Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes					D.	Lupin Flour	Milk		MUSTARD					Gase WNE
Breakfast	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Palm English Breakfast		X		X			Х						X	
Palm Big Breakfast		X		X			X						X	
Plant Based Breakfast		X											X	
Avocado and Tomato on Sourdough		X		X										
Palm Eggs Salmon		X		X	X		X						X	
Palm Eggs Bacon		X		X			Х						X	
Palm Eggs Spinach		X		X			X						X	
Mushrooms on Sourdough		X		X										
Salmon Crossaint		X		X	X		X							

Review date:



Dishes					Do.	lupin Flour	Milk		MUSTARD			NAME OF THE PROPERTY OF THE PR		Soar WAE
Breakfast	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pancakes Maple Syrup and Bacon		Х		X			Х							
Pancakes Yoghurt and Fruit		X		X			X							
Breakfast Bap		X		X			X							
Fruit and Yoghurt Bowl		X								X				

Dishes						Lupin Flour	Milk		MUSTARD			Maam		Boer WNE
LUNCH	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Homemade Meatballs		X					X							Х
Pie of the Day		X		X			X							Х
Chicken Ceasar Salad		X					X							
Vegan Burger														
Chicken Sandwich		Х												
Fish Finger Ciabatta		Х			X									
Goats Cheese Beetroot Salad							X		Х					Х
Beef Burger		Х					X							
Fishcakes		Х		Х	Х		X							

Dishes						Lupin Flour	Milk		MUSTARD			NAME OF THE PROPERTY OF THE PR		Beer WNE
Light Bites	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quiche of the day		Х		Х	Х		Х							
Calamari					X									
Greek Salad							X							
Chicken wings		X					X							
Aranachini		X							X				X	
Prawn Skewer			X											X
Grazing Board		X					X					X		
Truffle mac and cheese		X					X							

Dishes						Lupin Flour	Milk		MUSTARD			HAM		WINE BOOK
Sides	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sweet potato fries														
Skin on fries														
Sweet poato with chimichuri														Х
Hummus and pitta		X										X		

Dishes						upin Flour	Milk		MUSTARD			SSAM		Beer WNE
	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Brownie		X		X			X							
Eton mess				X			X							
Sticky toffee pudding		X		X			X							
Cheesecake		X					X							
Cream Tea		X					X							
Ice cream							X							
sorbet														

Dishes						upin Flour	Milk		MUSTARD			WAM ON THE PROPERTY OF THE PRO		Gaer WINE
Childrens Menu	Celery	Cereals containing gluten*	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide