ALLERGEN TABLE

The table below lists the most common allergens and provides examples of foods which typically contain them:

Allergen	Examples of typical foods which contain this Allergen (Please note this list is not exhaustive)
1. Cereals containing Gluten e.g. wheat, rye, barley, oats	Bread, pasta, cakes, pastry, sauces, soups, batter, stock cubes, breadcrumbs, semolina, couscous, some meat products.
2. Celery and Celeriac e.g. stalks, seeds and leaves	Salads, soups, celery salt, some meat products.
3. Eggs	Cakes, sauces, pasta, mayonnaise, some meat products, glazed products.
4. Fish, Crustaceans and Molluscs e.g. all fish, prawns, lobster, crab, clams, langoustines, mussels, oysters	Some salad dressings, fish extracts, oils and paste, Soy and Worcestershire sauces, relishes.
5. Milk	Milk powder, yoghurt, butter, cheese, cream, ghee, foods glazed with milk, ice cream.
6. Mustard	Mustard paste, seeds, leaves, flour, powder and liquid mustard, salad dressings, marinades, soups, sauces, curries, some meat products.
7. Peanuts	Arachis oil, peanut butter, flour, satay sauce, refined peanut oil.
8. Other Nuts e.g. walnuts, cashews, pecan, Brazil, pistachio, macadamia, Queensland nuts	In sauces, desserts, bread, crackers, ice cream, praline (hazelnut), nut butters, essences and oils, marzipan and frangipane (almond), pesto, nut salad dressings.
9. Sesame Seeds	Oil or paste, tahini, houmous, halva, furikake, Gomashio, bread.
10. Soya e.g. flour, tofu or beancurd, textured soya protein, soy sauce, edamame beans.	Some ice cream, sauces, desserts, meat products, vegetarian products.
11. Sulphur Dioxide and Sulphites	Some meat products, stock cubes, bouillon mix, fruit juice drinks, dried fruit/vegetables, wine, beer, cider
12. Lupin Seeds and Flour	Some meat products, stock cubes, bouillon mix, fruit juice drinks, dried fruit/vegetables, wine, beer, cider

http://www.foodstandards.gov.scot/sites/default/files/csallergen.pdf

Breakfast and Brunch

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Reds Breakfast												
Bacon												
Cumberland link sausage	■										■	■
Fried egg			■									
Beans												
Black pudding	■											■
Tomato												
Tattie scone	■											■
White toast	■											■
Butter					■							
Steak Breakfast												
Sirloin steak												
Fried egg			■									
Tomato												
Mushrooms												
Hash brown	■		■		■							■
Scrambled Egg & Smoked Salmon												
Scrambled egg			■		■							
Smoked salmon				■								
Ciabatta	■								■			■
Olive oil												
Full Brunch												
Bacon												
Cumberland link sausage	■										■	■
Beans												
Potato wedges												
Fried egg			■									
White toast	■											■
Butter					■							
Veggie Brunch (v)												
Mushrooms												
Tomato												
Hash brown	■		■		■							■
Beans												
Potato wedges												
Fried egg			■									
White toast	■											■
Butter					■							
Poached Eggs												
Malt vinegar	■											■
Seaded brown toast	■									■		
Egg			■									

Breakfast and Brunch

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
French Toast Soldiers (v)												
Brown bread	■									■		■
Egg			■									
Milk					■							
Cinnamon												
Maple syrup												
Breakfast Roll	■											■
Butter					■							
Bacon												
Hash brown	■		■		■							■
Mushrooms												
Fried egg			■									
Poached egg	■		■									■
Cumberland link sausage	■										■	■
Tattie scone	■											■
Scrambled egg			■		■							
Lorne sausage	■										■	■
Tomato												
Black pudding	■											■
Haggis	■											■
White toast	■											■
Brown toast	■									■		■
Trio of Home Made Pancakes (v)	■		■		■							■
Honey												
Jam												
Nutella					■			■		■		
Maple syrup												
Bacon												
3-egg omelette			■		■							
with tomatoes, onions and cheese			■		■							
with bacon, mushrooms and tomatoes			■		■							

