

# 14 Allergens

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<b>1</b>	<b>Celery</b> This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
<b>2</b>	<b>Cereals containing gluten</b> Wheat (such as spelt and Khorasan wheat/kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
<b>3</b>	<b>Crustaceans</b> Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
<b>4</b>	<b>Eggs</b> Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
<b>5</b>	<b>Fish</b> You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
<b>6</b>	<b>Lupin</b> Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
<b>7</b>	<b>Milk</b> Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
<b>8</b>	<b>Molluscs</b> These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
<b>9</b>	<b>Mustard</b> Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
<b>10</b>	<b>Nuts</b> Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
<b>11</b>	<b>Peanuts</b> Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
<b>12</b>	<b>Sesame seeds</b> These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
<b>13</b>	<b>Soya</b> Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
<b>14</b>	<b>Sulphur dioxide (sometimes known as sulphites)</b> This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

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 Join our conversation [@foodgovuk](https://twitter.com/foodgovuk) on Twitter  
 Watch us on [food.gov.uk/youtube](https://www.youtube.com/foodgovuk)

## A L L E R G Y M E N U

### A P P E T I S E R S

- Garlic Bread 2 6 7  
Traditional
- Vegan 6.5. 2 6 14
- Mozzarella & Sun blushed tomato 8 (V) 2 6 7
- Mixed Olives
- Olives, Sun blushed tomatoes, Mixed herbs (V)
- Roasted Red Pepper Hummus (V). 2 6 10 12 14
- Pitta bread, Lemon oil

### S T A R T E R S

- Spiced Sweet Potato & Coconut Soup (V). 1 2 6 9
- Curry and coriander oil, warm bread roll
- Bury Black Pudding Fritters 2 6 9 14
- Apple sauce, wholegrain mustard
- Sticky Slow Cooked Pig Cheeks 1 2 6
- Pineapple, liquorice and Parma ham crispy rice noodles (GF on request)
- Buttermilk Fried Oyster Mushrooms. 1. 2. 4 6 7 9
- Carrot and cumin salad, ranch dipping sauce, dressed leaves
- Chinese BBQ Jackfruit and Vegetable Bao Buns (VE) 2 6 12
- Sesame seeds, sweet chilli dipping sauce
- Grilled Garlic Prawns (GF on request) 2 3 6 7 14
- Garlic butter, lemon, rocket and parmesan, warm bread roll

### P A S T A

- Chicken, Spinach, Pesto Gnocchi 1 2 6 7 10 14
- Walnut, parmesan breadcrumbs, salad, balsamic
- Sausage Pappardelle 1 2 4 6 7 9 13 14
- Spinach, sun blush tomatoes, roasted peppers, tomato sauce, cream and parmesan

### B U R G E R

- Wagyu Beef Burger 1 2 4 6 7 9 12 13 14
- Monterey jack cheese, streaky bacon, green tomato chutney, toasted brioche bun, fries, coleslaw
- Chicken, Chorizo & Basil Burger 2 4 6 7 9 12 13 14
- Sun blushed tomato & saffron aioli, chilli cheese, brioche bun, fries, coleslaw

## M A I N S

- Classic Fish & Chips 2 4 5 6 7 9 13 14
- Beer battered haddock fillet, Chunky chips, Mushy peas, Tartare sauce, Curry Mayonnaise, Gravy, Bread & butter, lemon wedge.
- Blackened Cajun Salmon. 1 3 5 7 8 13 14
- New potatoes, spinach, sweetcorn succotash, lobster sauce, basil oil (GF)
- Chicken and Tarragon Ballentine 1 2 4 6 7 13 14
- Bowland ham hock and mustard bon bon, creamed leeks, truffle potato terrine, tarragon veloute
- Confit Duck Leg 1 7 13 14
- Braised red cabbage, roasted parsnips, parsnip puree, fondant potato, rosemary and blueberry jus (GF)
- Four Cheese & Onion Pie 1 2 4 6 7 9 13 14
- Chunky chips, carrot and swede, mustard sauce
- Chargrilled 8oz Fillet Steak 1 2 4 6 7 9 13 14
- Chunky chips, onion rings, garlic field mushroom, wedge salad, peppercorn or bearnaise sauce
- Chargrilled 10oz Ribeye Steak 1. 2. 4 6. 7. 9. 13. 14
- Chunky chips, onion rings, garlic field mushroom, wedge salad, peppercorn or bearnaise sauce
- Beetroot, wild mushroom and Butternut Squash Risotto 1 4
- Served with crispy sage (VE and GF)

### P I Z Z A S

- Classic Margherita. 2 6 7
- Confit cherry tomatoes, tomato sauce, buffalo mozzarella, basil oil (V)
- Smoked Salmon 2 6 7 5 9 10 11 12 13 14
- Black pepper and dill crème fraiche, avocado, rocket, lemon oil, parmesan
- Sausage 1 2 4 6 7 9 13 14
- Chorizo, Pepperoni, spicy sausage, red onion, chillies, tomato sauce, mozzarella
- Vegan (VE). 2 6
- Roasted peppers, Sun blushed tomatoes, Chargrilled courgette, Olives, Vegan cheese.

