

SMALL PLATES, STARTERS & SHARERS	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Honey & mustard pigs									•					•	x	x	x	Sausages are filled into beef casings
Free range pork scratchings with apple sauce															x	x	x	
Halloumi chips with sweet chilli and lemon							• cow sheep goat							•	✓	x	x	
Parsnip & kale fritters with lemon & thyme vegan mayonnaise		• wheat												•	✓	✓	x	
Padron peppers with rosemary salt															✓	✓	x	
Crispy tenderstem with tahini, soy & lemon		• wheat see additional information								•	•	•	•	•	✓	✓	x	Cooked in a fryer that is also used for gluten containing items.
Parsnip crisps with horseradish & black pepper dip		• wheat see additional information		•					•					•	✓	x	x	Cooked in a fryer that is also used for gluten containing items.
Oyster mushroom 'calamari' with chilli & lime dip		• see additional information												•	✓	✓	x	Cooked in a fryer that is also used for gluten containing items.
Sweet and smoky nuts - pecans and cashews		•								• pecan cashew all nuts	•				✓	✓	x	* oil supplier not confirmed gluten free

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used

CLASSIC PIES	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
THIS™ isn't a chicken & bacon pie		● wheat							●			●	●		✓	✓	✓	
Mooless Moo		● wheat barley rye oat							●			●	●		✓	✓	✓	
Kevin		● wheat barley							●			●	●		✓	✓	✓	
Wild Shroom		● wheat barley					●		●			●	●		✓	x	✓	
Heidi		● wheat					●		●			●	●		✓	x	x	
Free Ranger		● wheat					●		●			●	●		x	x	✓	
Fungi Chicken		● wheat barley					●		●			●	●		x	x	✓	
Moo		● wheat barley					●		●			●	●		x	x	✓	
Moolin Rouge		● wheat barley					●		●			●	●		x	x	✓	
Moo & Blue		● wheat barley					●		●			●	●		x	x	✓	
Kate & Sidney	●	● wheat barley					●		●			●	●		x	x	✓	

FILO PIES	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Maroc Star		● wheat							●			●	●		✓	✓	x	
Light as a Feta		● wheat					●		●			●	●		✓	x	x	
Souk Chook		● wheat					●		●			●	●		x	x	x	

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

GLUTEN FREE PIES	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Gluten Free Mooless Moo		Contains gluten-free barley malt extract and wheat maltodextrin. Ale contains wheat and barley. Gluten removed during processing.							●			●	●		✓	✓	✓	
Gluten Free Moo		Contains gluten-free barley malt extract and wheat maltodextrin. Ale contains wheat and barley. Gluten removed during processing.					●		●			●	●		x	x	✓	
Gluten Free Ranger		Contains wheat maltodextrin (gluten removed during processing).					●		●			●	●		x	x	✓	

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used

SIDES	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Mash							●								✓	x	x	
Vegan mash		● wheat					●		●				●	●	✓	✓	x	
Minty mushy peas		● wheat barley													✓	✓	x	
Garden peas (remove butter if vegan option requested)							● butter								✓	x*	x	* butter can be removed for vegan option
Smoky baked beans															✓	✓	x	
Pieminster slaw										● almond cashew pistachio	●	●		●	✓	✓	x	
Fries with rosemary salt															✓	✓	x	
Cheesy mash							●								✓	x	x	
Onion rings		● wheat barley													✓	✓	✓	
Tenderstem broccoli, peas and shoots in a lemon and olive oil dressing	●	●							●					●	✓	✓	x	

STICKS & EXTRAS	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Honey and mustard pigs stick									●					●	x	x	x	Sausages are filled into beef casings.
Parsnip & kale fritter stick		● wheat													✓	✓	x	
Halloumi stick							● cow sheep goat								✓	x	x	
Onion ring stick		● wheat barley													✓	✓	✓	
Cheddar cheese							●								✓	x	x	
Vegan cheese															✓	✓	x	
Gluten Free crispy onions															✓	✓	x	
Pieminster Classic Gravy		contains gluten-free barley malt extract													✓	✓	x	