Snacks

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Olives												
Olive oil												
Tomato												
Basil												
Garlic Bread	■				■					■		
Cheddar					■							
Mozarella					■							
Homemade Nachos												
Nachos	■											
Cheddar					■							
Mozarella					■							
Jalapenos												
Sour cream					■						■	
Salsa												
Homemade Nachos with Beef Chilli												
Nachos	■											
Cheddar					■							
Mozarella					■							
Jalapenos												
Sour cream					■						■	
Salsa												
Beef Chilli	■									■		
Homemade Nachos with Veg Chilli												
Nachos	■											
Cheddar					■							
Mozarella					■							
Jalapenos												
Sour cream					■						■	
Salsa												
Veg Chilli	■					■				■		
Potato Wedges with Salad												
Potato wedges												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Potato Wedges with Sour Cream												
Potato wedges												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Sour Cream					■						■	

Snacks

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Potato Wedges with Beef Chilli												
Potato wedges												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Beef Chilli	■									■		
Potato Wedges with Veg Chilli												
Potato wedges												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Veg Chilli	■					■				■		
Hand-cut, Skin-on, Chunky Chips												
Maris Piper potato												
Hand-cut, Skin-on, Chunky Chips with Cheese and Ham												
Maris Piper potato												
Cheddar cheese					■							
Mozarella cheese					■							
Ham												
Hand-cut, Skin-on, Chunky Chips with Beef Chilli and Cheese												
Maris Piper potato												
Cheddar cheese					■							
Mozarella cheese					■							
Beef Chilli	■									■		
Hand-cut, Skin-on, Chunky Chips with Veg Chilli and Cheese												
Maris Piper potato												
Cheddar cheese					■							
Mozarella cheese					■							
Veg Chilli	■					■				■		
Chicken Goujons												
Chicken												
Batter	■		■									
Sour cream					■						■	
Salsa												

Starters

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Soup of the Day												
Roll	■											
ASK												
Cullen Skink	■			■	■							
Roll	■											
Lentil Soup		■										
Roll	■											
Bruschetta												
Bagette	■											
Bruscetta mix												
Balsamic Reduction												
Bruschetta with Mozarella												
Bagette	■											
Bruscetta mix												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Mozarella					■							
Balsamic Reduction												
Smoked Salmon												
Smoked salmon				■								
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Brown bread	■									■		
Butter					■							
Lemon											■	
Ground pepper												
Grilled Goats Cheese & Roast Peppers												
Peppers												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Ciabatta	■								■			
Balsamic reduction												
Olive oil												
Goats cheese					■							

Salads

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Mozzarella, Tomato & Basil (v)					■							
Salad					■							
Wholegrain mustard, honey and mayo dressing			■			■						
Mozarella			■			■						
Tomato			■			■						
Basil			■			■						
Salad Nicoisse												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Tuna mayonnaise			■	■		■						
Egg			■									
Olives												
Potato cubes												
Balsamic reduction											■	
Lime Chilli Chicken												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Chicken												
Lime chilli marinade												
Chicken Caesar												
Salad												
Caesar dressing	■		■		■							
Chicken												
Croutons	■									■		
Parmessan shavings			■		■							
Chicken & Bacon												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Chicken												
Bacon												
King Prawn Salad												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Prawns				■								
Marie Rose dressing		■	■			■						
Lemon												

Sandwiches

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Panini	■											
Ciabatta	■								■			
White bread	■											
Brown bread	■									■		
Nachos	■											
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Cheese and Ham												
Cheese					■							
Ham												
Mozzarella, Tomato & Basil (v)												
Mozzarella					■							
Tomato												
Basil												
Tuna Melt												
Tuna Mayo			■	■		■						
Cheese					■							
Steak, Red Onion Marmalade & Mayo												
Steak												
Red onion marmalade											■	
Mayonnaise			■			■						
Chicken, Peppers & Pesto												
Chciken												
Peppers												
Pesto					■			■				
Lime Chilli Chicken												
Chicken												
Lime chilli marinade												
Smoked Salmon & Lemon Chive Cream												
Smoked salmon				■								
Lemon chive cream					■						■	
Bacon, Lettuce & Tomato (BLT)												
Bacon												
Tomato												
BLT with Chicken												
Bacon												
Tomato												
Chicken												
Bacon, Brie and Cranberry												
Cranberry												
Bacon												
Brie					■							

Sandwiches

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Goats Cheese, Tomatoes and Olives (v)												
Goats cheese					■							
Tomatoes												
Olives												
Mushroom, Garlic & Parmesan (v)												
Mushrooms												
Garlic												
Parmesan					■							
BBQ Chicken, Bacon & Cheese												
Chicken												
BBQ sauce	■	■								■		
Bacon												
Cheese					■							
Egg Mayo (v)												
Egg			■									
Mayonnaise			■			■						

