

SENIOR MENU

ALLERGEN GUIDE

HOW TO USE THIS GUIDE

THIS IS A SIMPLE-TO-USE GUIDE TO HIGHLIGHT THE KEY LISTED ALLERGENS. SIMPLY FIND YOUR PREFERRED DISH AND LOOK AT THE HIGHLIGHTED ALLERGENS. ANY BOXES WITH A CHECKMARK IN THEM MEAN THAT THAT DISH HAS THAT LISTED INGREDIENT.

WE CAN OF COURSE MAKE SOME ITEMS FREE FROM GLUTEN, FREE FROM MEATS AND FREE FROM ANIMAL PRODUCTS PLEASE LOOK AT OUR STANDARD MENU FOR FURTHER INFORMATION ON THIS. MENU ITEMS WILL BE MARKED WITH OUR OWN MENU KEY (AS SHOWN ON THE MENUS), PLEASE ASK YOUR SERVER FOR ANY FURTHER INFOMATION

EXAMPLE MENU...

EXAMPLE MENU ITEM...

	SULPHIUR DIOXIDE
	SOYA
	SEASAME
	OTHER NUTS
NUTS (TREE NUTS)	
MUSTARD	
LUPIN	
MOLLUSCS	
CRUSTACEANS	
FISH	
CELERY	
MILK	
EGGS	
GLUTEN	✓

ALLERGEN INFORMATION

SENIORS

		GLUTEN	EGGS	MILK	CELERY	FISH	CRUSTACEANS	MOLLUSCS	OTHER NUTS	NUTS (TREE NUTS)	MUSTARD	LUPIN	SULPHIUR DIOXIDE	SEASAME	SOYA	
STARTERS	SOUP OF THE DAY - PLEASE ASK YOUR SERVER															
	JACK DANIELS BITES	✓	✓	✓		✓								✓	✓	✓
	PRAWN COCKTAIL	✓	✓	✓										✓	✓	✓
	MELON COCKTAIL															
SPECIALITY SALAD BOWLS	BRIE WEDGES	✓	✓	✓												
	SPECIALITY SALAD BOWLS		✓	✓	✓									✓		✓
	ROAST CHICKEN		✓	✓	✓									✓		✓
	CHICKEN & HAM		✓	✓	✓									✓		✓
MAINS	HAM		✓	✓	✓								✓		✓	
	CHEESE & FRUIT		✓	✓	✓								✓		✓	
	PRAWN & MELON		✓	✓	✓								✓		✓	
	HADDOCK BREADED		✓	✓	✓					✓				✓		✓
	HADDOCK BATTERED		✓	✓					✓				✓		✓	
	CHICKEN FILLETS BREADED		✓	✓	✓								✓		✓	
	CHICKEN FILLETS BATTERED		✓	✓									✓		✓	
	BEEF STEAK PIE		✓				✓						✓		✓	
MACARONI		✓		✓								✓		✓		

ALLERGEN INFORMATION

SENIORS

MAINS

SPINACH LINGUINE

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SOYA

BEEF LASAGNE

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

DAILY SPECIAL - PLEASE ASK YOUR SERVER

STICKY TOFFEE PUDDING WITH CREAM OR ICE CREAM

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

CHEESECAKE WITH CREAM OR ICE CREAM

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

BANANA SPLIT

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

TIRAMISU

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SUNDAE WITH STRAWBERRY

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SUNDAE WITH CHOCOLATE

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SUNDAE WITH TOFFEE

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SUNDAE WITH RASPBERRY

GLUTEN

EGGS

MILK

FISH

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

SUNDAE WITH MINT CHOCOLATE

GLUTEN

EGGS

CRUSTACEANS

MOLLUSCS

NUTS (TREE NUTS)

OTHER NUTS

SEASAME

SULPHIUR DIOXIDE

DESSERTS