



Allergen Advice Information

(All Allergens are in Bold)

Apple, Celeriac & Water Cress Soup	Celery, Gluten Milk, Soya
Lasagne	Wheat, Eggs, Milk, Soya, Sulphur Dioxide
Chicken Tikka Masala	Gluten, Milk
Beef Madras	Gluten
Chilli	Gluten, Milk
Sausage & Mash	Gluten, Milk, Sulphur Dioxide
Beef Burger	Gluten, Milk, Sesame Seeds
Jerk Chicken Burger	Gluten, Milk, Mustard, Sesame Seeds,
Chicken, Bacon & Leek Pie	Gluten, Milk, Sulphur Dioxide
Beef & Red Wine Pie	Gluten, Sulphur Dioxide
Mushroom & White Wine Pie	Gluten, Sulphur Dioxide
Scampi	Gluten, Crustaceans, Eggs, Mustard
Batted Cod & Chips	Gluten, Eggs, Fish, Mustard
Salmon & Dill Fishcakes	Milk, Eggs, Fish, Mustard
Glamorgan Sausage & Mash	Gluten, Milk, Mustard, Sulphur Dioxide
Vegetable Lasagne	Celery, Gluten, Eggs, Milk, Soya
Vegetable Penang Curry	Gluten
Vegans Shepherds Pie	Gluten, Nuts, Soya
Beetroot Vegan Burger	Gluten, Nuts, Peanuts, Sesame Seeds, Sulphur Dioxide
Children's Chicken Goujons	Gluten
Children's Sausages	Gluten, Milk, Sulphur Dioxide
Children's Fish Goujons	Gluten, Crustaceans, Fish, Molluscs
Children's Bolognese	Gluten, Eggs, Sulphur Dioxide

SIDES	
Onion Rings	Gluten
Fries	None
Garlic Bread	Gluten, Milk, Soya
Cheesy Garlic Bread	Gluten Milk Soya
GLUTEN FREE	
Lasagne	Eggs, Milk, Soya, Sulphur Dioxide
Chicken Tikka Masala	Milk
Beef Madras	None
Chilli	Milk
Jerk Chicken Burger	Eggs, Milk, Soya, Mustard
Vegetable Penang Curry	None
Salmon & Dill Fishcakes	Milk, Eggs, Fish, Mustard
Garlic Bread	Eggs, Milk, Soya
Cheesy Garlic Bread	Eggs, Milk, Soya
Chocolate Brownie	Eggs, Milk, Nuts, Soya
Mario's Clotted Cream Ice Cream	Milk
Mario's Dairy Free Ice Cream	Soya, Nuts
Mario's Raspberry Ripple Ice Cream	Milk
Mario's White Chocolate Ice Cream	Milk, Soya
Mario's Mint Choc Chip Ice Cream	Milk, Soya
DESSERTS	
Barabrith, Penderyn, Bread & Butter Pudding	Gluten, Eggs, Milk
Cider Toffee Apple Crumble	Gluten, Eggs, Milk, Soya, Sulphur Dioxide
Sticky Toffee Pudding	Gluten, Eggs, Milk, Nuts, Peanuts
Chocolate Brownie	Eggs, Milk, Nuts, Soya
Caribeeea Mascarpone Fruit Stack	Eggs, Milk, Soya
Cream	Milk
Custard	Milk
Mario's Clotted Cream Ice Cream	Milk
Mario's Dairy Free Ice Cream	Soya, Nuts
Mario's Raspberry Ripple Ice Cream	Milk
Mario's White Chocolate Ice Cream	Milk, Soya
Mario's Mint Choc Chip Ice Cream	Milk, Soya

SHARING BOXES	
Sweet & Savoury Sharing Box	Wheat, Barley, Eggs, Fish, Milk, Mustard, Celery, Gluten, Soya, Sulphates, Barley, Oats, Sulphur Dioxide, Sesame, Nuts, Almond, Barley, Pistachio, Peanuts, Sesame, Oats
Sweet & Savoury Veggie Sharing Box	Gluten, Milk, Mustard, Wheat, Eggs, Celery, Soya, Sulphates, Sesame, Barley, Nuts, Almond, Barley, Pistachio, Nuts, Peanuts, Sulphur Dioxide
Spitfire Ale Box	Barley, Peanuts, Almonds, Cashews, Sesame, Wheat, Milk
Cheese & Spitfire	Box Barley, Peanuts, Almonds, Cashews, Sesame, Wheat, Milk, Eggs, Rye, Soya
Thatcher's Box,	Sulphur Dioxide, Peanuts, Almonds, Cashews, Sesame, Wheat, Milk
Cheese & Thatcher's Box	Sulphur Dioxide, Peanuts, Almonds, Cashews, Sesame, Wheat, Milk, Eggs, Rye, Soya
Prosecco Box	Sulphur Dioxide, Wheat, Eggs, Milk, Soya, Nuts, Port & Cheese Box Sulphur Dioxide/Sulphites, Milk, Peanuts, Almonds, Cashews, Sesame, Wheat, Barley Eggs, Rye, Soya