Wraps

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Flour Tortilla	■											
Nachos	■											
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Sweet Chilli Chicken with Sour Cream												
Sweet chilli												
Sour cream					■						■	
Salad												
Chicken												
Chicken Caesar salad												
Caesar dressing	■		■		■							
Salad												
Chicken												
Chicken and Bacon												
Salad												
Chicken												
Bacon												
Prawn Mayo												
Salad												
Mayo			■			■						
Prawns				■								

Jacket Potatoes and Crispy Skins

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Jacket Potato												
Crispy Skins												
Nachos	■											
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
			■			■						
Fillings												
Beef Chilli	■									■		
Veg chilli	■					■				■		
Haggis and Neeps	■											
King Prawns				■								
Marie Rose dressing		■	■			■						
Bacon and Cheese					■							
Beans												
Cheese					■							
Onion												
Ham												
Coleslaw			■		■	■						
Tuna Mayonnaise			■	■		■						
Sour Cream and Chives					■						■	

Main Meals

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Roast Potatoes												
Chips												
Mash												
Potatoes												
Butter												
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing												
Chicken New Yorker												
Chicken												
Bacon												
BBQ sauce												
Cheese												
Lime Chilli Chicken												
Chicken												
Sweet lime and chilli oil												
Sirloin Steak												
Steak												
Mushrooms												
Tomatoes												
Haggis, Neeps & Tatties												
Haggis												
Neeps												
Tatties												
Seafood Pasta												
Various seafood and sauce												
Spaghetti												
Braised Pork with Plums												
Braised pork with plums												
Basmati rice												

Main Meals

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Wholetail Scampi, Chips & Peas												
Scampi				■								
Chips												
Peas												
Lemon												
Tartare sauce			■			■						
Freshly Battered Fish, Chips & Peas												
Haddock				■								
Batter	■		■									
Chips												
Peas												
Lemon												
Tartare			■			■						
Sweet Sticky Chicken *with chips or rice*												
Chcken												
Soya sauce	■									■		
Honey												
Sugar												
Onions												
Peppers												
Basmati rice												
Beef Chilli Bowl *with nachos and chips or rice*												
Beef chilli	■									■		
Basmati rice												
Veg Chilli Bowl (v) *with nachos and chips or rice*												
Veg chilli	■					■				■		
Basmati rice												
Chicken Enchilada *with nachos, dips and chips or rice*												
Chicken												
Tortilla wrap	■											
Peppers												
Picante sauce		■										
Basmati rice												

Main Meals

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Beef Chilli Enchilada *with nachos, dips and chips or rice*												
Beef Chilli												
Tortilla wrap	■											
Picante sauce		■										
Basmati rice												
Veg Chilli Enchilada (v) *with nachos, dips and chips or rice*												
Veg chilli	■					■				■		
Tortilla wrap	■											
Picante sauce		■										
Basmati rice												
Veg Enchilada *with nachos, dips and chips or rice*												
Onions												
Peppers												
Mushrooms												
Tortilla wrap	■											
Peppers												
Picante sauce		■										
Basmati rice												
Reds Chicken Curry *with chips or rice*												
Chicken												
Reds curry sauce					■	■				■		
Onions												
Peppers												
Basmati rice												
Reds Vegetable Curry												
Reds curry sauce					■	■				■		
Mushrooms												
Onions												
Peppers												
Basmati rice												
Broccoli and Cauliflower Au Gratin (v)												
Brocoli												
Cauliflower												
White sauce	■				■	■						
Cheese					■							
Ciabatta	■								■			
Macaroni Cheese (v) *with chips or garlic bread*												
Macaroni	■		■			■						
White sauce	■				■	■						
Cheese					■							
Ciabatta	■								■			
Garlic butter					■							

Burgers

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Reds Burger												
Burger bun	■								■			
Beef burger											■	
Bacon												
Onions												
Cheese					■							
BBQ Sauce	■	■								■		
Mexicana Burger												
Burger bun	■								■			
Beef burger											■	
Cheese					■							
Jalapenos												
Salsa												
Sour cream											■	
Mexicana Burger												
Burger bun	■								■			
Chicken												
Cheese					■							
Jalapenos												
Salsa												
Sour cream											■	
Mexicana Burger (v)												
Burger bun	■								■			
Vegetarian burger	■				■	■						
Cheese					■							
Jalapenos												
Salsa												
Sour cream											■	
Chilli Burger												
Burger bun	■								■			
Beef burger											■	
Beef chilli	■									■		
Cheese					■							

