Forest JAN 24 ALLERGEN MATRIX

NIBBLES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
MARINATED OLIVES	CELENT			2000		20111		moleoses		ine is		o contract	Joint	001111120
		Deve Contrin Wilsont												
ARTISAN BREAD - SEE SPECIALS MATRIX		Does Contain Wheat					Does Contain							Does Contain
GARLIC PIZZETTE		Does Contain Wheat					Does Contain							
GARLIC PIZZETTE - MOZZARELLA		Does Contain Wheat					Does Contain							
GARLIC PIZZETTE - VEGAN MOZZARELLA		Does Contain Wheat												
HARISSA CHICKEN WINGS	Does Contain													Does Contain
CHORIZO IN CIDER														Does Contain
HALLOUMI CHIPS	Does Contain						Does Contain							Does Contain
STARTERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
HADDOCK GOUJONS		Does Contain Wheat & Barley		Does Contain	Does Contain				Does Contain					Does Contain
GAMBAS PIL PIL		Does Contain Wheat	Does Contain				Does Contain							Does Contain
GAMBAS PIL PIL - GLUTEN FREE			Does Contain				Does Contain							Does Contain
PORK & HARISSA MEATBALL SKEWERS	Does Contain	Does Contain Wheat												Does Contain
TOMATO BRUSCHETTA		Does Contain Wheat												
TOMATO BRUSCHETTA - ADD MOZZARELLA		Does Contain Wheat					Does Contain							
		Does contain wheat								Does Contain				
LETTUCE ROLLS - HONEY CHICKEN	Does Contain			Does Contain			Does Contain			Cashews				Does Contain
HARISSA CAULIFLOWER	Does Contain													Does Contain
BBQ RIBS	Does Contain								Does Contain			Does Contain	Does Contain	-
		CEREALS CONTAINING GLUTEN												
BRUNCH & LUNCH	CELERY		CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
EGGS BENEDICT - BACON		Does Contain Wheat & Barley		Does Contain			Does Contain						Does Contain	Does Contain
EGGS BENEDICT - SALMON		Does Contain Wheat & Barley		Does Contain	Does Contain		Does Contain						Does Contain	Does Contain
EGGS BENEDICT - MUSHROOMS		Does Contain Wheat & Barley		Does Contain			Does Contain						Does Contain	Does Contain
CHOPPED AVOCADO & EGGS		Does Contain Wheat		Does Contain										Does Contain
CHOPPED AVOCADO & EGGS - BACON		Does Contain Wheat		Does Contain										Does Contain
CHOPPED AVOCADO & EGGS - SALMON		Does Contain Wheat		Does Contain	Does Contain									Does Contain
SHAKSHUKA		Does Contain Wheat		Does Contain			Does Contain							Does Contain
SHAKSHUKA - GLUTEN FREE				Does Contain			Does Contain							Does Contain
ADD SPANISH CHORIZO														
							Dees Contain							
ADD HALLOUMI							Does Contain							
FULL ENGLISH		Does Contain Wheat		Does Contain			Does Contain							Does Contain

									r			r		
FULL ENGLISH - GLUTEN FREE				Does Contain			Does Contain							Does Contain
FULL VEGANO		Does Contain Wheat											Does Contain	
FULL VEGANO - GLUTEN FREE													Does Contain	
BUTTERMILK PANCAKES - YOGHURT & GRANOLA		Does Contain Wheat, Oats & Barley		Does Contain			Does Contain							
BUTTERMILK PANCAKES - BACON & SYRUP		Does Contain Wheat		Does Contain			Does Contain							
CLUB SANDWICH		Does Contain Wheat		Does Contain			Does Contain		Does Contain					Does Contain
PROSCUITTO HAM & CHEESE SANDWICH		Does Contain Wheat		Does Contain			Does Contain		Does Contain					Does Contain
PROSCUITTO HAM & CHEESE SANDWICH - GLUTEN FREE				Does Contain			Does Contain		Does Contain					Does Contain
SOFT CORN TACO - CHICKEN		Does Contain Wheat							Does Contain					Does Contain
SOFT CORN TACO - FISH		Does Contain Wheat		Does Contain	Does Contain				Does Contain					Does Contain
SOFT CORN TACO - CAULIFLOWER	Does Contain	Does Contain Wheat							Does Contain					Does Contain
PASTA & SALADS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
FUNGHI FUSILLI		Does Contain Wheat					Does Contain							Does Contain
FUNGHI FUSILLI - GLUTEN FREE LENTIL							Does Contain							Does Contain
POLLO E PANNA FUSILLI		Does Contain Wheat					Does Contain							Does Contain
POLLO E PANNA FUSILLI - GLUTEN FREE LENTIL							Does Contain							Does Contain
LASAGNE		Does Contain Wheat		Does Contain			Does Contain							Does Contain
NOURISH BOWL SALAD		Does Contain Wheat							Does Contain			Does Contain		Does Contain
ADD CHICKEN														
ADD HALLOUMI							Does Contain							
ADD HARISSA CAULIFLOWER	Does Contain													Does Contain
PIZZA	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
MARGHERITA		Does Contain Wheat					Does Contain							
MARINARA D.O.C		Does Contain Wheat												
VEGAN MARGHERTIA		Does Contain Wheat												
PROSCIUTTO & SHROOMS		Does Contain Wheat					Does Contain							
CHICKEN DIAVOLA		Does Contain Wheat		Does Contain			Does Contain							Does Contain
LET IT BRIE		Does Contain Wheat					Does Contain							
MILF		Does Contain Wheat					Does Contain			Does Contain Pine Nuts				
ANGRY PIG		Does Contain Wheat					Does Contain							Does Contain
ANGRY PIG CALZONE		Does Contain Wheat					Does Contain							Does Contain
MT ETNA CALZONE		Does Contain Wheat					Does Contain							Does Contain
TOPPING - NDUJA SAUSAGE														

