

# Croftwood Bar & Grill - Allergen Information

## Allergen Information

*Disclaimer: This allergen information is provided to help customers make informed choices. While every care is taken to prevent cross-contamination, we cannot guarantee that any dish is 100% allergen-free due to shared preparation areas.*

### Appetizers (Updated: January 19, 2025)

Dish	Allergens
Halloumi Fries (v)	Milk
BBQ Wings	Milk, Celery, Sulphur dioxide
Chicken Satay Skewers	Peanuts, Sesame, Soya
Chorizo Scotch Egg	Eggs, Gluten (Wheat), Milk
Bruschetta (v)	Gluten (Wheat)
Squid	Molluscs, Eggs
Soup of the Day (vegan)	Celery (varies depending on ingredients; check daily specials)

### Salads (Updated: January 19, 2025)

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Dish	Allergens
Caesar Salad	Milk, Fish, Eggs, Gluten (Wheat)
Crispy Duck Salad	Gluten (Wheat), Soya, Sesame
Salmon Salad	Fish, Mustard

### Burgers (Updated: January 19, 2025)

Dish	Allergens
Croftwood Cheeseburger	Gluten (Wheat), Milk, Eggs
Chicken Burger	Gluten (Wheat), Milk, Eggs
Halloumi Burger (v)	Gluten (Wheat), Milk, Sesame

### From the Grill (Updated: January 19, 2025)

Dish	Allergens
Ribeye Steak	Milk
Sirloin Steak	Milk
Jacob's Ladder (serves 2)	Milk, Gluten (Wheat)

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Mixed Grill Platter (serves 2-3)	Milk, Gluten (Wheat), Eggs
Pork Chops	Milk, Sulphur dioxide
Lamb Chops	Milk

### Fish Selections (Updated: January 19, 2025)

Dish	Allergens
Grilled King Prawns	Crustaceans, Milk, Gluten (Wheat)
Grilled Salmon	Fish, Milk
Sea Bass Fillets	Fish, Milk
Classic Fish & Chips	Gluten (Wheat), Fish, Eggs, Milk

### Vegan Options (Updated: January 19, 2025)

Dish	Allergens
Superfood Bowl (vegan)	Gluten (Wheat), Mustard, Soya
Fregola Salad (vegan)	Gluten (Wheat), Soya

### Sides (Updated: January 19, 2025)

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Dish	Allergens
Spinach	No allergens
Skinny Fries	No allergens
Sweet Potato Fries	No allergens
Mashed Potatoes	Milk
Onion Rings	Gluten (Wheat)
Mixed Salad	No allergens
Grilled Veg	No allergens
Green Beans	No allergens

### Canapé Menu (Updated: January 19, 2025)

Dish	Allergens
Mini Beef Burgers	Gluten, Dairy, Egg, Mustard
Mini Chicken Burgers	Gluten, Dairy, Egg, Mustard
Chicken Satay Skewers	Peanuts, Soy
Mini Fish & Chips	Gluten, Fish, Egg

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Salmon Crostini	Gluten, Fish, Dairy
Mini Spicy Meatballs	Gluten, Egg
Crispy Salt & Pepper Squid	Gluten, Molluscs, Egg
Beef Skewers	None
Falafel Bites (V)	Gluten, Sesame
Halloumi Bites (V)	Dairy
Mozzarella & Tomato Skewers (V)	Dairy

### Sweet Treats (Updated: January 19, 2025)

Dish	Allergens
Chocolate Brownie Bites (GF)	Egg, Dairy
Mini Tiramisu Bites	Gluten, Dairy, Egg