

ALLERGEN INFORMATION

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SOUP	wheat,bread,soup											soup		
GOATS CHEESE							cheese	walnuts		dressing		dressing		
FISH SOUP				soup					soup			soup		
BLACK PUDDING	WHEAT, pudding		poached egg				pane			dressing		dressing		
MACKEREL	WHEAT,crosti			pate			pate			dressing		dressing		
FISHCAKE			pane	cake			pane			dressing		dressing		
SPELT	WHEAT, spelt						risotto					spelt		
CORNEB BEEF	WHEAT, bread								beef	remoulade		beef		

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PANHAGGERTY			poached egg				musterd cream			cream		mustard		
CURRY	flatbread									curry				
CHICKEN							pan haggerty		SAUCE			mustard		
MARKET FISH	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary	May vary
PORK SHOULDER	WHEAT, beer						parsnip		SAUCE	parsnip		sauce		
VENISON COBBLER	WHEAT, dumpling		dumpling				dumpling		SAUCE			sauce		
WHOLE SOLE				sole			butter					butter		
RUMP									SAUCE	salad dressing		dressing		
SIDE CHIPS														
ROOTS														
ROOT VEG MASH														
TRUFFLE FRIES							cheese							
ALL SUNDAY ROASTS	WHEAT, yorkie						yorkie		gravy					

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STICKY TOFFEE PUDD			cake				cake					dates		
APPLE & ALMOND TART	tart/wheat		tart				cake	almond						
POACHED PLUM												plums		
SINGING HINNIES	hinnie		hinnies				hinnie					currants		
CRÈME CARAMEL	shortcake		creme				creme					crème caram		
CHEESES	biscuits						cheese		biscuit	chutney		chutney		

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GRANOLA	WHEAT						yogurt	various				compote		
FRENCH TOAST	WHEAT		toast				cream					compote		
SMASHED AVOCADO	WHEAT													
SHAKSHUKA	WHEAT		eggs				feta		base					
OMELETTE	WHEAT		eggs				butter					butter		
EGGS BENEDICT	MALT/WHEAT		eggs				sauce			sauce		sauce		
EGGS ROYAL	MALT/WHEAT		eggs	salmon			sauce			sauce		sauce		
EGGS FLORENTINE	MALT/WHEAT		eggs				sauce			sauce		sauce		
HINNIES STACKER	WHEAT		eggs				cheese			sauce		sauce		
SAUSAGE/BACON BAP	WHEAT		eggs				bread							
HALLOUMI BAP	WHEAT						cheese							
HINNIES BELTA	WHEAT		eggs				various							
STEAK AND EGGS	MALT/WHEAT		eggs				cause			sauce		sauce		

CONTAINS

SOME DISHES CAN BE ADJUSTED TO BECOME ALLERGEN FREE, PLEASE ASK THE MANAGER

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CHILDRENS MENU

	Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BRUNCH	SCRAMBLED EGG	WHEAT		Eggs				eggs							
	BEANS ON TOAST	WHEAT						toast					beans		
	PANCAKES	WHEAT		pancake				pancake					fruits		
	BELTA	DAT/WHEAT		egg				various					various		
	PORRIDGE	DAT/WHEAT						porridag					garnish		

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MAIN MENU	FISH CAKE			fishcake	mix fish						fishcake, dressing		fishcake		
	SOUP	WHEAT						soup					soup		
	FLAT BREAD	WHEAT										houmous	garnish		
	SAUAGES	WHEAT						mash		gravy	seasoning		gravy		
	FISH FINGERS				mix fish			pie			pie		pie		
	CHEESE TOASTIE	WHEAT						filling					filling		
	PIZZA	WHEAT						topping					topping		
	CHEESY PASTA	WHEAT						cheese			sauce		sauce		
	BROWNIE	WHEAT			cake			cake					cake		
	ICE CREAM	WHEAT			ice cream			ice cream					various		
	STICKY TOFFEE	WHEAT			cake, ice cream			cake, ice cream					cake		

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