

Allergen Sheet



This allergen data is based on recipe information and specifications provided by our suppliers; this information is reviewed regularly but the circumstances in which a product is produced, packed, stored and distributed may change without our knowledge. Although due care and attention is made to prevent cross-contamination in our kitchen(s) it is impossible to fully guarantee the separation of allergen-containing ingredients in storage, preparation and cooking. If you have specific concerns, please speak with a member of staff.

	Allergens															
	Celery/Celeryiac	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites (Sulphur Dioxides)	K/Cal Per Portion	Suitable For
2023																
Starters & Sharers																
Soup of the Day	!	!		!			!			!		!	!		147	Vegetarian
Loaded Nachos	!			!			!		!			!		!	1035	Vegetarian
Add Pulled Pork															147	
Add refried Beans															108	Vegan, Vegetarian, Nut-Free
Hoi Sin Duck Bao Buns	!	!		!					!				!	!	270	
Sriracha Hot Wings (Chicken)	!	!		!			!		!				!		636	
Sriracha Hot Wings (Quorn)		!					!								416	
West Country Crab Cake with Thai Ginger Sauce		!	!		!								!		234	
Deli Board - To Share	!	!					!		!				!	!	2080	

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Classics																
Beer Battered Fish	!	!		!	!		!		!				!	!	715	
Tikka Masala		!					!								1425	
Lasagne Al Forno	!	!					!			!	!	!	!	!	1105	
Penang Curry		!													1226	Vegan, Vegetarian, Dairy-Free
Thai Green Chicken Curry		!					!								1350	
Chicken & Mushroom Pie	!	!		!			!		!					!	1293	
Singapore Style Noodles		!		!								!	!		493	
Add Chicken															210	
Add Quorn Sriracha Wings		!													269	
Add Pulled Pork															147	
Add Hoi Sin Duck	!	!							!				!		234	
Beef Bourguignon	!	!					!		!						544	
Mussels in garlic and wine	!	!					!	!	!				!		794	
Pizzas																
Margherita Pizza		!					!								926	Vegetarian
Italian Salami Pizza		!					!								1041	
BBQ Chicken Pizza	!	!					!		!				!		964	
Hot & Spicy Meat Pizza		!					!						!		989	
Hoi Sin Pizza	!	!					!		!				!		1055	
Vegan BBQ Jackfruit Pizza		!													1246	Vegan

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Grill																
Gammon & Egg		!		!										!	1092	
8oz Rump Steak		!												!	763	
10z Pork Steak	!	!					!		!					!	1237	
8oz Flat feather steak							!								774	
Mushroom Diane	!	!			!		!		!						331	
Peppercorn & Brandy Sauce	!	!		!			!								423	
Burgers																
Classic Eaton's Burger	!	!		!	!		!		!			!	!	!	1202	
Piri Piri Chicken Burger		!		!			!		!	!		!	!	!	1056	
The Beef Encounter		!		!			!		!			!	!	!	1375	
The Bad Boy		!		!			!		!			!		!	1274	
The Rooster		!		!			!		!			!		!	1024	
VFC Burger		!		!			!		!			!	!	!	1016	
Sides																
Loaded Baby Gem Wedge		!		!			!						!		191	
Side Salad														!	30	Vegan, Dairy-Free, Vegetarian
Marmite & Italian Cheese Fries	!	!					!								400	
Garlic Bread	!	!					!			!		!	!		235	Vegetarian
French Fries		!													403	
Beer Battered Onion Rings		!													490	

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Dirty Fries with Guacamole	!	!							!			!			429	Vegan, Vegetarian, Nut-Free, Dairy-Free
Loaded Pulled Pork Fries		!					!								695	
Sandwiches & Salad																
Cheese & Tomato Sandwich		!					!						!	!	436	
Hot Ham and Cheese Sandwich with Chilli Jam		!					!						!		649	
Hot Tuna & Cheese Melt		!			!		!						!	!	597	
Caesar Salad		!		!			!						!		247	
Add Chicken															210	
Add Quorn Sriracha Wings		!													269	
Add Pulled Pork															147	
Desserts																
Caramelised Biscuit Cheesecake		!		!			!			!			!		746	
Apple and Blackberry Crumble				!			!			!					519	
Triple Chocolate Mousse		!		!			!			!			!		446	
Loaded Sundae Cookie Explosion		!		!			!			!			!		821	
Loaded Sundae Honeycomb Extravaganza				!			!			!	!		!		653	
Loaded Sundae Banoffee Pie							!								694	