### S U N D A Y R O A S T

- Roast Sirloin Of Beef OR Leg of Lamb 21.50
- Roasted Chicken 18.50 Butternut Squash Wellington 16.50
- All served with herb roast potatoes, Creamy mash, Cauliflower cheese, Spring greens, carrot and swede, braised red cabbage, Yorkshire pudding, Gravy

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**1 Celery**  
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

**2 Cereals containing gluten**  
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

**3 Crustaceans**  
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

**4 Eggs**  
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

**5 Fish**  
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

**6 Lupin**  
Yes, lupin is a flower, but it's also found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

**7 Milk**  
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

**8 Molluscs**  
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

**9 Mustard**  
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

**10 Nuts**  
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

**11 Peanuts**  
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

**12 Sesame seeds**  
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

**13 Soya**  
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

**14 Sulphur dioxide (sometimes known as sulphites)**  
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

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## Dessert Menu

*Blueberry & Lemon Meringue Cheesecake (V GF) 4 7*  
*Mascarpone, vanilla, blueberry compote, biscuit crumb, lemon meringue ice cream*

*Sticky Toffee Pudding (V) 2 4 6 7 13 12*  
*Caramel sauce, stem ginger ice cream*

*Apple Tarte Tatin. 2 4 6 7 14*  
*Garstang blue cheese, honey syrup, 330ml English apple cider*

*Chocolate & Orange Tart (V) 2 4 6 7 13 14*  
*Orange sorbet, chocolate sauce, seasonal berries*

*Eton Mess Sundae (V GF). 4 6 7 13*  
*Strawberries & cream ice cream, poached strawberries, whipped cream, meringue*

*Chocolate & Caramel Sundae (V GF) 4 7 13 14*  
*White chocolate ice cream, triple chocolate ice cream, whipped cream, caramel sauce*

*Coconut & Vanilla Rice Pudding (VE GF) 13 14*  
*Roast pineapple, toasted coconut, mango sorbet.*

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## SANDWICHES SERVED FROM 12 - 17:00

### COLD SANDWICHES

Cheese Savoury 2 4 5 6 7 9 13

Egg Mayonnaise & Cress. 2 4 6 7 9 13

Coronation Chicken & Rocket 2 4 6 7 9 10 13 14

### HOT CIABATTAS FLATBREAD

£9.50

Tuna mayonnaise, mozzarella and red onion melt ciabatta

2 4 5 6 7 9 10 12

Bacon, brie and cranberry ciabatta

2 6 7 10 12

Roast Mediterranean vegetables, pesto, buffalo mozzarella ciabatta

2 6 7 10 12

£12.95

Hot rump steak, garlic mushrooms, sweet onion marmalade, rocket, peppercorn sauce

1 2 6 7 10 12

Peri peri chicken and lamb kofta flatbread, saffron and sun blush tomato aioli, rocket, red onion, sweet chilli sauce

1 2 4 6 7 9 10 12 13 14

All sandwiches served with fries and coleslaw

Add a cup of soup for £2.00

## FISH FRIDAY

*Fish & Chips for 2 @ £25*

Beer battered cod fillet, chunky chips, mushy peas, tartar sauce, bread and butter, curry mayonnaise

# Kids Menu Allergy

Cheesy Garlic Bread 2 6 7

Red Pepper Hummus & Pitta. 2 6 12 14

Soup of the Day, Bread Roll 1 2 6 9

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Pork Sausages, Fries, Baked Beans, Gravy 1 2 4 6 7 9 13 14

Chicken Strips, Fries, Baked Beans, Gravy 2 4 6 7 14

Margherita Pizza. 2 6 7

Pepperoni Pizza 2 6 7 13

Tomato pappardelle, Parmesan Cheese. 2 4 6 7 13

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Ice Cream Pot - \*Chocolate, \*Strawberry, \*Vanilla 7 13

Warm Chocolate Brownie, Vanilla Ice cream. 4 7 13 14.

Mini Sticky Toffee Pudding, Vanilla Ice cream 2 6 7 13

Two Course - £12.50

Three Course - £15.00

After School Special - Monday - Thursday 15:30 - 17:30

Two Course - £8.00



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