

Dishes and their Allergen Content

BREAKFAST

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Pork & Leek Sausage | | Wheat | | | | | | | | | | | | |
| Smoked Bacon | | | | | | | | | | | | | | |
| Black Pudding | | Barley | | | | | | | | | | | | |
| Crispy Herb Potatoes | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | |
| Button Mushrooms | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Fried Egg | | | | ✓ | | | | | | | | | | |
| Scrambled Egg | | | | ✓ | | | ✓ | | | | | | | |

Review date:

15/10/2024

Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

BREAKFAST

| DISH | | | | | | | | | | | | | | |
|---------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|--------------|---------|--------------|-------------|-----------------|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Avocado Toast | | Wheat, Barley, Rye | | | | | ✓ | | | | | ✓ | ✓ | ✓ |
| Avocado Toast with Poached Eggs | | Wheat, Barley, Rye | | ✓ | | | ✓ | | | | | ✓ | ✓ | ✓ |
| Eggs Benedict | | Wheat, Barley, Rye | | ✓ | | | ✓ | | | | | ✓ | May Contain | ✓ |
| Eggs Royale | | Wheat, Barley, Rye | | ✓ | ✓ | | ✓ | | | | | ✓ | May Contain | ✓ |
| Eggs Florentine | | Wheat, Barley, Rye | | ✓ | | | ✓ | | | | | ✓ | May Contain | ✓ |
| Woodlands Fruit Salad | | Oats | | | | | | | | ALMOND, TREE | | | | |
| Bacon Pancakes | | Wheat | | ✓ | | | ✓ | | | | | | | |
| Fruit Pancakes | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ |

| | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Review date:

15/10/2024



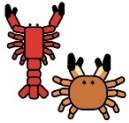
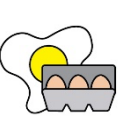
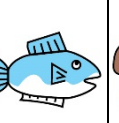
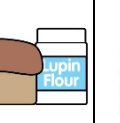


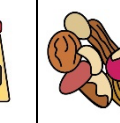
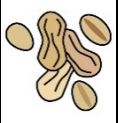
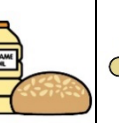
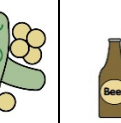


Reviewed by: *Grant Charlesworth*



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

LUNCH

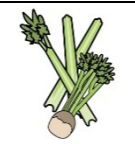

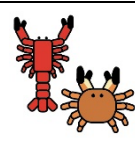
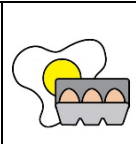
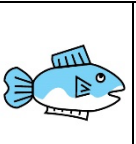
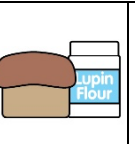

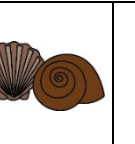
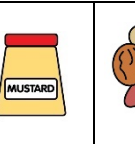
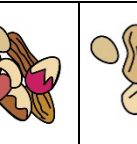
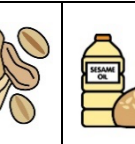
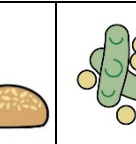
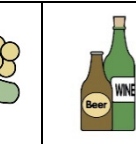
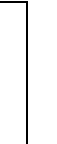
| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Steak Sandwich | | Wheat, Barley | | May Contain | | | ✓ | | May Contain | May Contain Tree | | May Contain | May Contain | ✓ |
| Chicken Sandwich | | Wheat, Barley | | ✓ | | | May Contain | | ✓ | May Contain Tree | | May Contain | May Contain | ✓ |
| Cod Sandwich | | Wheat, Barley | | May Contain | ✓ | | May Contain | | May Contain | May Contain Tree | | May Contain | May Contain | ✓ |
| Vegan Sausage Sandwich | | Wheat, Barley | | May Contain | | | May Contain | | May Contain | May Contain Tree | | May Contain | ✓ | ✓ |
| Turkey Sandwich | | Wheat, Barley | | | | | | | ✓ | | | | ✓ | ✓ |
| Cheese & Onion Sandwich | | Wheat, Barley | | ✓ | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Egg Mayonnaise Sandwich | | Wheat, Barley | | ✓ | | | | | ✓ | | | | ✓ | ✓ |
| Tuna Mayonnaise Sandwich | | Wheat, Barley | | ✓ | ✓ | | | | | | | | ✓ | ✓ |
| Afternoon Tea <i>(Please ask about cakes)</i> | | Wheat, Barley | May Contain | ✓ | ✓ | | ✓ | | ✓ | May Contain | May Contain | May Contain | ✓ | ✓ |

