

Think allergy

ALLERGEN INFORMATION



At Bar & Grill we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

(Y) Contains – a planned ingredient which is definitely present.

(?) A supplier has reported to us a real risk of cross contamination on their production line OR there is a potential cross contamination through shared cooking equipment in our kitchens.

	Allergen Information													
	Contains Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide
Breakfast items														
Sausage	Wheat				(?)									(Y)
Bacon														
Vegetarian sausage	Wheat	(?)												
Egg, fried or poached			(Y)											
Egg scrambled or omelette			(Y)	(Y)										
Mushrooms														
Tomato														
Hash browns	(?)	(?)												
Baked beans														
Brioche style bun	Wheat (Y) Barley (?)				(?)	(?)								
White bread	Wheat (Y) Barley (?)				(?)	(?)								
Wholemeal bread	Wheat Barley				(?)	(Y)								
Butter			(Y)											
Jam														
Marmalade														
Tomato ketchup									(Y)					
Brown sauce	Barley, Rye													
Eggs and avocado	Wheat (Y) Barley (?)		(Y)		(?)	(Y)								
Eggs benedict	Wheat (Y) Barley (?) Rye (?)		(Y)	(Y)	(?)	(Y)	(?)	(?)						(?)
Hot Drinks														
Tea with milk			(Y)											
Americano black														
Americano with milk			(Y)											
Cappucino			(Y)											
Latte			(Y)											
Flat white/Piccolo			(Y)											
Speciality tea no milk														
Hot chocolate/mocha			(Y)											
Vanilla syrup														
Caramel syrup														
Hazlenut syrup					(Y)									
Marshmallows	Wheat	(?)			(?)									
Cold drinks														
Lager and Ale (draught)	Barley													
Cider (draught)														(Y)
Guinness	Barley													
Spirits														
White wine														(Y)
Red wine														(Y)
Draft carbonates														
Cakes and pastries														
Scone	Wheat		(Y)	(Y)	(?)									
Strawberry Jam														
Butter			(Y)											
Clotted Cream			(Y)											
Toasted teacake (no butter or jam)	Wheat													
Soup														
Indonesian Chicken Noodle soup	Wheat			(Y)					(Y)					
Boston Chicken Chowder			(Y)	(Y)										
British Beef & potato			(Y)						(Y)					
Chipotle Meatball									(Y)					
Sambar Dahl									(Y)					
Red Lentil and vegetable									(Y)					

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Main meals														
All day breakfast	Wheat	(?)	(Y)		(?)									(Y)
BBQ Chicken stack	Wheat, Barley	(Y)	(Y)											(Y)
Classic burger with steak burger	Wheat (Y) Barley (?)	(?)	(Y)		(?)									
Classic burger with chicken	Wheat (Y) Barley (?)	(?)	(Y)		(?)									
Classic burger with vegetarian burger	Wheat (Y) Barley (?)	(Y)	(Y)		(?)									(Y)
'Bacon & Cheese' with steak burger	Wheat (Y) Barley (?)	(Y)	(Y)		(?)									
'Bacon and cheese' with chicken	Wheat (Y) Barley (?)	(Y)	(Y)		(?)									
Bacon and cheese burger with vegetarian burger	Wheat (Y) Barley (?)	(Y)	(Y)		(?)									(Y)
Classic American Dog	Wheat (Y) Barley (?)	(Y)	(Y)		(?)		(Y)	(Y)						
Chicken Tikka Skewer	Wheat	(?)	(Y)				(Y)							(?)
Chargrilled chicken salad with beetroot and cous cous and coleslaw	Wheat, Barley	(?)	(Y)		(?)	(?)	(Y)							(?)
Chilli con carne	Wheat, Barley	(Y)			(?)									
Cod & Chips NO TATRTARE SAUCE	(?)	(?)							(Y)					
Curry Chicken Piri Piri	Barley			(?)			(Y)							
Curry Thai green chicken			(Y)	(?)			(Y)	(Y)						
Curry Vegetable Goan			(Y)	(?)			(Y)							
Curry Red or Green Thai Veg														
Curry Teriyaki	Wheat													
Gammon egg and chips	(?)		(Y)											
Mixed Grill	Wheat	(?)	(Y)		(?)									(Y)
Pie and chips (steak)	Wheat	(Y)		(?)		(Y)		(Y)						
Sausage and mash	Wheat	(Y)				(Y)		(Y)						(Y)
Scampi and chips NO TARTARE	Wheat	(?)							(?)	(Y)				(?)
Steak and chips	(?)	(?)												
Trio of chicken	Wheat	(Y)	(Y)				(Y)							(?)
Buttermilk chicken rice box	Wheat	(Y)		(?)				(Y)						
Chicken breast rice box				(?)				(Y)						
Buttermilk chicken wrap and fries	Wheat	(Y)	(Y)											
Chargrilled chicken wrap and fries	Wheat	(?)	(Y)											
Jacket potatoes														
Jacket potato with cheese			(Y)											
Jacket potato with beans			(Y)											
Jacket potato with tuna mayo			(Y)	(Y)					(Y)					
Jacket potato with coleslaw			(Y)	(Y)										
Jacket potato with chilli	Wheat, Barley	(Y)		(?)										
Extra cheese			(Y)											
Sides														
Fries	(?)	(?)												
Sweet Potato fries	(?)	(?)												
Onion rings	Wheat	(?)												
Coleslaw				(Y)										
Sauces														
Tartare sauce				(Y)										
Tomato ketchup									(Y)					
Brown sauce	Barley, Rye													
BBQ sauce	Barley													
Sweet chill					(Y)									
French dressing									(Y)					(?)
Mayonnaise		(Y)												
Piri Piri sauce														
Kids meals														
Kids breakfast sausage with ketchup	Wheat	(?)	(Y)		(?)			(Y)						(Y)
Kids Veggie breakfast with ketchup	Wheat	(?)	(Y)											(Y)
Scrambled Egg & Toast (BROWN TOAST) with ketchup	Wheat, Barley	(Y)	(Y)		(?)	(Y)		(Y)						(Y)
Kids brunch with ketchup	Wheat	(?)	(Y)		(?)			(Y)						(Y)
Chicken salad									(Y)					
Fish and chips (KETCHUP NO TARTARE)	(?)	(?)							(Y)	(Y)				
Fried Chicken dippers	Wheat	(Y)							(Y)					



Please scan the code for more allergen information. If you have any questions or special dietary requirements, our management team are happy to help.