TOPPING - PANCETTA														
TOPPING - PROSCIUTTO COTTO HAM														
TOPPING - SALAMI														
TOPPING - CHICKEN														
TOPPING - VEGETARIAN PARMESAN							Does Contain							
TOPPING - CHORIZO							Does Contain							
TOPPING - GRANA PADANO				Does Contain			Does Contain							
TOPPING - MUSHROOMS														
TOPPING - PEPPERS														
GRILLS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
STEAK & BONE MARROW BURGER	Does Contain	Does Contain Wheat & Barley		Does Contain			Does Contain		Does Contain				Does Contain	Does Contain
70Z FILLET STEAK							Does Contain							
100Z RIB EYE STEAK							Does Contain							
100Z GAMMON				Does Contain										Does Contain
GARLIC PRAWNS			Does Contain				Does Contain							Does Contain
PEPPERCORN SAUCE							Does Contain							Does Contain
BLUE CHEESE SAUCE							Does Contain							
ONION RINGS		Does Contain Wheat												Does Contain
MAINS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
FISH & CHIPS		Does Contain Wheat & Barley		Does Contain	Does Contain			-	Does Contain					Does Contain
CUMBERLAND SAUSAGE & MASH	Does Contain						Does Contain							Does Contain
GRILLED HADDOCK	Does Contain	Does Contain Wheat			Does Contain		Does Contain							Does Contain
BRAISED BEEF	Does Contain	Does Contain Wheat		Does Contain	Does Contain		Does Contain		Does Contain					Does Contain
LAMB & CHICKEN SHISH	Does Contain	Does Contain Wheat & Barley		Does Contain								Does Contain		Does Contain
CHICKEN MILANESE BURGER		Does Contain Wheat		Does Contain			Does Contain							
CHEESE & ONION PIE		Does Contain Wheat		Does Contain			Does Contain							
TORO PIE		Does Contain Wheat		Does Contain			Does Contain							Does Contain
IMAM BAYILDI	Does Contain	Does Contain Wheat								Does Contain Almonds			Does Contain	Does Contain
SIDES	CELERY	CEREALS CONTAINING GLUTEN	CRUISTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
	CELERT		CRUSTACEANS	1903	FISH	LUPIN	WILK	WOLLUSCS	WUSTARD	1015	FEANUTS	SESAIVIE	JUTA	
		Does Contain Wheat												Does Contain
PEPPERCORN SAUCE							Does Contain							Does Contain
BLUE CHEESE SAUCE							Does Contain							
GARLIC & CHILLI PRAWNS			Does Contain				Does Contain							