Review date: 15/10/2024

Reviewed by: Grant Charlesworth

Dishes and their Allergen Content

CHILDREN

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Buttermilk Chicken | | Wheat | | | | | ✓ | | | | | | | |
| Cod Goujons | | Wheat | | | ✓ | | | | | | | | | ✓ |
| Mini Woodlands Burger | | Wheat | | | | | | | | | | May Contain | | |
| Spaghetti Bolognese | ✓ | Wheat | | | | | | | | | | | | ✓ |
| Cheese & Tomato Pizza | | Wheat | | | | | ✓ | | | | | | | |
| Sausage & Mash | ✓ | Wheat | | ✓ | | | ✓ | | | | May Contain | May Contain | May Contain | ✓ |
| Garden Peas | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| See Sunday Roasts in Roast Section | | | | | | | | | | | | | | |

Review date: 15/10/2024

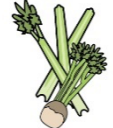

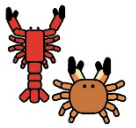
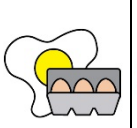
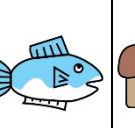


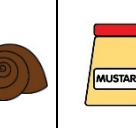
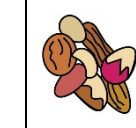
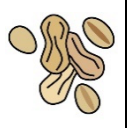



Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

DESSERTS

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|--------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Triple Chocolate Brownie | | Wheat | | ✓ | | | ✓ | | | May Contain | May Contain | | May Contain | |
| Bread & Butter Pudding | | Wheat. May Contain Barley, Rye, Oats | | ✓ | | | ✓ | | | May Contain Tree | | May Contain | ✓ | |
| Chocolate Sundae | | Wheat | | ✓ | | | ✓ | | | May Contain | May Contain | | ✓ | |
| Berries & Cream Sundae | | Wheat | | ✓ | | | ✓ | | | May Contain | May Contain | | ✓ | |
| Apple Crumble | | Wheat, Barley | | ✓ | | | ✓ | | | | | | | ✓ |
| Belgian Waffle | | Wheat | | ✓ | | | ✓ | | | May Contain Tree | May Contain | | ✓ | |
| Cheeseboard | ✓ | Wheat, Barley, Rye. May Contain Oats | | May Contain | | | ✓ | | | May Contain Tree | | May Contain | May Contain | |
| Selection of Ice Creams | | | | May Contain | | | ✓ | | | May Contain | May Contain | | May Contain | |
| Selection of Sorbets | | | | May Contain | | | May Contain | | | | | | | |

Review date: 15/10/2024



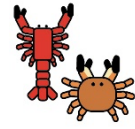
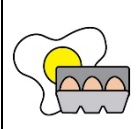
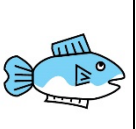
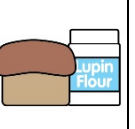

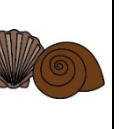
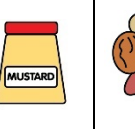
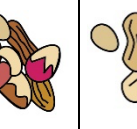
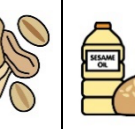
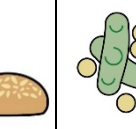
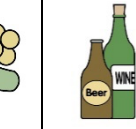
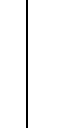
Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

STARTERS

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Soup of the Day | ✓ | Wheat, Rye, Barley | May Contain | May Contain | May Contain | | May Contain | May Contain | May Contain | TREE, WALNUTS | | May Contain | May Contain | |
| Halloumi Fries | | | | | | | ✓ | | | | | | | |
| Beef Brisket Bites | | Wheat | | | | | | | ✓ | | | | | |
| Tempura King Prawns | | Wheat | ✓ | | | | | | | | | | | |
| Salt & Pepper Ribs | | | | | | | | | | May Contain Tree | May Contain | May Contain | | May Contain |
| Buttermilk Fried Chicken | | Wheat, Oats | | | | | ✓ | | | | | | | |
| Wild Mushroom Bisque | | Wheat, Barley | | | | | ✓ | | May Contain | | | | ✓ | ✓ |
| Avocado Bruschetta | | Wheat, Barley | | | | | | | | | | | | ✓ |
| Lamb Kofta Skewers | | Wheat | | | | | ✓ | | | | | | | ✓ |

Review date:

15/10/2024

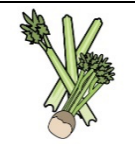

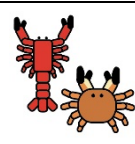
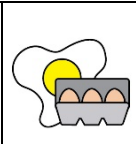
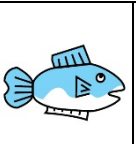
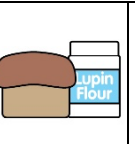

