

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
ham and cheddar bons bons	Y Whe							Y	Y	Y					
nags head tapas - balsamic borretane onions														Y	
nags head tapas - stuffed cherry red pepers										Y					
Nags tapas - base board	Y Whe							Y					Y	Y	
Nags tapas - cured italian meats															
nags tapas - extra flatbread	Y Whe							Y							
nags tapas - extra houmous													Y		
Nags tapas - extra olives														Y	
Nags tapas - marinated artichokes															
squid tapas	Y Whe		Y						Y						

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Diavolo Pizza	Y Unknown									Y					
Funghi Pizza, Garlic & Truffle Butter, Portobello Mushrooms, Spinach, Parsley and Olive Oil	Y Unknown									Y					
Giardiniera Pizza, Olives, Red Onions, Artichokes, Cherry Tomatoes and Basil	Y Unknown							Y							
Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
Milano Pizza, Salami, Prosciutto, Mozzarella, Oregano and Rocket	Y Unknown									Y					
Sheep and bull House Pizza	Y Bar			Y					Y	Y	Y	Y		Y	
Pork , honey and leek sausage roll with farmhouse pickle	Y Unknown								Y	Y		Y		Y	
Brakspear beef Burger 2020 !	Y Whe Rye Bar Oat							M	Y	Y	Y	Y	M	Y	
“Moving mountains” 100% plant-based vegan burger, flat mushroom, herb dressing gem lettuce, tomato and skin on fries	Y Whe Rye Bar Oat				Y		Y Unknown	Y	M	M			M		
10oz Dry aged Native breed Sirloin steak , rocket and parmesan salad, traditional cut chips and garlic herb butter £24										Y				Y	
2020 Ale battered sustainable haddock and traditional chips , crushed peas add bacon	Y Whe			Y					Y	Y				Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
add chicken large															
add swiss cheese										Y					
West coast salad large					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal					Y		Y	
Garlic Buttered Dough Balls	Y Unknown									Y					
halloumi fries with jalapeno ketchup										Y	Y				1
pizza - add mozzarella										Y					
rocket and parmesan side salad										Y				Y	
Skin on Fries	Y Unknown														
Rich chocolate tart , fresh raspberries , raspberry gel 7.00 vg	Y Whe Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	Y					
2 Scoop Ice Cream	Y Unknown						Y Cas		Y	Y					
3 Scoop Ice Cream	Y Unknown						Y Cas		Y	Y					
pizza - add chorizo															
Pizza - Add olives															
pizza - add pepper															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
pizza - add portobello mushrooms															
pizza - add salami															
pizza - add semi dried tomatoes															
Pizza - add sliced red onions															
pizza - add spinach															
pizza- add pepperoni															
pizza- add prosciutto															
Fisherman's basket , breaded plaice goujons , Crispy shrimp, squid chips (gf) , tartare sauce , lemon 10.95									Y						3

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashew Nuts

Haz	Hazelnuts
Mac	Macedamia Nuts
Pec	Pecan
Pis	Piastachios
Wal	Walnuts