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

OTHER ITEMS	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Pie Minister spicy tomato ketchup									●						✓	✓	x	
Hellman's Mayonnaise				●			●		●						✓	x	x	
Lea & Perrins Worcester sauce		● barley			●										x	x	x	
HP Sauce		● barley rye													✓	✓	x	
Heinz tomato ketchup	●	●													✓	✓	x	
Tabasco sauce															✓	✓	x	
English mustard (Colman's)		● wheat							●						✓	✓	x	
Squeezy chocolate sauce													●		✓	✓	x	
Squeezy toffee fudge sauce							●						●		✓	x	x	
Honey															✓	x	x	
Henderson's relish															✓	✓	x	

KIDS MENU	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Kids sausage & mash with gravy, peas (no butter)		contains gluten-free barley malt extract					●							●	x	x	✓ if served with gravy	
Kids fish fingers & mash with peas (no butter) and gravy		● wheat barley		●	●		●		●						x	x	✓ if served with gravy	
Kids vegan sausage, vegan mash, gravy, peas (no butter)		● wheat barley					●		●				●	●	✓	✓	✓ if served with gravy	
Orange Juice															✓	✓	x	
Apple Juice															✓	✓	x	
Kids ice cream							●								✓	x	x	

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

SUNDAY BEST/BUNDLES	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Pork scratching															x	x	x	
Honey and mustard pig									●					●	x	x	x	Sausages are filled into beef casings.
Baby roasties															✓	✓	x	
Carrot & swede mash				●			●								✓	✓	x	
Yorkshire pudding		● wheat		●			●								✓	x	x	
Pies - see pie list																		
Mash							●								✓	x	x	
Vegan mash		●					●		●				●	●	✓	✓	x	
Stuffing balls		● wheat													✓	✓	x	
Pie Minister Classic Gravy		contains gluten-free barley malt extract													✓	✓	x	

FILO SO GOOD	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Alcohol in recipe (cooked off)	Additional information
Filo pie - see pie list																		
Sides - see sides list																		
Spiced Vegan Mayo									●						✓	✓	x	
Tzatziki							●					●			✓	x	x	
Crispy Potatoes															✓	✓	x	
Tenderstem Broccoli, Peas and Shoots in a lemon and olive oil dressing	●	●							●					●	✓	✓	x	

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

PUDDINGS	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan	Additional information
Warm chocolate brownie		● wheat ● rye barley oat		●			●			● all nuts	●	●	●	●	✓	x	
Espresso martini affogato													●		✓	✓	contains alcohol
Sticky toffee pud		● wheat		●			●						●		✓	x	
Hot chocolate pud		● wheat		●			●						●		✓	x	
Vanilla scoop ice cream							●								✓	x	
Chocolate scoop ice cream							●			● all nuts					✓	x	
Chocolate brownie		● wheat ● rye barley oat		●			●			● all nuts	●	●	●	●	✓	x	
Apple Pie		● wheat					●			● all nuts	●		●		✓	x	
Mud Pie		● wheat ● rye barley oat		●			●			● all nuts	●		●		✓	x	
Cherry Pie		● wheat					●			● almonds ● all nuts	●				✓	x	
Pecan Pie				●			●			● pecan ● all nuts	●		●	●	✓	✓	
Dairy Free Custard													●		✓	✓	
Vegan Salted Caramel Ice Cream				●			●			● all nuts	●		●		✓	✓	
Honey Nut Crunch Flapjack		● oat barley ● wheat rye		●			●			● almonds ● hazelnuts ● all nuts	●	●	●	●	✓	x	
Raspberry Bakewell		● wheat ● barley rye oat		●			●			● almonds ● all nuts	●	●	●	●	✓	x	
Edible Gold Dust															✓	✓	

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

SOFT DRINKS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Chocolate milkshake	Chocolate ice cream, chocolate syrup, milk, chocolate sprinkles		● wheat		●			●			● all nuts	●		●		✓	✗
Vegan salted caramel oatshake	Vegan salted caramel 'ice cream', agave caramel syrup, oat milk		● oat ● wheat rye barley spelt kamut		●			●			● all nuts	●		●		✓	✓
Raspberry ripple milkshake	Vanilla ice cream, frozen raspberries, milk, DaVinci raspberry sauce				●			●			● all nuts			●		✓	✗
Fiery ginger beer	Thinkdrinks															✓	✓
Ginger beer	Old Jamaica															✓	✓
Sparkling elderflower	Thinkdrinks															✓	✓
Elderflower cordial	Bottlegreen															✓	✓
Zesty cloudy lemonade	Thinkdrinks															✓	✓
Orange juice	Sunpride															✓	✓
Orange juice	Sunmagic															✓	✓
Cranberry juice	Sunpride		● wheat												●	✓	✓
Cranberry juice	Ocean Spray															✓	✓
Apple juice	Sunpride															✓	✓
Still water (330ml, 500ml, 750ml)	Any															✓	✓
Fizzy water (330ml, 500ml, 750ml)	Any															✓	✓
Tonic water	Schweppes															✗	✗
Draught lemonade	Thinkdrinks															✓	✓