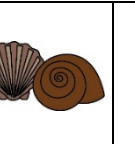
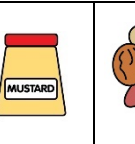
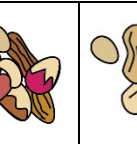
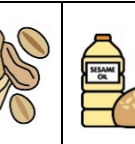
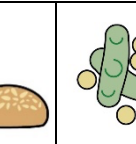
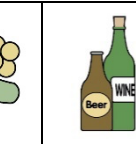
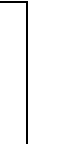
Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

STARTERS

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Potato Gnocchi | May Contain | Wheat | May Contain | May Contain | May Contain | | ✓ | | May Contain | TREE | May Contain | ✓ | May Contain | ✓ |
| Salad Dressing | | | | | | | | | | | | | | ✓ |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |



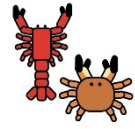
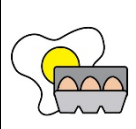
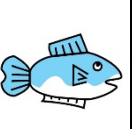
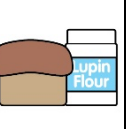

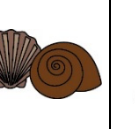
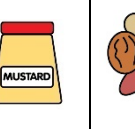
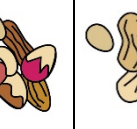
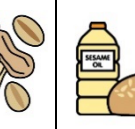
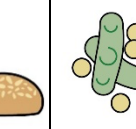
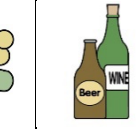
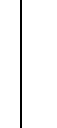
Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

MAINS

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Fish & Chips | | Wheat | | | ✓ | | | | | | | | | |
| Sweet Chilli Chicken | | | | | | | | | | | | | | ✓ |
| Minted Lamb Shank | ✓ | | | ✓ | | | ✓ | | ✓ | | | | | ✓ |
| Roasted Salmon | | | | | ✓ | | ✓ | | | | | | | |
| Carbonara | | Wheat | | ✓ | | | ✓ | | | | | | | |
| Pesto Verde | | Wheat | | | | | ✓ | | | | | | | |
| Spaghetti Bolognese | ✓ | Wheat | | | | | | | | | | | | ✓ |
| Pie of the Day (Please ask) | May Contain | Wheat. May Contain Barley, Rye, Oats | | ✓ | May Contain | | May Contain | | May Contain | | | | May Contain | ✓ |
| Scouse | ✓ | Wheat, Rye, Barley | May Contain | ✓ | May Contain | | ✓ | May Contain | May Contain | TREE, WALNUTS | | May Contain | May Contain | ✓ |

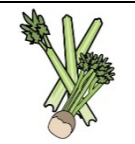

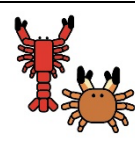
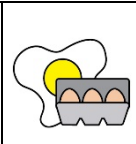
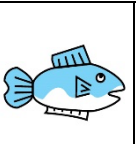
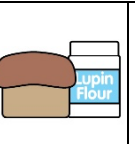

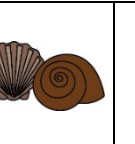
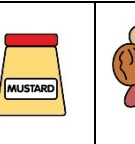
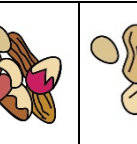
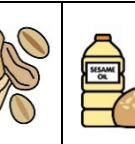
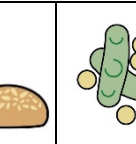
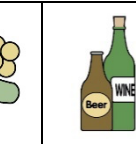
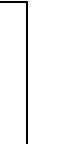
Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

MAINS

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Tempura Vegetables | | Wheat | | | | | | | | | | | | |
| Gressingham Duck Breast | May Contain | | | ✓ | | | ✓ | | | | | | | ✓ |
| Beef Stroganoff | | | | | | | ✓ | | ✓ | | | | | ✓ |
| Caesar Salad | | Wheat | | ✓ | ✓ | | ✓ | | | | | | | |
| Chicken Shawarma | | Wheat | | ✓ | | | ✓ | | | | | ✓ | | |
| Halloumi Shawarma | | Wheat | | ✓ | | | ✓ | | | | | ✓ | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

Review date:

15/10/2024



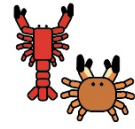
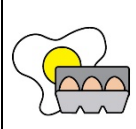
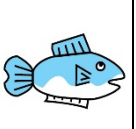
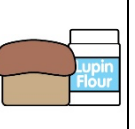

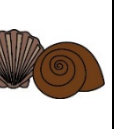
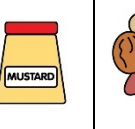
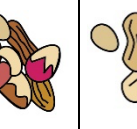
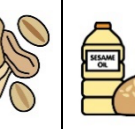
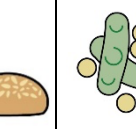
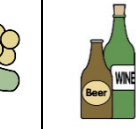
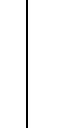
Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

