

NIBBLES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
FRUITS DE MER		Does contain Wheat	Does contain	Does contain	Does contain		Does contain	Does contain						
MARINATED OLIVES														
CHORIZO IN CIDER														Does contain
KOREAN BBQ CHICKEN WINGS												Does contain	Does contain	Does contain
BUTTERMILK CHICKEN WINGS							Does contain							
OYSTERS								Does contain						Does contain
LITTLE SAUSAGE ROLLS		Does contain Wheat, Barley, Rye		Does contain										Does contain
ARTISAN BREAD & BUTTER		Does contain Wheat					Does contain							
FLEECE MOIN MOIN BREAD - SEE SPECIALS MATRIX		Does contain Wheat					Does contain							

STARTERS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
SEASONAL SOUP		Does contain Wheat					Does contain						Does contain	Does contain
HADDOCK GOUJONS		Does contain Wheat		Does contain	Does contain				Does contain					
QUEENIE SCALLOP		Does contain Wheat					Does contain	Does contain						
CHRIS NEVE'S SMOKED SALMON		Does contain Wheat, Barley		Does contain	Does contain		Does contain		Does contain					Does contain
DEEP FRIED BRIE		Does contain Wheat		Does contain			Does contain							Does contain
CRAB PATE	Does contain	Does contain Wheat	Does contain	Does contain	Does contain		Does contain		Does contain					Does contain
PRAWN COCKTAIL	Does contain	Does contain Wheat, Barley	Does contain	Does contain	Does contain				Does contain					Does contain
CARROT & COURGETTE FRITTERS		Does contain Wheat												
DEVILLED LIVERS		Does contain Wheat					Does contain		Does contain					Does contain
CHICKEN LIVER PARFAIT		Does contain Wheat					Does contain		Does contain				Does contain	Does contain
PERI PERI SQUID							Does contain	Does contain						Does contain
TANDOORI CHICKEN SKEWERS		Does contain Wheat					Does contain							Does contain
HERITAGE TOMATO		Does contain Wheat					Does contain							
KOREAN BBQ RIBS												Does contain	Does contain	Does contain
CRAB CAKES		Does contain Wheat	Does contain	Does contain					Does contain					Does contain
GREEN LENTIL PATE		Does Contain Wheat							Does Contain					

LIGHT BITES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
CLUB SANDWICH		Does contain Wheat		Does contain					Does contain					
F.L.T		Does contain Wheat		Does contain	Does contain				Does contain					

GRILLED HADDOCK	Does contain	Does contain Wheat			Does contain		Does contain							Does contain
GRILLED HADDOCK - GLUTEN FREE	Does contain				Does contain		Does contain							Does contain
EGGS BENEDICT - HAM		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
EGGS BENEDICT - SALMON		Does contain Wheat		Does contain	Does contain		Does contain		Does contain					Does contain
EGGS BENEDICT - AVOCADO		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
CAESAR SALAD		Does contain Wheat		Does contain	Does contain		Does contain		Does contain			Does contain		Does contain
GREEK SALAD		Does contain Wheat					Does contain		Does contain					Does contain
PLOUGHMANS		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
CURRIED CHICKEN MAYO	Does contain	Does contain Wheat		Does contain					Does contain	Does contain Almonds				Does contain
GARLIC MUSHROOMS		Does contain Wheat					Does Contain							
CRAB CAKES		Does contain Wheat	Does contain	Does contain					Does contain					Does contain

MAINS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
CHICKEN & HAM POT PIE		Does contain Wheat		Does contain			Does contain							Does contain
CHEESE & ONION PIE		Does contain Wheat					Does contain							
BATTERED HADDOCK		Does contain Wheat		Does contain	Does contain				Does contain					Does contain
FISH PIE		Does contain Wheat	Does contain		Does contain		Does contain							Does contain
KOREAN FRIED BUTTERMILK CHICKEN BURGER		Does contain Wheat		Does contain			Does contain		Does contain			Does contain	Does contain	Does contain
GOAN SEAFOOD CURRY		Does contain Wheat	Does contain		Does contain		Does contain		Does contain	Does contain Almonds				Does contain
SWEET POTATO & RED LENTIL CURRY	Does contain	Does contain Wheat							Does contain	Does contain Almonds				
CHIMICHURRI CHICKEN									Does contain					Does contain
FARMERS - CHICKEN SUPREME	Does Contain						Does contain							Does contain
SEAFOOD SKEWER			Does contain	Does contain	Does contain							Does contain	Does contain	Does contain
SMOKED HADDOCK	Does contain			Does contain	Does contain		Does contain		Does contain					Does contain
CHEESE TART		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
MASALA LAMB CHOPS							Does contain							
COD LOIN	Does contain	Does contain Wheat			Does contain		Does contain							Does contain
FLEECE - SEABREAM					Does contain		Does contain							Does contain
DERBY - FIRECRACKER SALMON		Does Contain Wheat		Does Contain	Does contain								Does Contain	Does Contain

