

Menu Item	Allergen Information
Croissants and Pastries	
Freshly Baked Croissants	Wheat (gluten), Eggs, Milk
Smoked Salmon Bagels	Wheat (gluten), Fish, Milk,
Fruit Danish Muffins	Wheat, Eggs, Milk, Nuts
Fresh Fruit Skewers	None
Hot& Individual Breakfast Rolls	
Freshly Baked Rolls	Wheat,(gluten), Sesame, Oats, Milk
Dry Cured Bacon	None
Local Sausages	Wheat (gluten)
Sautéed Mushrooms	None
Scrambled Eggs	Eggs, Milk
Grilled Tomatoes	None
Classic/Working Lunch/Hearty and Deluxe Platters	
Vegetarian Sandwich Triangles or fingers: <ul style="list-style-type: none"> • Cheese Ploughman's • Cheese Salad with or without Ranch Dressing • Cheese and Onion • Egg and Watercress • Hummus Salad • Soft Cheese and Cucumber • Cheese and Tomato 	Wheat (gluten), Milk, Egg, Sesame
Meat Sandwich Triangles or Fingers <ul style="list-style-type: none"> • Beef with Horseradish and Salad • Chicken and Sweetcorn • Pastrami Salad • Ham and Cheese • Ham and Tomato • Prawn Mayonnaise • Tuna Cucumber 	Wheat (gluten), Milk, Eggs, Crustacean, Mustard
Quiche Lorraine	Wheat (gluten) Milk, Eggs
Homemade Tomato and Basil Quiche	Wheat (gluten) Milk, Eggs
Homemade Sausage Rolls	Wheat (gluten), Eggs
Homemade Cakes	Wheat (gluten) Milk, Eggs
Chicken Satay Skewers	None
Feta Cheese Skewers	Milk
Fish Cakes	Wheat (gluten), Fish, Eggs, Milk
Roast Chicken Drumsticks	None
Falafels and Ranch Dressing	Milk (dressing only)
Crispy Prawn Dumplings served with Wasabi Dip	Wheat (gluten), Crustacean, Sesame, Soya Wasabi Dip – Egg, Milk, Mustard
Cheese and Jalapeno Savouries	Wheat (gluten), Eggs, Milk
Indian & Thai Savouries	Wheat (gluten), Milk
Crudités and Dip	Celery. Dressings – Eggs, Milk, Sesame
Thai Sweetcorn Fritters	Eggs
Chicken & Ham Pie	Wheat (gluten), Eggs

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Classic/Working Lunch/Hearty and Deluxe Platters	
Cornish Pasties	Wheat (gluten), Eggs and Milk
Vegetable Samosa	Wheat (gluten), Milk
Pork Pie	Wheat (gluten), eggs
Ham Croquettes	Wheat (gluten), eggs, milk
Onion Bhaji	None
Chicken goujons with dips	Wheat (gluten), eggs, milk Tomato ketchup – Celery Sweet Chilli Mayo – Milk, Eggs and may contain traces of Sesame seeds
Coronation Chicken Pie	Wheat (gluten), eggs, milk
Homemade Scotch Eggs	Wheat (gluten), eggs, milk
Brie and Caramelised onion Quesadillas	Wheat (gluten), milk
Yorkshire Pudding with Beef and Horseradish Sauce	Wheat (gluten), eggs, milk Horseradish Sauce – Mustard, Eggs
Lime and Chilli Chicken Skewers	Milk
Sushi Rolls	Wheat (gluten), crustacean, eggs, fish, mustard, sesame, soya
Duck Pancakes	Wheat (gluten), Sesame
Fennel, Olive and Onion Tarter	Wheat (gluten), Eggs and Milk
Crab Cakes	Wheat (gluten), crustacean, eggs, milk
Tiger Prawns with Wasabi dip	Wheat (gluten), Crustacean, eggs, Wasabi Dip – Eggs, milk, mustard
Mushroom Arancini	Wheat (gluten), eggs, milk
Vegetable Rice Paper Rolls with Sweet Chilli	Sweet Chilli – may contain traces of sesame seeds
Mini Pulled Pork Baps	Wheat (gluten), mustard, celery, milk
Mini Posh Dogs	Wheat (gluten), Milk, Mustard
Fish Pakora with Tartar Sauce	Fish, Eggs, Milk
Fish goujons with Tartar Sauce	Fish, Eggs, Milk
Paella Croquettes	Wheat (gluten), eggs, milk, crustacean
Thai Chilli Prawns with Wasabi Dip	Crustacean, soya, walnut, eggs, milk, mustard
Feta Cheese wrapped in Aubergine	Milk, soya
Chargrilled Polenta	Wheat (gluten), Eggs and Milk
Garlic mushroom bruschetta	Wheat (gluten), milk
Indonesian Vegetable Skewers	May contain traces of sesame seeds
Baby Sweetcorn Cigars	Wheat (gluten), milk, eggs, may contain traces of soya
Salad Buffet	
Mixed leaf Salad	May contain traces of celery
Homemade Coleslaw	Milk, Eggs
Honey Roast Ham	Mustard
Roast Chicken	None
Tomato and Basil Salad	None

Menu Item	Allergen Information
Salad Buffet Continued	
Homemade Vegetarian Quiche	Wheat (gluten), Eggs and Milk
Orange & Watercress Salad	None
Aubergine & Tomato Salad	None
Catalan Potato Salad	Eggs, Milk
Crisps	Milk
Platter of AntiPasti	Milk, Wheat (gluten), eggs
Foccaccia & Sour Dough Balls	Wheat (gluten), Eggs and Milk
Italian Cheeses	Milk
Relish Tray	Milk, walnuts
Cheese Platter	Milk
Deli Board	Wheat (gluten), Eggs and Milk, May contain Celery
Dessert Platter	Wheat (gluten), Eggs and Milk
Hot Buffet Items	Please call to discuss

Sauces/Dips	Allergen Information
Wasabi Dip	Eggs, Milk, Mustard
Ranch Dressing	Eggs, Milk
Hummus	Sesame
Sweet Chilli Mayo	Milk, Eggs, May contain traces of sesame seeds
Sweet Chilli	May contain traces of sesame seeds
Tomato Ketchup	Celery
Tartar Sauce	Milk, Eggs
BBQ Sauce	Mustard, Celery
Horseradish Sauce	Mustard, Eggs
Mustard Mayonnaise	Wheat (gluten), Eggs, Milk, Mustard

Disclaimer – PLEASE NOTE THAT ALL OUR MENU ITEMS ARE PREPARED IN THE SAME KITCHEN AND WHILST EVERY EFFORT IS MADE TO SEGREGATE ALLERGENS, THIS CANNOT BE GUARANTEED. IF IN DOUBT, PLEASE CALL.