

# Menu Items Allergen Check List

Note – Please state the name of the cereal(s) containing gluten\* and the name of the nut(s)\*\* in the appropriate column

 Type menu items below and indicate allergens using a tick	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites***	 Lupins	 Molluscs
<b>STARTERS:</b>														
xx SOUP OF THE DAY	✓						✓		✓	✓				
SEAFOOD CHOWDER	✓	✓		✓			✓		✓			✓		✓
CALAMARI STARTER	✓		✓	✓			✓			✓				
SWEET CHICK WINGS	✓		✓			✓	✓		✓					
SPICY CHICKEN WINGS	✓		✓			✓	✓		✓					
TEMPURA VEG	✓				✓	✓					✓			
FISH TACO	✓	✓	✓	✓			✓				✓			
PRAWN PIL PIL	✓	✓							✓	✓		✓		
MUSSELS STARTER	✓	✓					✓		✓			✓		✓
BEEF CROQUETTE	✓		✓				✓			✓		✓		
SWEET CAULIFLOWER	✓		✓			✓	✓		✓					
SPICY CAULIFLOWER	✓		✓			✓	✓		✓					
BAKED CRAB POT	✓	✓		✓			✓		✓					
xx please check daily xx														

\* Containing gluten (wheat, rye, barley & oats)

\*\* Almonds, hazelnuts, walnuts, cashews, pecan, Brazil nuts, pistachio, macadamia

\*\*\* e.g. found in sausages, burgers, wine

✓ Means the menu item contains this allergenic ingredient

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<b>MAIN COURSES:</b>														
<b>SWEET CHICK. WINGS</b>	✓		✓			✓	✓		✓					
<b>SPICY CHICK. WINGS</b>	✓		✓			✓	✓		✓					
<b>SWEET CAULIFLOWER</b>	✓		✓			✓	✓		✓					
<b>SPICY CAULIFLOWER</b>	✓		✓			✓	✓		✓					
<b>CHICKEN &amp; WAFFLES</b>	✓		✓			✓	✓							
<b>PORK BELLY</b>							✓		✓			✓		
<b>MUSHROOM RISOTTO</b>							✓		✓			✓		
<b>FALLS BURGER</b>	✓		✓				✓							
<b>SIRLOIN STEAK</b>	✓		✓	✓			✓			✓				
<b>CHICKEN SUPREME</b>							✓		✓				✓	
<b>VEGGIE BURGER</b>	✓		✓				✓						✓	
<b>GNOCCI</b>	✓		✓				✓	✓				✓		
<b>MOULES-FRITES</b>		✓					✓		✓			✓		✓
<b>CALAMARI</b>	✓			✓			✓			✓	✓			
<b>SCAMPI</b>	✓	✓	✓				✓			✓	✓			
<b>FISH &amp; CHIPS</b>	✓	✓	✓	✓			✓				✓		✓	

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<b>MENU ITEM</b>   Type menu items below and indicate allergens using a tick	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites***	 Lupins	 Molluscs
<b>MAIN COURSES cont'd:</b>														
<b>SEAFOOD PIE</b>	✓	✓		✓			✓		✓					
<b>MONKFISH</b>	✓		✓	✓			✓		✓					
<b>PAN FRIED HAKE</b>				✓			✓	✓	✓	✓				
<b>CHICKEN BOX</b>	✓		✓			✓	✓							
<b>BEEF BOX</b>	✓						✓		✓			✓		
<b>FISH BOX</b>	✓	✓	✓	✓			✓				✓			

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<b>SIDES:</b>														
<b>BABY POTATOES</b>							✓							
<b>CHUNKY CHIPS</b>														
<b>SKINNY FRIES</b>														
<b>MASH</b>							✓							
<b>MARKET VEG</b>							✓							
<b>JALAPENO POPPERS</b>	✓					✓	✓							
<b>SIDE SALAD</b>										✓				
<b>BROWN BREAD</b>	✓						✓							
<b>SOURDOUGH BREAD</b>	✓													
<b>ONION RINGS</b>	✓						✓							
<b>SAUCES:</b>							✓							
<b>PEPPER SAUCE</b>							✓					✓		
<b>BERNAISE SAUCE</b>			✓				✓							
<b>GRAVY</b>									✓			✓		
<b>GARLIC BUTTER</b>							✓							

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