GRILL	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		Does contain			Does contain		Does contain				Does contain	Does contain

GAMMON STEAK	Does contain			Does contain					Does contain					Does contain
RIB-EYE STEAK							Does contain							Does contain
7OZ FILLET STEAK							Does contain							Does contain
FLEECE - BAVETTE STEAK							Does contain							Does contain
TUNA STEAK					Does contain		Does contain							Does contain
PEPPERCORN SAUCE	Does contain						Does contain							Does contain
BLUE CHEESE SAUCE							Does contain							
GARLIC & CHILLI PRAWNS			Does contain				Does contain							
ONION RINGS		Does contain Wheat												

SIDES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHUNKY CHIPS														Does contain
SEA SALT FRIES														
TRUFFLE & PARMESAN FRIES				Does contain			Does contain							
SEASONAL VEGETABLES	Does contain						Does contain							
GARDEN SALAD									Does contain					Does contain
GARLIC & CHILLI TENDERSTEM BROCCOLI							Does contain							
GARLIC CIABATTA		Does contain Wheat					Does contain			May contain		May contain	May contain	
GARLIC CIABATTA - CHEESE		Does contain Wheat					Does contain			May contain		May contain	May contain	
ONION RINGS		Does contain Wheat												
GREEK SALAD SIDE		Does contain Wheat					Does contain		Does contain					Does contain

DESSERTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
LEMON & GINGER CHEESECAKE		Does contain Wheat		Does contain			Does contain							
LEMON CURD CHEESECAKE		Does contain Wheat		Does contain			Does contain							
CHOCOLATE FONDANT				Does contain			Does contain			Does contain	Does contain		Does contain	Does contain
CHEESE SELECTION	Does contain						Does contain							Does contain
CHOCOLATE BROWNIE				Does contain			Does contain			Does contain	Does contain		Does contain	
STICKY TOFFEE PUDDING		Does contain Wheat		Does contain			Does contain			Does contain	Does contain		Does contain	Does contain
RHUBARB CRUMBLE		Does contain Wheat		Does contain			Does contain							
ETON MESS				Does contain			Does contain							
FLEECE - CRÈME BRULEE		Does contain Wheat		Does contain			Does contain							
VANILLA PANNACOTTA							Does contain							Does contain
RIBBLE GIN & RASPBERRY TRIFLE		Does contain Wheat		Does contain			Does contain			Does contain Almonds				



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 - CHUNKY CHIPS														
KIDS MASHED POTATO							Does Contain							
KIDS GEM LETTUCE AND TOMATO SALAD									Does Contain					Does Contain
GARLIC ROASTED NEW POTATOES														
ADD 2 HASHBROWNS														
KIDS BAKED BEANS														
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 - GARLIC BREAD		Does Contain Wheat					Does Contain							
KIDS VEGETABLE STICKS												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													

BREAKFAST MENU	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
OMELETTE		Does Contain Wheat		Does Contain			Does Contain						Does Contain	
SMOKED SALMON		Does Contain Wheat		Does Contain	Does Contain		Does Contain						Does Contain	
BREAKFAST MUFFIN - EGGS		Does Contain Wheat		Does Contain			Does Contain						Does Contain	
BREAKFAST MUFFIN - SAUSAGE		Does Contain Wheat					Does Contain						Does Contain	Does Contain
BREAKFAST MUFFIN - BACON		Does Contain Wheat					Does Contain						Does Contain	
AVOCADO & POACHED EGGS		Does Contain Wheat		Does Contain									Does Contain	Does Contain
EGGS BENEDICT - SALMON		Does Contain Wheat		Does Contain	Does Contain		Does Contain						Does Contain	Does Contain
EGGS BENEDICT - BACON		Does Contain Wheat		Does Contain			Does Contain						Does Contain	Does Contain
EGGS BENEDICT - SPINACH		Does Contain Wheat		Does Contain			Does Contain						Does Contain	Does Contain
FULL ENGLISH		Does Contain Wheat & Barley		Does Contain									Does Contain	Does Contain
FULL VEGGIE BREAKFAST		Does Contain Wheat		Does Contain									Does Contain	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							

