



DISHERS AND THEIR ALLERGEN CONTENT - SPR RESTAURANT

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



✓ = Contains
? = may contain
No Allergic Ingredients

DISHERS																
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Cooking Oil Used	Can Be Made Gluten Free
Tuna Salad [example]	✓			✓	✓		✓		✓							
Starters																
Battered Halloumi Bites	?	✓	?	?	?		✓	?	✓		?	?	✓	✓	✓	
S/Fried Chicken Goujons	?	✓	?	✓	?		?	?	?		?	?	?	?	✓	
Crispy Whitebait	?	✓	?	?	✓		?	?	?		?	?	?	?	✓	
Calamari Starter (IDC)	?	?	?	✓	?		?	✓	✓		?	?	?	?	✓	
Fish (Including Chips, Tartar Sauce)																
Cod	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Haddock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Fish Bites	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Plaice	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Fish Cakes Individual (Kingfrost)	?	✓	?	✓	✓		✓	?	✓		?	?	?	✓	✓	
Scampi	?	✓	✓	✓	?		?	?	✓		?	?	?	✓	✓	
Senior Meals																
Senior Cod	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Haddock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Plaice	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓	
Senior Sausage Plain		✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Senior Sausage Battered	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Senior Fish Bites	?	✓	?	?	✓		?	?	?		?	?	?	✓	✓	
Alternative Main																
Sausage Plain	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Sausage Battered	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	
Jumbo Saveloy		✓											✓	✓		
Chicken Nuggets	?	✓	?	?	?		?	?	?		?	?	?	✓	✓	
Kentish Mayde																
Steak & Ale	?	✓	?	✓	?		?	?	?		?	?	?	✓	✓	
Chicken & Mushroom	?	✓	?	✓	?		✓	?	?		?	?	?	✓	✓	
Spicy Butterbean	?	✓	?	?	?		?	?	?		?	?	✓	✓	✓	

01-Jul

Review date: _____

Reviewed by: _____

Allergens considered in this book are those recognised as per The Food Information Regulations 2014: celery & celeriac; cereals containing gluten (wheat, barley, rye, spelt and kamut); crustaceans; eggs; fish; lupin; milk; molluscs; mustard; tree nuts; peanuts; sesame; soya and sulphur dioxide. Please ask a member of staff if you have allergies other than these and we can guide accordingly.

Ben & Jerry's													
Cookie Dough		✓		✓		✓						✓	
Choc Fudge Brownie		✓		✓		✓							
Caramel Chew Chew				✓		✓		?				✓	
Vanilla				✓		✓							

In-House Made Products and Daily Specials															
Rock	?	✓	?	✓	✓		?	?	✓		?	?	?	✓	✓
CAESAR SALAD	?	✓	?	✓	?		✓	?	?		?	?	✓	?	✓
CAESAR with Fish Bites	?	✓	?	✓	✓		✓	?	?		?	?	✓	?	✓
CAESAR with Chicken	?	✓	?	✓	?		✓	?	?		?	?	✓	?	✓
CAESAR with Halloumi	?	✓	?	✓	?		✓	?	✓		?	?	✓	✓	✓
GREEK SALAD							✓								

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