The following applies to the below chartand is a guideline only:-

✓ = Contains	? = may contain	No Allergic Ingredients

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Can Be Made Gluten Free
FISH - DEEP BLUE BATTER															
HADDOCK INDIVIDUAL		✓			✓				?				?		
COD INDIVIDUAL		✓			✓				?				?		
FISH BITES		✓			✓				?				?		
LITE BITE		✓			✓				?				?		
SENIOR CITIZEN		✓			✓				?				?		
PLAICE		✓			✓				?				?		
SCAMPI		✓	✓		?			?							
HOMEMADE FISHCAKE		✓			✓				?				?		
BREADED FISHCAKE		✓			✓		✓		✓						
FISH - GF															
HADDOCK INDIVIDUAL					✓										
COD INDIVIDUAL					✓										
FISH BITES					✓										
LITE BITE MEAL					✓										
HOMEMADE FISHCAKE					✓										
PIES (JONES)															
STEAK	✓	✓											✓	✓	
CHUNKY CHICKEN		✓					✓						✓		
KIDS' CORNER															
FISH BITES		✓			✓				?				?		
SCAMPI		✓	✓		?			?							
CHICKEN BITES	?	✓	?	?	?		?		?			?	?	?	
SAUSAGE PLAIN		✓											✓	✓	
SAUSAGE BATTERED		✓			✓				?				✓	✓	
SAVOURIES															
JUMBO PORK SAUSAGE BTRD		✓							?				✓	✓	
JUMBO PORK PLAIN		✓											✓	✓	
JUMBO PORK SAUSAGE BTRD GF													✓	✓	
JUMBO PORK PLAIN GF													✓	✓	
SPAM FRITTERS		✓					?		?				?		
SPAM FRITTERS GF							?								
SAGE PATTIE	✓	✓							?				?		
SAGE PATTIE GF	✓														

Dear Customer, please take note that we do offer some dishes in which we have attempted to prevent the contact with certain allergens such as gluten. Unfortunately, due to the presence of certain products within our kitchens, we cannot guarentee that the product is 100% free from the listed allergens. Please speak to a manager should you have any concern over these products.

Review date: _____ ***Reviewed by:*** _____

The following applies to the below chartand is a guideline only:-

✓ = Contains	? = may contain	No Allergic Ingredients

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Can Be Made Gluten Free
CHICKEN															
CHICKEN BURGER MEADOW VALE (no sauce)		✓											✓	✓	
CHICKEN BURGER TYSON (no sauce)	✓	✓	?	?	?		?		?			?	✓	✓	
CHICKEN BITES	?	✓	?	?	?		?		?			?	?	?	
SIDES / EXTRAS															
PICKLED EGGS				✓											
PICKLED ONIONS														✓	
PICKLED GHERKINS									✓						
HOMEMADE TARTARE SAUCE				✓					✓						
CHIP SPICE															
BREAD ROLL PLAIN		✓											✓	✓	
BREAD ROLL WITH BUTTER		✓					✓						✓	✓	
CHIPS		?													
CHIP BUTTY		✓											✓	✓	
MUSHY PEAS															
BAKED BEANS															
CURRY SAUCE (Deep Blue)	✓	✓					?		✓				✓	?	
GRAVY (Deep Blue)	?	✓					?		?				?	?	
ONION RINGS HOMEMADE		✓							?				?		
OnION RINGS HOMEMADE GF															
SQUEEZE ME KETCHUP	✓														
SQUEEZE ME MAYONNAISE				✓					✓						
DB VINEGAR		✓													
VINEGAR NONE BREWED															
Ben & Jerry's															
Cookie Dough		✓		✓			✓						✓		
Chocolate Fudge Brownie		✓		✓			✓								
Caramel Chew Chew				✓			✓						✓		
Vanilla				✓			✓								
Strawberry Cheesecake		✓		✓			✓						✓		

Dear Customer, please take note that we do offer some dishes in which we have attempted to reduce the contact with certain allergens such as pan fried or grilled fish, etc. Unfortunately in these circumstances, we cannot guarentee

Dear Customer, please take note that we do offer some dishes in which we have attempted to reduce the contact with certain allergens such as pan fried or grilled fish, etc. Unfortunately in these circumstances, we cannot guarentee that the product is 100% free from the listed allergens. Please speak to a manager should you have any concern over these products.

Review date: _____ ***Reviewed by:*** _____

The following applies to the below chartand is a guideline only:-

✓ = Contains	? = may contain	No Allergic Ingredients

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Can Be Made Gluten Free
DESSERTS															
APPLE CRUMBLE		✓		?			?			?					
CHOCOLATE SPONGE		✓		✓			✓			?			✓		
JAM SPONGE		✓		✓			?			?					
STICKY TOFFEE		✓		✓			✓			?					
ICE CREAM VANILLA							✓								
CUSTARD							✓								
SIDES / EXTRAS															
KERRYMAID							✓								
TOMATO SAUCE 4.54KG															

Dear Customer, please take note that we do offer some dishes in which we have attempted to reduce the contact with certain allergens such as pan fried or grilled fish, etc. Unfortunately in these circumstances, we cannot guarentee that the product is 100% free from the listed allergens. Please speak to a manager should you have any concern over these products.

Review date: _____ ***Reviewed by:*** _____



