















Allergen Information sheet



DISHES														
LUNCH & DINNER	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Green Olives							X							X
Freshly Baked Bread		X					X							
Vegan Gashew Umami Butter										X			X	
Mackerel Ponzu Pate		X			X		X						X	
Dukkah & Extra Virgin Olive Oil										X		X		
Starters														
Freshly Made Soup of the Day	X	X					X							X
Pan Fried Gurnard	X		X	X	X		X	X	X					
Sticky Pork Belly		X	X		X					X		X	X	
Lobster Linguine	X	X	X		X		X		X					
Portminster Fried Squid			X		X			X				X	X	
BBQ Beef Taco	X	X							X	X		X	X	X
Halloumi	X						X			X				

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Mains														
Crab & Seafood Linguine		X	X					X						
Pan Fied Cornish Hake Fillet	X				X		X	X	X					X
Porthminster Fish & Chips		X		X	X				X					X
Indonesian Temppeh Curry		Wonton		Wonton								X	X	
Fillet of Beef	X	X		X			X						X	X
Crispy Fried Whole Cornish Sole	X	Wonton	X	Wonton	X				X			X	X	
Mild Indonesian Monkfish Curry			X		X			X				X	X	
Wild Mushroom Linguine	X	X					X			X			X	
Sides														
Garlic & Rosemary Chips														
Sauteed New Potatoes							X							
Smashed Cucumber Salad	X											X	X	
Steamed Jasmine Rice									X				X	
Truffled Skinny Fries							X							
Seasonal Greens							X			Sometimes				

