

Allergy Matrix		Contains the allergen
		May contain the allergen

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	Tomato														
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Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Longholme Hash	Diced potatoes														
	Bacon Lardons														
	Sausages														
	Diced Onion														
	Fried Egg														
	Butter (used in cooking on grill)														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Loaded Mac Cheese	Macaroni cheese														
	Feta														
	Chorizo														
	Spring Onion														
	Chives														
	Breadcrumbs														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Shakshuka	Shakshuka Sauce														
	Sourdough														
	Feta														
	Fried Egg														
	Chives														
	Spring Onion														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Avocado Feta Toast	Sourdough														
	Avocado														
	Rocket														
	Feta														
	Cherry Tomatoes														
	Togaroshi Seeds														
	Balsamic Glaze														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Prawn Marie Rose Open Sandwich	Sourdough														
	Cos Lettuce														
	Prawn Marie Rose														
	Paprika														
	Spring Onion														
	Lemon														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
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	Avocado														
	Crème Friache														
	Cheddar Cheese														
	Paprika														
	Jalapeno														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Caprese Salad	Tomato														
	Mozzarella														
	Balsamic Glaze														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Chicken Skewers Small Plate with yog & mint dressing	Chicken Skewers		butter (used when cooking on grill)												
	Yoghurt & Mint Dressing														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Falafel & Hummus	Falafel														
	Hoummus														
	Pickled Red Onions														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Scone	Scone														
	Strawberry Jam														
	Butter Portion														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Cranberry Tea Cake	Teacake														
	Strawberry Jam														
	Butter Portion														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Cream Tea	Scone														
	Strawberry Jam														
	Clotted Cream														
	Butter Portion														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
Kids Lunchbox	Ham Sandwich		butter												
	Cheese Sandwich														
	Pom Bears														
	Raisins														
	Milky way														

Menu Item	Ingredients	Gluten	Dairy	Egg	Mustard	Fish	Crustaceans	Peanuts	Nuts	Celery	Soya	Molluscs	Sesame	Sulphites	Lupin
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