

## The Eating House Allergen Menu

PLEASE PAY ATTENTION TO THE KEY FOUND AT THE END OF THE MENU

**PRINT IN RED SHOWS ALLERGENS PRESENT**

**PRINT IN BLUE SHOWS THAT ITEMS MAY CONTAIN TRACES OF STATED ALLERGEN**

**Tandoori Spiced Chicken Salad** – Bed of fresh mixed salad, with tandoori spiced chicken, poppadom crumble, yogurt dressing and fresh coriander. Served with a flatbread. £9.50

Contains **MILK, GLUTEN**

**Eating House Meze** – Roast peppers and mozzarella, homemade falafel, humous, marinated olives, boiled egg, Greek style giant beans, yogurt dip, cherry tomatoes, cucumber and flatbread. £9.95

Contains **MILK, SULPHITES, SESAME, EGG, GLUTEN, CELERY**

**Falafel may contain traces GLUTEN (packed in an environment that handles gluten containing ingredients)**

**Chicken Casserole with Nutty Crumble Top** – Fresh mixed salad and new potatoes. £9.50

Contains **MILK, NUTS (WALNUT), EGG, MUSTARD**

**Halloumi and Vegetable Skewers** – Fresh mixed salad, yogurt dressing and flatbread. £9.75

Contains **MILK, SULPHITES, GLUTEN**

**Italian Meatballs** – Topped with oozing mozzarella and served with focaccia. £9.95

Contains **MILK, GLUTEN, CELERY**

**Moroccan Orange Chicken Salad** – Chicken in a creamy Moroccan inspired orange sauce. Topped with fried almonds and fresh coriander. £8.95

Contains **MILK, NUTS (ALMOND), EGG, MUSTARD**

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- Spinach Roulade** – With fresh mixed salad and pistachios £9.25  
Contains **EGG, MILK, SULPHITES, NUTS(PISTACHIOS)**
- Roast Mediterranean Vegetable and Quinoa Salad** – on a bed of fresh mixed salad £9.50  
Contains **SULPHITES**
- Picnic Platter** – Quiche, home-baked ham, boiled egg, cheddar, blue stilton, salad, homemade chutney, pickled onion and crusty bread\* £9.95  
Contains **MILK, EGG, GLUTEN** Chutney contains **SULPHITES**  
Quiche contains **GLUTEN, MILK, EGG** Quiche *can* contain **NUTS, SULPHITES (dependant on flavour)**  
Chutney may contain traces **NUTS, SOYA, SESAME, PEANUTS**
- Baked Camembert** – Topped with homemade onion marmalade. With salad, homemade chutney and focaccia £9.25  
Contains **MILK, GLUTEN** Onion Marmalade contains **SULPHITES** Chutney contains **SULPHITES**  
Chutney may contain traces **NUTS, SOYA, SESAME, PEANUTS**
- Quiche of the Day** – With new potatoes, salad and coleslaw^^ £8.95  
Contains **GLUTEN, MILK, EGG** Quiche *can* contain **NUTS, SULPHITES (dependant on flavour)**
- Soup of the Day** – With focaccia bread £5.50  
Contains **CELERY** Can Contain **MILK, GLUTEN, NUTS, SULPHITES**
- Soup and Sandwich** – Large cup of soup with salad garnish and choice of Traditional Sandwich from below £7.95  
Contains **CELERY** Can Contain **MILK, GLUTEN, NUTS, SULPHITE**  
**PLUS ANY ALLEGEN FROM SANDWICH SELECTION YOU MAKE**



## The Eating House Allergen Menu

**Traditional Sandwiches** – Granary or white sliced bread<sup>^</sup>. With salad and coleslaw<sup>^^</sup>

£6.35

- Baked ham and mustard mayonnaise  
**EGG, MUSTARD, GLUTEN**
- Egg mayonnaise  
**EGG, MUSTARD**
- Smoked salmon and cream cheese  
**FISH, MILK**
- Cheddar and apple and pear chutney  
**MILK** Chutney contains **SULPHITES**  
Chutney may contain traces **NUTS, SOYA, SESAME, PEANUTS**
- Tuna mayonnaise  
**FISH, EGG, MUSTARD**
- Prawn Marie-rose  
**CRUSTACEANS, EGG, MUSTARD**

**Jacket Potatoes** – With a filling from below, salad and coleslaw<sup>^^</sup>

£7.20

- Cheddar cheese and baked beans  
**NUTS(ALMOND) MILK, MUSTARD, EGG**
- Creamy Moroccan chicken and fried almonds  
**NUTS(ALMOND) MILK, MUSTARD, EGG**
- Tuna and cheddar melt  
**FISH, MILK, EGG, MUSTARD**
- Prawn Marie-rose  
**CRUSTACEANS, EGG, MUSTARD**
- Humous and house marinated olives  
**SESAME**
- Mozzarella and sundried tomatoes  
**MILK, SULPHITES**

## The Eating House Allergen Menu

**Filled Baguettes\*** – With salad and coleslaw^^ £7.50

- Homemade meatballs and tomato sauce
- Grilled bacon, brie and homemade onion marmalade  
**Onion marmalade contains SULPHITES**
- House marinated olives and humous  
**Humous contains SESAME**
- Creamy Moroccan orange chicken and fried almonds  
**NUTS(ALMOND) MILK, MUSTARD, EGG**
- Tuna, red onion and cheddar melt  
**MILK, FISH, EGG, MUSTARD**
- Mozzarella, sundried tomatoes and house marinated olives  
**MILK, SULPHITES**
- Baked ham, brie and homemade chutney  
**MILK Chutney contains SULPHITES**  
Chutney may contain traces **NUTS, SOYA, SESAME, PEANUTS**
- Homemade falafel and humous  
**SESAME**  
Falafel may contain traces **GLUTEN (packed in an environment that handles gluten containing ingredients)**

**Sides - Twice Cooked Potato Wedges £2.75**

**Coleslaw^^ £2.00**  
**EGG, MUSTARD**

**Dressed Side Salad £2.75**

**House Marinated Olives and Crusty Bread\* £3.50**  
**GLUTEN**

**Humous and Flatbread £3.50**  
**GLUTEN, SESAME**

**Focaccia and oil £3.25**  
**GLUTEN**



## The Eating House Allergen Menu

Due to Government Legislation

(EU Food Information for Consumers Regulation 1169/2011)

Many manufacturers are unable to commit to an absence of specific allergens and therefore use disclaimers that food  
“has been packed in an environment with”  
Or “may contain traces of” certain allergens

Whilst we take every precaution in our kitchens, we can therefore no longer *guarantee* our food is free from many of these allergens.

**Every Dish May Contain Traces of Sesame as the Manufacturer States all Herbs and Spices may contain traces of Sesame**

**Every Dish May Contain Traces of Gluten as the Manufacturer States all Herbs and Spices May Contain Gluten from the Growing Environment**

Our Slalad Dressing Contains **SULPHITES**  
Gluten Free Rolls Contain **Egg and MUSTARD**

\*Baguettes contain **Wheat, Barley, Oat, Rye Gluten** May contain **Soya, Milk, Lupin**

^Granary Sliced Bread Contains **Wheat, Barley, Oat Gluten**

^White Sliced Bread Contains **Wheat Gluten**

^^Coleslaw Contains **Mustard, Egg**

### Our Promise to You

We take care and attention within our kitchen to ensure your food is free from specific allergens as you require

We ensure we don't add allergen containing ingredients to these dishes unless otherwise stated on this menu

We regularly check our stock and it's packaging to make sure the ingredient lists haven't changed