Burgers

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Chilli Burger												
Burger bun	■								■			
Chicken												
Beef chilli	■									■		
Cheese					■							
Chilli Burger (v)												
Burger bun	■								■			
Vegetarian burger	■				■	■						
Veg chilli	■					■				■		
Cheese					■							
Scottish Burger												
Burger bun	■								■			
Beef burger											■	
Haggis	■											
Scottish Burger												
Burger bun	■								■			
Chicken												
Haggis	■											
Burger and Brie												
Burger bun	■								■			
Beef burger											■	
Brie					■							
Red onion marmalade												
Burger and Brie												
Burger bun	■								■			
Chicken												
Brie					■							
Red onion marmalade												
Burger and Brie												
Burger bun	■								■			
Vegetarian burger	■				■	■						
Brie					■							
Red onion marmalade												
½ Pound Premium Beef Burger												
Burger bun	■								■			
Beef burger											■	
Chicken Burger												
Burger bun	■								■			
Chicken												
Vegetarian Burger (v)												
Burger bun	■								■			
Vegetarian burger	■				■	■						

Burgers

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Brekky Burger												
Burger Bun	■								■			
Beef burger											■	
Hash brown	■		■		■							■
Bacon												
Fried Egg			■									
Additional Toppings												
Chilli	■									■		
Cheese					■							
Bacon												
Coleslaw			■		■	■						
Fried Egg			■									
Mushrooms												
Jalapenos												
Red onion marmalade											■	

Start the Day

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Reds Children's Breakfast												
Cumberland sausage	■										■	
Beans												
Fried Egg			■									
White toast	■											
Brown toast	■									■		
Scrambled Eggs and Toast (v)												
Egg			■									
Milk					■							
White toast	■											
Brown toast	■									■		
Sunny Toast (v)												
Fried egg			■									
White toast	■											
Brown toast	■									■		
Beans and Toast (v)												
Beans												
White toast	■											
Brown toast	■									■		
French Toast (v)												
Egg			■									
Milk					■							
White bread	■											
Brown bread	■									■		
Nutella					■			■		■		
Maple syrup												

Munch Before Lunch

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Garlic Bread (v)												
Ciabatta	■								■			
Garlic butter					■							
Hand-cut, Skin-on, Chunky Chips (v)												
Chips												
Ham												
Cheese					■							
Soup of the Day *with brown or white bread*												
ASK												
White bread	■											
Brown bread	■									■		
Lentil Soup (v) *with brown or white bread*		■										
White bread	■											
Brown bread	■									■		
Cheese Salad												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Cheese					■							
Ham Salad												
Salad												
Wholegrain mustard, honey and mayo dressing			■			■						
Ham												
Fruit Salad (v)												

Maybe a Sandwich

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
White bread	■											
Brown bread	■									■		
Nachos	■											
Dressed Salad												
Salad leaves												
Wholegrain Mustard, honey and mayo dressing			■			■						
			■			■						
Ham												
Ham												
Butter					■							
Cheese (v)												
Cheese					■							
Butter					■							
Chicken												
Chicken												
BBQ sauce	■	■								■		
Butter					■							
Tuna Mayo												
Tuna mayo			■	■		■						
Butter					■							
Bacon												
Bacon												
Butter					■							
Egg Mayonnaise (v)												
Egg			■									
Mayonnaise			■			■						
Butter					■							
Make Your Own Wrap												
Flour tortilla	■											
Salad												
Onions												
Tomatoes												
Additional sandwich fillings												
Cheese					■							
Ham												
Tuna mayo			■	■		■						
Bacon												
Chicken												
Tomatoes												

These'll Keep 'em Going

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
5-a-Day Pasta (v)												
5-a-day sauce		■										
Macaroni	■		■									
Spaghetti	■											
Cheesy-beany potato pie (v)												
Mash					■							
Beans												
Cheese					■							
Chicken and pasta bake												
Chicken												
Macaroni	■		■									
Cheese					■							
Tuna and pasta bake												
Tuna mayo			■			■						
Macaroni	■		■									
Cheese					■							
Vegetables and cheese (v)												
Cauliflower												
Brocoli												
Peas												
White sauce	■				■	■						
Cheese					■							
Pasta (v)												
Macaroni	■		■									
Spaghetti	■											
Italian Melt (v)												
Ciabatta	■								■			
Garlic butter					■							
Tomato sauce		■										
Cheese					■							
Jacket Potato (v)												
Additional fillings												
Mushrooms												
Cheese					■							
Pesto					■			■				
Chorizo					■					■		
Chicken												
Tuna mayo			■	■		■						
Tomatoes												
Ham												
Beans												