	r		(r			r		r				r	
CHIPS														
SEA SALT FRIES														
MASH							Does Contain							
CHEESE MASH							Does Contain							
TRUFFLE & PARMESAN FRIES				Does Contain			Does Contain							
SEASONAL VEGETABLES							Does Contain							
GARDEN SALAD									Does Contain					Does Contain
TENDERSTEM BROCCOLI							Does Contain		Does contain					Does contain
							Does Contain							
DESSERTS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
AFFOGATO				Does Contain			Does Contain							
PEDRO XIMENEZ				Does Contain										Does Contain
CHOCOLATE & CARAMEL TRUFFLES							Does Contain						Does Contain	
CHOCOLATE FONDANT				Does Contain			Does Contain						Does Contain	
BAKED CHEESECAKE		Does Contain Wheat		Does Contain			Does Contain						Does contain	
SYRUP SPONGE														
		Does Contain Wheat		Does Contain			Does Contain							
ICE CREAM - VANILLA				Does Contain			Does Contain							
ICE CREAM - CHOCOLATE				Does Contain			Does Contain							
ICE CREAM - STRAWBERRY				Does Contain			Does Contain							
ICE CREAM - SALTED CARAMEL				Does Contain			Does Contain						Does Contain	
SORBET - MANGO														
CHOCOLATE SAUCE							Does Contain						Does Contain	
RASPBERRY SAUCE														
TOFFEE SAUCE							Does Contain							
CHEESE SELECTION		Does Contain Wheat					Does Contain							Does Contain
SUNDAY ROASTS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH		MUK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	5074	SULPHITES
	CELERT				rian	LUPIN	MILK	WIGLEUSCS	WIGSTARD	NUTS	FEAINU 15	JEJAIVIE	SOYA	
		Does Contain Wheat		Does Contain			Does Contain							Does Contain
		Does Contain Wheat		Does Contain			Does Contain							Does Contain
PORK LOIN		Does Contain Wheat		Does Contain			Does Contain							Does Contain
PORK & SAGE STUFFING		Does Contain Wheat												Does Contain
CAULIFLOWER CHEESE		Does Contain Wheat					Does Contain		Does Contain					
PIGS IN BLANKETS		Does Contain Wheat												Does Contain

BREAKFAST	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
EGGS BENEDICT		Does Contain Wheat		Does Contain			Does Contain							Does Contain
EGGS BENEDICT - GLUTEN FREE				Does Contain			Does Contain							Does Contain
EGGS ROYALE		Does Contain Wheat		Does Contain	Does Contain		Does Contain							Does Contain
EGGS ROYALE - GLUTEN FREE					Does Contain									
EGGS FUNGHI		Does Contain Wheat		Does Contain			Does Contain							Does Contain
EGGS FUNGHI - GLUTEN FREE				Does Contain			Does Contain							Does Contain
AVOCADO & BACON BUN		Does Contain Wheat					Does Contain		Does Contain					Does Contain
AVOCADO & BACON BUN - GLUTEN FREE							Does Contain		Does Contain					Does Contain
SAUSAGE & HASH BROWN BUN		Does Contain Wheat, Barley & Rye		Does Contain			Does Contain							Does Contain
NO-PORK SAUSAGE & HASH BROWN BUN		Does Contain Wheat, Barley & Rye											Does Contain	
FULL ENGLISH		Does Contain Wheat		Does Contain			Does Contain							Does Contain
FULL ENGLISH - GLUTEN FREE				Does Contain			Does Contain							Does Contain
FULL VEGANO		Does Contain Wheat											Does Contain	
FULL VEGANO - GLUTEN FREE													Does Contain	
ADD FRIED EGG				Does Contain										
ADD SCRAMBLED EGGS				Does Contain			Does Contain							
ADD POACHED EGG				Does Contain										
ADD HASH BROWNS														
TOAST STACK - BUTTER		Does Contain Wheat					Does Contain							
TOAST STACK - JAM		Does Contain Wheat					Does Contain							
TOAST STACK - MARMALADE		Does Contain Wheat					Does Contain							
TOAST STACK - GLUTEN FREE							Does Contain							
GOLDEN SYRUP RAISIN GRANOLA		Does Contain Oats & Barley					Does Contain							
HOT DRINKS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
ESPRESSO														
AMERICANO														
CAPPUCCINO							Does Contain						Does Contain	
FLAT WHITE							Does Contain							
LATTE							Does Contain							
мосна							Does Contain						Does Contain	
массніато							Does Contain							
HOT CHOCOLATE							Does Contain							