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

SOFT DRINKS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Coke can	Coke															✓	✓
Diet Coke can	Coke															✓	✓
Organic Lemony Lemonade	Karma															✓	✓
Cola	Karma															✓	✓
Sugar free cola	Karma															✓	✓
Cola	Thinkdrinks															✓	✓
Diet Cola	Thinkdrinks															✓	✓
Funkin cane syrup	Funkin															✓	✓
R whites lemonade	R whites															✓	✓
Red bull can	Red Bull															✓	x
Cawston press apple & rhubarb	Cawston press															✓	✓
Cawston press cloudy apple	Cawston press															✓	✓
Cawston press elderflower lemonade	Cawston press															✓	✓
Giffard sirop de gomme	Giffard															✓	✓

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used

COFFEE, TEA & CHOCOLATE	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Flat white	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Cappuccino	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Latte	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Cortado	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Mocha	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Macchiato	Extract		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used					● if used						● if soya milk used		✓	X*
Americano	Extract															✓	✓
Espresso	Extract															✓	✓
Chocolate syrup	Sweetbirds															✓	✓
Vanilla syrup	Sweetbirds															✓	✓
Salted caramel syrup	Sweetbirds															✓	✓
Hot chocolate	Extract							●								✓	X*
English breakfast tea	Canton															✓	✓
Green tea	Canton															✓	✓
Chamomile tea (bags & loose)	Canton	●								●						✓	✓
Earl Grey tea bags	Canton															✓	✓

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

COFFEE, TEA & CHOCOLATE	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Earl grey loose leaf tea	Canton	●								●						✓	✓
Lemongrass and ginger tea	Canton															✓	✓
Peppermint tea (bags & loose)	Canton	●								●			●			✓	✓
Milk	Brakes							●								✓	✗
Soya milk	Alpro													●		✓	✓
Sugar sticks	Extract															✓	✓
Oatly oat milk	Oatly		● oat (may contain wheat, rye, barley, spelt, kamut) if oat milk used													✓	✓

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used

WINE & PROSECCO	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
House white	Mirabello Pinot Grigio															✓	✓
House white	Sartori Pinot Grigio															✓	✓
House rose	Mirabello Pinot Rose															✓	✓
House red	Reserve St Marc Merlot															✓	✗
House red	San Abello Merlot														●	✓	✓
Prosecco	Colli Vicentini														●	✓	✓
Prosecco	Borsari Frizzante														●	✗	✗
Pinot grigio	Mirabello														●	✓	✓
Chardonnay	Foundstone														●	✗	✗
Sauvignon Blanc	Moka Blak														●	✓	✓
Merlot	Reserve St Marc														●	✓	✗
Pinot noir	Vina Edmara														●	✓	✗
Malbec	Chacabuca														●	✓	✗
Rose - pinot grigio	Mirabello														●	✓	✓
Rose - Malbec	Los Haroldos Chacabuco Rosado														●	✓	✗
Pinot grigio	Il Conto Vecchio														●	✗	✗
Pinot grigio blush	Il Conto Vecchio														●	✗	✗

