

Individual meal Ingredient allergens

[illegible]

ALLERGENS		Milk	Egg	Lupin	Soya	Gluten	Fish	Crustaceans	Peanuts	Nuts	Sulphur	Celery	Mustard	Seasame	Molluscs
		Lunch													
	Rustic roast	X	X								M	X			
	Fishermans find	M	X		M	X wheat/Rye	X	M	M	M	X		X	M	M
GF		M	X				X	M			M		X		M
	Lumberjacks Lunch					X			M	M	X		M	M	
Halal		M	M		M	X			M	M	X	M	M	M	
GF				M	X						X		M	M	
	Woodmans rest	X				X	M	M		M			M	M	M
GF		X		M	X								M	M	
	Yorkshire wrap	X	X			X					M	X	M		
Veggie	Yorkshire haloumi Wrap	X	X			X	M	M			M	X			M
salads and burgers		Milk	Egg	Lupin	Soya	Gluten	Fish	Crustaceans	Peanuts	Nuts	Sulphur	Celery	Mustard	Seasame	Molluscs
	Really wild roots												X	M	
	Caser salad	X	X			X					X				
	Hunters chicken Burger	X	M		M	X	M	M			M	X	M		M
Halal		X	M		M	X		M			M	X	X		M
GF		X	M		M		M	M			M	X	M		M
	Burger at the woods	X	M		M	X	M	M			M	X			M
Halal		X	M		M	X	M	M					M		M
GF		X									M	X	M		M
Vegan	Bring the beet in	M											M		
GF													M		
	Pioneers Picnic	X				X			M	M				M	
GF		X		M	X								M	M	
	Canopy & meadow								M	M	X	X	X	X	

ALLERGENS		Milk	Egg	Lupin	Soya	Gluten	Fish	Crustaceae	Peanuts	Nuts	Sulphur	Celery	Mustard	Seasame	Molluscs
		Starters													
	Pulled Puddings	X	X									X			
		X	X												
	*Venison	X	X									X			
	*Pigs in blankets	X	X								X	X	X		
Halal	*Beef	X	X									X			
	Wild boar pate	X	M		M	X wheat/Rye			M	M			M	M	
GF		X	X						M	M					
	Prawn cocktail	X	M		M	X wheat/Rye		X	M	M			M	M	
GF			X					X							
	Calamari Bites	M	X				X	X					X		X
	Seasonal soup			M	M	X wheat/Rye			M	M	M	M	M	M	
GF				M	M				M	M	M	M	M	M	
	Lamb cutlets	M	M			M	M	M							M
	Forest nachos	X									X				
	Jalapenos														
	Hummus and pita	M			M	X								X	
	Pita	M			M	X									
	Garlic bread					X			M	M				M	
ALLERGENS		Milk	Egg	Lupin	Soya	Gluten	Fish	Crustaceae	Peanuts	Nuts	Sulphur	Celery	Mustard	Seasame	Molluscs
		Small plates													
	Pulled potatoes	X										X	M		
	Chicken tenders	M	M				M	M			M		M		M
	Chicken Wings	M	M				M	M			M		M		M
Halal	Salmon cups						X	M			X				M
	White bait	X	X				X	M			M		M		M
	Cod goujons	X	X				X	M			M		M		M
	Truffle mac 'n' cheese	X				X									
	Cauliflower Wings												M		
	Pigs in blankets										X		X		
	Wild bruschetta					X				M				M	
	Forest floor fries												M		
	Truffle & parmesan fries	X											M		
	Mushroom bruschetta					X			M	M				M	
	Corn ribs												M		
	Prawns	M	X		M		M	X			M		M		M
	Haloumi sticks	X	X		M		M	M			M		M		M

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		Mains													
	Venison steak	X									X	X	M		
	Wild woods duck	X									X	X	M		
	Mini game roast										X	X	M		
	Wild game Bourgion											M	M		
	Pleasant Pheasant										X	X	M		
	pheasant														
	Plum and red wine										X	X			
	broccoli														
	carrots														
	Roast potatoes												M		
	Forest tacos					X							M		
	Stuffed Mushroom										M		M		
Vegan	Wild risotto	X	M		M	M			M	M		M	M	M	
	Yorkshire wrap	X	X			X					M	X	M		
Veggie	Yorkshire haloumi Wrap	X	X			X	M	M			M	X			M
	Woods steak	X	M			M	M	M			X	X	M		M
Halal		X									X	X	M		
	Lamb shank	X									X	X			
Halal		X									X	X			
	Roast chicken Supreme	X										M	M		
	Roast pork belly	X									M	X	M		
	Grilled salmon	X					X	M			X				M
	Seabass	X					X	M			X				M
	Breaded cod	X					X	M			X				M

Sides/ Extras	Milk	Egg	Lupin	Soya	Gluten	Fish	Crustaceae	Peanuts	Nuts	Sulphur	Celery	Mustard	Seasame	Molluscs
Hashbrowns												M		
Potato puffs												M		
Toast	M	M		M	Wheat/Rye			M	M			M	M	
Eggs		X												
Haloumi	X	X												
Turkey bacon	M	M		M	M						M	M		
Pork bacon														
Pork sausage										X				
Chicken sausage					X					X				
Vegan sausage														
Vegan bacon				X	M									
Smoked salmon						X								
Fries												M		
Pigs in blankets										X		X		
Parma ham														
Chorizo														
Chicken breast	M	M			M	M	M			M		M		M
Salmon steak	M	M			M	X	M			M		M		M
Steak	M	M			M	M	M			M		M		M
Gravy										X	X			
Peppercorn sauce	X									X	X			
Creamy mushroom sauce	X									X	X			
Lemon beurre blanc	X									X	X			
Red wine & plum										X	X			
Onion rings										X	X	M		
Mac n cheese (side)	X				X									
Mashed potato	X													
side salad														
Tartar sauce		X										X		
Upgrades - fries														
Bacon and cheese sauce	X			X								M		
Parmesan and truffle	X											M		
Dirty												X		
Pulled beef											X	X		
Pulled venison											X	X		
Buffalo sauce														
BBQ sauce											X	X		
Vegan gravy														
Yorkshire pudding	X	X												
Venison														
Salmon	M	M			M	X	M			M		M		M
Seabass	M	M			M	X	M			M		M		M
King prawns	M	M			M	M	X			M		M		M

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Desserts															
	sticky toffee pudding	X	X			X			M	M					
	Chocolate brownie				X	X			M	M	M				
	Amaretto Crème brulee	X	X			X			M	M	M				
GF		X	X						M	M	M				
	Honey and toffee icecream	X													
	Terrarium dessert	X	X		X	X			M	M					
	Cookie dough	X	X		X	X			M	M					
	Apple crumble	X							M	M					
VE		M	M		X				M	M					
	Eat the earth	X	X		X	X									
	Pancake tacos	X	X		X	X			M	M					
	Pioneers picnic	X				X			M	M				M	
GF		X		M	X				M	M			M	M	

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