GRILL

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Woodlands Burger | | Wheat | | ✓ | | | | | ✓ | | | May Contain | | |
| Black & Blue Burger | | Wheat | | | | | ✓ | | | | | May Contain | | ✓ |
| Buttermilk Chicken Burger | | Wheat | | ✓ | | | ✓ | | | | | May Contain | | |
| Halloumi Burger | | Wheat | | ✓ | | | ✓ | | | | | May Contain | | |
| Beyond Burger | ✓ | Wheat | | | | | | | ✓ | | | May Contain | | |
| 10oz Gammon | | | | ✓ | | | | | | | | | | |
| 10oz Rump | | | | | | | | | | | | | | |
| 10oz Sirloin | | | | | | | | | | | | | | |
| 10oz Flat Iron | | | | | | | | | | | | | | |

Review date:

15/10/2024



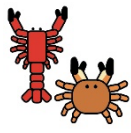
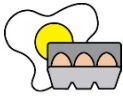
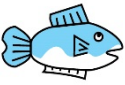
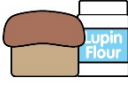






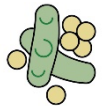

Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

GRILL

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Piri-Piri Chargrilled Ribs | | | | ✓ | | | | | ✓ | | | | | ✓ |
| BBQ Chargrilled Ribs | ✓ | | | ✓ | | | | | ✓ | | | | | |
| Sweet Chilli Chargrilled Ribs | | | | ✓ | | | | | ✓ | | | | | |
| Mixed Grill | | Wheat, Barley | | ✓ | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |



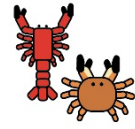
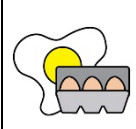
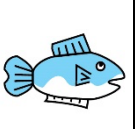
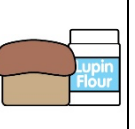

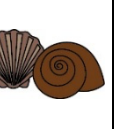
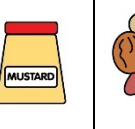
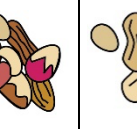
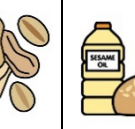
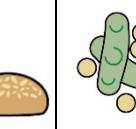
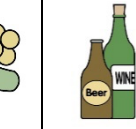
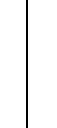
Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

SUNDAY ROAST

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Sunday Roast | ✓ | Wheat | | ✓ | | | ✓ | | | | | | | ✓ |
| Childrens Sunday Roast | ✓ | Wheat | | ✓ | | | ✓ | | | | | | | ✓ |
| Nut Roast | ✓ | Wheat | | ✓ | | | ✓ | | | | | | | ✓ |
| Vegan Wellington | ✓ | Wheat | | May Contain | | | May Contain | | | TREE, WALNUTS | | | | ✓ |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |



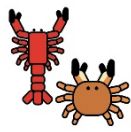
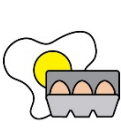
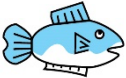
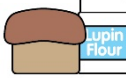








Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance

Dishes and their Allergen Content

SIDES

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Parmesan & Truffle Fries | | | | | | | ✓ | | | | | | | |
| Triple Cooked Chips | | | | | | | | | | | | | | |
| Fries | | | | | | | | | | | | | | |
| Buttered Vegetables | | | | | | | ✓ | | | | | | | |
| Sweet Potato Fries | | | | | | | | | | | | | | |
| Salt & Pepper Chips | | | | | | | | | | | | | | |
| House Salad | | | | | | | | | | | | | | ✓ |
| Coleslaw | | | | ✓ | | | | | ✓ | | | | | |
| Onion Rings | | Wheat | | | | | | | | | | | | |



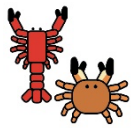

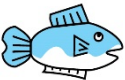
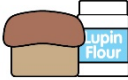






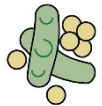

Review date:

15/10/2024

Reviewed by: Grant Charlesworth

Dishes and their Allergen Content

SIDES

| DISH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Garlic Ciabatta | | Wheat, Barley | | May Contain | | | ✓ | | May Contain | May Contain Tree | | May Contain | May Contain | |
| Garlic Ciabatta with Cheese | | Wheat, Barley | | May Contain | | | ✓ | | May Contain | May Contain Tree | | May Contain | May Contain | |
| Peppercorn Sauce | | | | | | | ✓ | | | | | | | ✓ |
| Red Wine Jus | ✓ | | | ✓ | | | | | | | | | | ✓ |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

Review date: 15/10/2024 Reviewed by: Grant Charlesworth



You can find this template, including more information at www.food.gov.uk/allergy-guidance