Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Breakfast														
Sausage		<b>√</b>				<b>✓</b>								
Bacon														
Egg				✓										
Black pudding	<b>✓</b>	✓				<b>√</b>								
Mushrooms														
Tomato														
Hash brown														
Baked beans														
White bread		<b>√</b>				✓						<b>√</b>		
Malted bread		<b>√</b>				✓						<b>√</b>		
Gluten free BREAD														
English Muffin		✓				<b>✓</b>	✓							
Smoked salmon					✓									
Waffles		✓		✓		<b>√</b>						<b>√</b>		
Maple syrup														
Butter							<b>✓</b>							
Sourdough		<b>✓</b>				<b>✓</b>								
Vegan cheese (Contains coconut oil)														

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Vegan sausage		✓				✓						✓		
Beef burger		<b>√</b>		✓		<b>√</b>								
Gluten free ROLL				<b>√</b>										
Farmhouse bloomer		<b>√</b>				<b>√</b>								
Hollandaise				✓										<b>√</b>
Poached Eggs				✓										
Smashed avocado							<b>√</b>							<b>√</b>
Spinach														
Chilli & garlic oil														
Menu Item	Celery	Cereals with gluten	Crusta ceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Classics														
Rump steak														
Prawns			<b>✓</b>											
Haddock					<b>√</b>									
Fish batter														
Curry sauce														✓
Tartare sauce									✓					✓
Garlic mushrooms							✓							
Tempura Courgette														

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Rosie's Burger		<b>√</b>		✓		<b>√</b>								
Smoked paprika mayo									<b>✓</b>					<b>√</b>
Korean Fried Chicken							<b>√</b>				<b>√</b>			
Korean Fried Tofu											<b>√</b>	<b>√</b>		
Aioli									<b>√</b>					✓
Jalapenos														<b>√</b>
Korean Glaze											<b>√</b>	<b>√</b>		<b>√</b>
B12 Burger (may contain nuts)		<b>√</b>				<b>√</b>						<b>√</b>		
Fish Cakes		<b>√</b>		✓	✓									✓
Gluten free ROLL				<b>√</b>										
Asian dressing											✓	✓		
Sweet chilli sauce														
Soy Sauce (we use gluten free soy sauce)												<b>√</b>		
Fries														
Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
<b>Dirty Fries</b>														
BBQ Pulled pork														<b>√</b>
BBQ Sauce														<b>√</b>
Rump Steak														

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Peppercorn sauce							✓							
Crispy Onions		✓				<b>✓</b>								
Chefs Mess		<b>√</b>				<b>✓</b>	<b>√</b>							✓
Curry sauce														✓
Sticky Korean style														
Korean Chicken							✓					<b>✓</b>		<b>✓</b>
Tofu							<b>√</b>					<b>√</b>		<b>√</b>
Korean Glaze											✓	<b>√</b>		✓
Aioli									✓					<b>√</b>
Garlic butter mushrooms							<b>√</b>							
Fries														
Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Toasted & Topped Favourites														
Smashed Avocado		<b>√</b>				<b>✓</b>	<b>√</b>							<b>√</b>
Mackerel		<b>√</b>			<b>✓</b>	<b>✓</b>								<b>√</b>
Chicken, bacon,		<b>✓</b>				<b>✓</b>	<b>✓</b>							<b>✓</b>
King Prawn		✓	<b>✓</b>			<b>√</b>								
Garlic Mushroom		<b>✓</b>				<b>√</b>	<b>✓</b>							<b>√</b>

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Farmhouse		✓				✓								
Bloomer														
Gluten Free				✓										
ROLL														
Sandwiches														
Tuna Crunch					<b>✓</b>				✓					✓
CLT							<b>√</b>							✓
BLT							<b>✓</b>							✓
Feta							<b>✓</b>							✓
Gluten Free														
BREAD														
Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Salad Bowls														
Poke												<b>√</b>		✓
Cous cous (contains almonds)		<b>√</b>												<b>√</b>
Apricots														
Sultanas														
Chefs salad							<b>✓</b>							✓
Pork Belly														
Grilled chicken														
King Prawns			✓											
Mackerel					<b>✓</b>									

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Tofu												✓		
Sushi Rice														
Pickled cabbage														<b>√</b>
Asian dressing											✓	✓		
Pickled red onions														<b>√</b>
Mint & yoghurt							✓							
dressing														
Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Sides														
Fries														
Cheesy Fries							<b>√</b>							
Dressed house salad														
Chicken Bites		<b>√</b>										✓		
BBQ sauce														<b>√</b>
Tartare Sauce									✓					✓
Aioli									✓					✓
Curry Sauce														<b>√</b>
Peppercorn sauce							✓							

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Kids meals														
Chicken chunks		<b>√</b>										<b>√</b>		
Battered fish					<b>√</b>									
Battered courgette														
Sausage		<b>√</b>				<b>✓</b>								
Cheese sandwich		<b>√</b>					<b>√</b>							
Gluten Free BREAD														
Fish cake		✓		✓	✓									<b>√</b>
Aioli									✓					✓
Pulled pork fries							<b>√</b>							✓
BBQ sauce														✓
Cheese							<b>√</b>							
Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Desserts														
Chocolate Sundae		<b>√</b>					<b>✓</b>							
Caramel Sundae		<b>√</b>					✓							
Caramel Fudge ice cream							<b>√</b>							
Toffee Sauce							✓							
Chocolate sauce														

Menu Item	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide	Sulphites
Honeycomb Sundae							✓							
Banoffee Waffles		<b>√</b>		✓			<b>√</b>					<b>√</b>		
Choco Waffles		<b>√</b>		✓			<b>√</b>					<b>√</b>		
				_										