

FOOD ALLERGENS

ADVISORY STATEMENT

We understand that allergens present a serious problem for some people. If you have a specific requirement, please ask our staff for the information you need to make an informed choice from our menu.

You also need to be aware that we prepare, cook and serve foods that may contain (without limitation) the following common allergens:

- ❖ **Cereals gluten (i.e. wheat, rye, barley, oats, spelt)** - contained in products such as thickened soups and sauces, crumbed food, meatloaf, beef and chicken burgers, tarts and bakery items;
- ❖ **Eggs and egg products**, some of which may be unpasteurised - contained in products such as sandwiches, mayonnaise, hollandaise sauce, desserts, bakery items, meat loaf and burgers and crumbed food items;
- ❖ **Fish and fish products** - contained in products such as sushi, seafood soups and sauces. Anchovies in salads, pasta sauces and pizza and Worcestershire sauce;
- ❖ **Crustacean and their products** – contained in products such as oyster sauce, fish sauce, seafood soup and other sauces;
- ❖ **Peanuts** - contained in products such as bakery items, satay sauce, nut mixes, breakfast cereals and confectionary;
- ❖ **Other nuts, soybeans and seeds** (including sesame) - contained in products such as pesto, salads, breads, tahini, bakery items and confectionary items;
- ❖ **Milk and milk products** – contained in products such as bakery items, desserts, crumbed foods, soups and sauces;
- ❖ **Lupin (legume)** - contained in some gluten free products, processed lupin products often found in such as bakery items, desserts, dessert mixes, crumbed foods, soups and sauces, confectionery items, mayonnaise, miso, noodles, pasta, sausage, snack bars, tofu / tempeh, yoghurts.

We are therefore unable to guarantee that any menu item is free from traces of allergens

We will provide to you on request:

- Details of the ingredients of a product or food, if we have such information;
- If we do not have the information, we will tell you.

