = Contains

M = May Contain

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.

DATE: 4th July 2022