But I'm Starving

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Dressed Salad												
Salad leaves												
Wholegrain mustard, honey and mayo dressing			■			■						
Chips												
Mash					■							
Baked Potato												
Beef Burger												
Burger											■	
Burger bun	■								■			
Chicken Burger												
Chicken												
Burger bun	■								■			
Fish and Chips												
Haddock				■								
Batter	■		■									
Macaroni Cheese (v)												
Macaroni	■		■									
Cheese					■							
White sauce	■				■	■						
Garlic bread												
Ciabatta	■								■			
Garlic butter					■							
Chicken Goujons												
Chicken												
Batter	■		■									
Cumberland Sausage, Beans and Mash												
Cumberland sausage	■										■	
Beans												
Spaghetti Bolognaise												
Spaghetti	■											
Beef bolognaise	■									■		

Luckily Enough Room For

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Selection of ice cream												
Strawberry					■					■		
Vanilla					■					■		
Chocolate					■					■		
Fresh fruit												
Shortbread	■				■							
Caramel Shortbread	■				■			■		■	■	
Cornflake Crispy Cake	■				■					■		
Malteser Cake	■				■					■		
Rocky Road	■				■					■		
Tiffin	■				■					■	■	
Homemade Scones	■				■							
Homemade Pancakes	■		■		■							
Jam												
Honey												
Maple Syrup												
Nutella					■			■		■		

Cakes and Sweets

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Selection of ice cream												
Strawberry					■					■		
Vanilla					■					■		
Chocolate					■					■		
Fresh fruit												
Shortbread	■				■							
Caramel Shortbread	■				■			■		■	■	
Cornflake Crispy Cake	■				■					■		
Malteser Cake	■				■					■		
Rocky Road	■				■					■		
Tiffin	■				■					■	■	
Homemade Scones	■		■		■							
Homemade Pancakes	■		■		■							
Jam												
Honey												
Butter					■							
Maple Syrup												
Nutella					■			■		■		
Carrot cake	■		■		■			■			■	
Fruit												
Fruit couli												
Icing sugar												
Chcolate Fudge Cake	■		■		■					■	■	
Fruit												
Fruit couli												
Icing sugar												

Drinks

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
White Sugar												
Brown Sugar												
Canderel												
Decaff Coffee												
Espresso Coffee												
Americano Coffee												
Macchiato Coffee												
Cappuccino Coffee												
Café Latte Coffee												
Flat White Coffee												
Mocha Coffee												
Babyccino												
Hot Chocolate												
Breakfast Blend Tea												
Royal Earl Grey Tea												
Gunpowder Deluxe Tea												
Big Red Rooibos Tea												
Perfect Peppermint Tea												
Chillaxin' Chamomile Tea												
Cranberry and Apple Riot Tea												
Coca Cola												
Diet Coke												
Irn Bru												
Diet Irn Bru												
Fanta Orange												
Sprite												
Lilt												
Fanta Lemon												
Pure Orange Juice												
Pure Apple Juice												
Simply Fruity												
Blackcurrant & Apple												
Orange & Peach												
Sparkling Mineral Water												
Still Mineral Water												
Milk (semi skimmed)												
Milk Shake												
Strawberry ice cream												
Vanilla ice cream												
Chocolate ice cream												

Drinks

	ALLERGEN											
	1. Cereals	2. Celery and Celeriac	3. Eggs	4. Fish	5. Milk	6. Mustard	7. Peanuts	8. Other Nuts	9. Sesame Seeds	10. Soya	11. Sulphur Dioxide and Sulphites	12. Lupin Seeds and Flour
Ice Cold Smoothies												
Peaches and Grape Smoothie												
Green Tea Smoothie												
Orange Smoothie												
Pear and Berry Smoothie												
Ice Cream Float												
Fizzy Juice (see above)												
Strawberry ice cream												
Vanilla ice cream												
Chocolate ice cream												
Black Wolf Beer												
Deuchars IPA												
Thistly Cross Traditional Cider												
Thistly Cross Strawberry Cider												
House White (ASK)												
House Pink (ASK)												
House Red (ASK)												