

A La Carte: Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)[†])

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roti	mc	✓ Wheat	mc	mc	mc	mc	(scotch butter)	mc	mc	mc	mc	mc	mc	✓
Scallop	mc	✓	mc	mc	mc	mc	✓	✓	mc	mc	mc	mc	mc	✓
Fire Grilled Jackfruit	mc	✓ Wheat (hard dough bread crumb)	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Curried Chicken Bites	mc	✓ Wheat (check if we have gluten free ones)	mc	✓	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Saltfish Spring Roll	mc	mc	mc	✓	✓	mc	mc	mc	mc	mc	mc	mc	mc	✓
Soft Shell Crab	mc	mc	✓	mc	mc	mc	✓	mc	mc	mc	mc	mc	mc	✓
Pork Belly	mc	mc	mc	✓ (coleslaw)	mc	mc	mc	mc	mc	mc	mc	mc	✓ (glaze)	✓

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


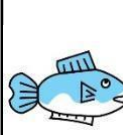
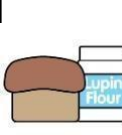



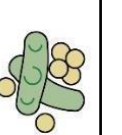

Review Date: 15/04/26

Reviewed by: Nathaniel Mortley

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Salt Baked Celeriac	✓	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Jerk Chicken Supreme	mc	✓ Wheat (check if we have gluten free ones)	mc	✓	mc	mc	mc	mc	mc	mc	mc	mc	✓ (glaze)	✓
Braised Oxtail	mc	mc	mc	mc	mc	mc	mc	✓	mc	mc	mc	mc	✓	✓
Pimento Duck	mc	mc	mc	✓	mc	mc	✓	mc	mc	mc	mc	mc	✓ (glaze)	✓
Wiri Wiri Lamb	mc	✓ Wheat (hard dough bread)	mc	mc	mc	mc	✓	mc	mc	mc	mc	mc	✓ (glaze)	✓
Stone Bass	mc	mc	mc	mc	✓	mc	✓	mc	mc	mc	mc	mc	mc	✓
Lobster Rasta Pasta	mc	✓ Wheat	✓	mc	mc	mc	✓	mc	mc	mc	mc	mc	mc	✓
Whole Seabass	mc	mc	mc	mc	✓	mc	mc	mc	mc	mc	mc	mc	mc	✓

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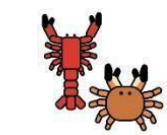
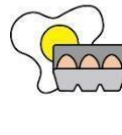
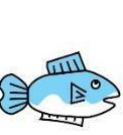



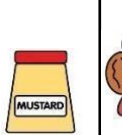

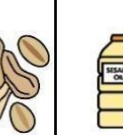
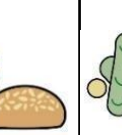


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Rib Eye Steak	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓ (glaze)	✓
Lobster Tail	mc	mc	✓	mc	mc	mc	✓	mc	mc	mc	mc	mc	✓ (glaze)	✓
Pork Belly Main	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Chickpea Curry	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Rice & Peas	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Jollof Rice	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Plantain	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc

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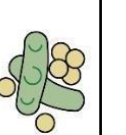

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Chips	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Slaw	mc	mc	mc	✓	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Tenderstem Broccoli	mc	mc	mc	mc	mc	mc	mc	mc	✓	mc	mc	mc	mc	✓
Mac & Cheese Balls	mc	✓ Wheat	mc	✓	mc	mc	✓	mc	mc	mc	mc	mc	mc	✓
Roasties	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Yorkshire Puddings	mc	✓ Wheat	mc	✓	mc	mc	✓	mc	mc	mc	mc	mc	mc	✓
Honey Roasted Veg	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Cook-Up	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓

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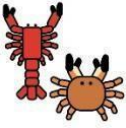
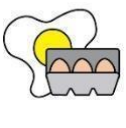
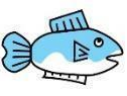
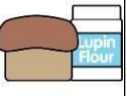




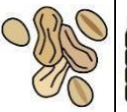
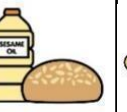
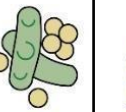

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Tempura Broccoli	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓
Coconut Panna Cotta	mc	mc	mc	mc	mc	mc	✓	mc	mc	mc	mc	mc	mc	✓
Plantain Cake	mc	✓ Wheat	mc	✓	mc	mc	✓ (creme anglaise & white chocolate parfait)	mc	mc	mc	mc	mc	mc	✓
Cake of the Day	mc	✓ Wheat	mc	✓	mc	mc	✓ (creme anglaise)	mc	mc	mc	mc	mc	mc	✓
Ice Cream	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	mc	✓	mc
Creme Anglaise	mc	mc	mc	✓	mc	mc	✓	mc	mc	mc	mc	mc	mc	mc
Oxtail	mc	mc	mc	mc	mc	mc	mc	✓	mc	mc	mc	mc	✓	✓

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