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

COCKTAILS	DESCRIPTION	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Aperol spritz	Aperol, Colli Vicentini prosecco, soda, orange slice														●	X Borsari frizzante prosecco supplier not confirmed vegetarian	X Borsari frizzante prosecco supplier not confirmed vegan
Midnight Cosmo	Bau vodka, Bau triple sec, fresh cranberry, demerara, sumac, allspice, hibiscus															✓	✓
Strawberry Gin Smash	Bau gin, strawberry, elderflower liqueur, agave, lime															✓	✓
Angel face	Bau gin, Somerset elder brandy, apricot brandy, patisserie bitters															✓	✓
Purple skies	Bau gin, elderflower, hibiscus, lychee, soda															✓	✓
Espresso Martini	Bau vodka, coffee liqueur, Pedro Ximénez sherry, demerara															✓	✓
Negroni	Bau gin, Campari, Carpano bitters, antica formula														●	✓	X
Margarita	Cazcabel blanco tequila, Bau triple sec, Damiana, lime, agave															✓	✓
Passionfruit Martini	Bau vodka, passionfruit, vanilla, lime															✓	✓
Tropic Tide	Bau vodka, branca menta, grapefruit, pineapple, lime, soda															✓	✓
Mai Tai	Mount Gay Eclipse Rum, Hampden Estate Rum, Gosling Black Seal Rum, orange almond syrup										● almond					✓	✓
Apple, Ginger Shrub Mocktail	Fervid ginger beer, apple, lime, apple cider vinegar, mint & cinnamon														●	✓	✓

● this allergen is contained in the recipe
 ● there is a risk of cross contamination with this allergen
 * Yes, if plant-based milk is used

BEERS & CIDERS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Pie P.A.	Pie Minister		● wheat barley													✓	✓
Draught Freedom 4 lager	Freedom		● barley													✓	✓
Draught Freedom pale ale	Freedom		● barley rye													✓	✓
Draught Stowford press cider	Stowford Press														●	✓	✗
Freedom brewery pilsner	Freedom Brewery		● barley													✓	✓
Camden town brewery Hells Lager	Camden Town		● wheat barley													✓	✓
Camden town brewery Pale Ale	Camden Town		● wheat barley													✓	✓
Peroni Gluten free	Peroni		● barley													✓	✓
Orchard Pig Reveller	Orchard Pig														●	✓	✓
Cornish Orchards Gold Cider	Cornish Orchards														●	✓	✓
Goose Island Midway Session IPA	Goose Island		● barley													✓	✗
Heineken 0.0% Alcohol Free	Heineken															✓	✓
Guinness	Guinness		● wheat barley													✓	✓
Menabrea 0.0% Alcohol Free	Menabrea		● barley													✓	✓

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used



ALLERGEN INFORMATION - RESTAURANTS

13/12/2023

ISSUE 42

SPIRITS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Beefeater Gin	Beefeater															✓	✓
Dry gin	JJ Whitely															✓	✓
Sauza Tequila	Sauza															✓	✓
Jose Cuervo Especial Silver Tequila	Jose Cuervo															✓	✓
Appleton's rum	Appleton's															✓	✓
Stolichnaya vodka	Stolichnaya															✓	✓
Russian Vodka	Moskovslaya															✓	✓
Red Label Vodka	Smirnoff															✓	✓
Jack Daniels	Jack Daniels															✓	✓
Bulleit Bourbon frontier	Bulleit															✓	✓
Fireball Cinnamon whiskey	Fireball															✓	✓

- this allergen is contained in the recipe
 - there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used

LIQUERS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Triple sec	J Cartron															✓	✗
Triple sec	Giffard															✓	✓
Kahlua Coffee Liqueur	Brand		● wheat barley rye													✗	✗
Jagermeister	Jagermeister															✓	✓
Tequila Rose (strawberry)	Tequila Rose							●								✓	✗
Cazcabel Coffee	Cazcabel															✓	✓
Ramazzotti sambuca	Ramazzotti															✓	✓
Baileys	Baileys							●								✓	✗
Midori Melon Liqueur	Midori															✓	✓
Passoa Passion Fruit Liqueur	Passoa															✓	✓
Disaronno Amaretto	Disaronno		● wheat barley													✓	✓
Cointreau	Cointreau															✓	✓

OTHER ITEMS	BRAND	Celery	Cereal (Gluten)	Crustacean	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nut	Peanut	Sesame Seed	Soya	Sulphur dioxide	Vegetarian	Vegan
Lemon Juice	Finest Call														●	✓	✓
Funkin cane syrup	Funkin															✓	✓
Vanilla Syrup	Giffard															✓	✓

Information correct at time of print.

Issued by: JH

- this allergen is contained in the recipe
- there is a risk of cross contamination with this allergen
- * Yes, if plant-based milk is used