BAKEWELL LATTE							Does Contain							
BAKEWELL LATTE - NON ALCOHOLIC							Does Contain							
BAILEYS LATTE							Does Contain							
BAILEYS HOT CHOCOLATE							Does Contain							
BLACK FOREST HOT CHOCOLATE							Does Contain							
BLACK FOREST HOT CHOCOLATE - NON ALCOHOLIC							Does Contain							
MILKSHAKE - CHOCOLATE							Does Contain							
MILKSHAKE - STRAWBERRY							Does Contain							
TEA - ENGLISH BREAKFAST							Does Contain							
TEA - EARL GREY							Does Contain							
TEA - PEPPERMINT														
TEA - SUPERFRUIT														
TEA - GREEN														
OAT MILK		Does Contain Oats												
SOYA MILK													Does Contain	
KIDS BREAKFAST	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
BEANS ON TOAST		Does Contain Wheat												
BEANS ON TOAST - GLUTEN FREE														
BACON BRIOCHE		Does Contain Wheat		Does Contain										Does Contain
BACON BRIOCHE - GLUTEN FREE				Does Contain										Does Contain
SAUSAGE BRIOCHE		Does Contain Wheat		Does Contain			Does Contain							Does Contain
NO-PORK SAUSAGE BUN		Does Contain Wheat												
BUTTERMILK PANCAKES - YOGHURT & GRANOLA		Does Contain Wheat, Oats & Barley		Does Contain			Does Contain							
FULL ENGLISH		Does Contain Wheat		Does Contain			Does Contain							Does Contain
FULL ENGLISH - GLUTEN FREE				Does Contain			Does Contain							Does Contain
FULL VEGANO		Does Contain Wheat											Does Contain	
FULL VEGANO - GLUTEN FREE													Does Contain	
ADD FRIED EGG				Does Contain										
ADD SCRAMBLED EGGS				Does Contain			Does Contain							
ADD POACHED EGG				Does Contain										
ADD HASH BROWNS														
ADD HASH BROWNS														

KIDS - HALLOUMI CHIPS					Does Contain					
KIDS - GARLIC BREAD		Does Contain Wheat			Does Contain					<u> </u>
KIDS - VEGETABLE STICKS								Does Contain		
KIDS - CUMBERLAND SAUSAGES	Does Contain	Does Contain Wheat								Does Contain
KIDS - NO-PORK SAUSAGES									Does Contain	
KIDS BEEF BURGER	Does Contain	Does Contain Wheat			Does Contain				Does Contain	
KIDS BEEF BURGER - GLUTEN FREE	Does Contain									
KIDS CHICKEN BURGER	Does Contain	Does Contain Wheat							Does Contain	
KIDS CHICKEN BURGER - GLUTEN FREE	Does Contain									
KIDS - MARGHERITA PIZZA		Does Contain Wheat			Does Contain					
KIDS - VEGAN MARGHERITA PIZZA		Does Contain Wheat								
KIDS - SPAGHETTI BOLOGNESE	Does Contain									Does Contain
KIDS - SPAGHETTI BOLOGNESE - GLUTEN FREE	Does Contain									Does Contain
KIDS TOMATO AND BASIL FUSILLI		Does Contain Wheat								
KIDS TOMATO AND BASIL - LENTIL PASTA										
KIDS FISH GOUJONS		Does Contain Wheat & Barley	Does Contain	Does Contain		Does Contain				Does Contain
KIDS - CHIPS		bees contain threat a bancy	Does contain	Does contain		Does contain				Does contain
KIDS - LETTUCE & TOMATO SALAD						Does Contain				Does Contain
KIDS - MASHED POTATO					Dess Cantain	Does contain				
KIDS - VEGETABLE STICKS					Does Contain					Does Contain
KIDS - BAKED BEANS										
KIDS ROAST BEEF	Does Contain	Does Contain Wheat	Does Contain		Does Contain					Does Contain
GLUTEN FREE - KIDS ROAST BEEF	Does Contain									Does Contain
KIDS ROAST CHICKEN BREAST	Does Contain	Does Contain Wheat	Does Contain		Does Contain					Does Contain
GLUTEN FREE - KIDS ROAST CHICKEN BREAST	Does Contain									Does Contain
KIDS CHOCOLATE BROWNIE - CHOCOLATE SAUCE		Does Contain Wheat	Does Contain		Does Contain				Does Contain	
KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE		Does Contain Wheat	Does Contain						Does Contain	
KIDS - ICE LOLLY										
ICE CREAM - VANILLA			Does Contain		Does Contain					
ICE CREAM - CHOCOLATE			Does Contain		Does Contain					
ICE CREAM - STRAWBERRY			Does Contain		Does Contain					
ICE CREAM - SALTED CARAMEL			Does Contain		Does Contain				Does Contain	
SORBET - MANGO										
CHOCOLATE SAUCE					Does Contain				Does Contain	

RASPBERRY SAUCE							
TOFFEE SAUCE							