

Menu Item	None ●	Celery ●	Wheat ●	Barley ●	Rye ●	Oats ●	Crustaceans ●	Eggs ●	Fish ●	Lupin ●	Milk ●	Molluscs ●	Mustard ●	Walnuts ●	Hazelnuts ●	Almonds ●	Pecans ●	Brazil ●	Macadamia ●	Cashew ●	Peanuts ●	Sesame ●	Soya ●	Sulphites ●
	Cereals containing Gluten													Nuts (Tree)										

Fish	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
All Battered Fish			✓						✓															✓	
Scampi			✓				✓																		
Fishcake			✓						✓		✓		✓												
Homemade Fishcake			✓						✓		✓													✓	
Cod Bites			✓						✓															✓	
Calamari			✓									✓												✓	
Chips	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Chips																									✓
Cheesy Chips											✓														✓
Chicken	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
HM Chicken Fillet		✓	✓	MC							MC		MC											MC	MC
Chicken Nuggets																									
HM Chicken Goujons		✓	✓	MC							MC		MC											MC	MC
Sausages	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Plain Sausage			✓																						✓
Battered Sausage			✓																						✓
Burgers – Including Bun + Sauces	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Beef Burger			✓					✓															✓		✓
Cheese Burger			✓					✓			✓												✓		✓
HM Chicken Fillet Burger			✓					✓															✓		
Veggie Burger			✓					✓															✓		
Halloumi Burger			✓								✓												✓		
Veggie (V)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Mozzarella Dippers (v)			✓								✓														
Mac & Cheese Bites (v)			✓								✓														
Homemade Onion Rings (VG)			✓																						
Plain Veggie sausage (VG)	✓																							✓	
Bat. Veggie Sausage (VG)			✓																					✓	
Garlic Mushrooms		✓									✓														
Pea Fritters (VG)			✓																					✓	
Hot Sides	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Homemade Mushy Peas (v)	✓																								
Curry Sauce (v)		✓																							
Gravy (v)		MC																							MC
Beans (v)	✓																								
Cold Sides	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
HM Tartare Sauce								✓					✓												
Crucials Ketchup	✓																								
Crucials Mayo								✓																	
Crucials BBQ								✓																	
Crucials Garlic & Herb								✓			✓		✓												
Crucials Sweet Chilli								✓																	
Crucials Spicy Mayo								✓																	
Pickled Egg								✓																	
Pickled Gherkin	✓																								
Pickled Onion	✓																								✓
Vinegar Bottle																									
Stokes BBQ				✓																					

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Key: ✓ - Allergen present in product specification | MC - Product MAY CONTAIN allergens

	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Stokes Chilli Ketchup																										
Stokes Ketchup		✓																								
Stokes Mayo								✓					✓													
Kids Meals (K) - Excluding Drink	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Cod Bites (K)			✓						✓																✓	
Plain Sausage (K)			✓																						✓	
Battered Sausage (K)			✓																						✓	
Chicken Nuggets (K)		✓	✓																						✓	
Scampi (K)			✓																						✓	
Veggie Sausage Battered (K)(V)							✓																		✓	
Veggie Sausage (K)(V)																									✓	
Drinks	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Strawberry Slushy	✓																									
Blue-Raspberry Slushy	✓																									
Coke	✓																									
Diet Coke	✓																									
Coke Zero	✓																									
Fanta Orange	✓																									
Fanta Fruit Twist	✓																									
7UP	✓																									
Sprite	✓																									
Vimto				✓																						
Rio	✓																									
Tango Orange	✓																									
Tango Apple	✓																									
Still Water	✓																									
Sparkling Water	✓																									
Radnor Orange	✓																									
Radnor Apple	✓																									
Marlish Elderflower	✓																									
Marlish Raspberry	✓																									
Marlish Orange	✓																									
Marlish Lemon	✓																									
Alcohol	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Capsyn Midsummer & Tonic																										
Hell's Stone Whiskey Soda																										
Summer Cup & Ginger Ale																										
Gluten Free Fish (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Cod (GF)									✓																	
Haddock (GF)									✓																	
Cornish Hake (GF)									✓																	
Cod Bites (GF)									✓			✓														
Calamari (GF)													✓													
Gluten Free Chicken (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Chicke Fillet (GF)	✓																									
Chicken Goujons (GF)	✓																									
Gluten Free Chips (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Chips (GF)																									✓	
Cheesy Chips (GF)											✓														✓	
Gluten Free Veggie/Vegan (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Homemade Onion Rings (GF)(VG)	✓																									
Pea Fritters (GF)(VG)	✓																									
Gluten Free Sides/Extras (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES		
Vinegar Bottle (GF)	✓																									
Crucials Ketchup (GF)	✓																									
Homemade Tartare sauce (GF)								✓					✓													
Curry Sauce (GF)		✓																								
Homemade Mushy Peas (GF)	✓																									
Gravy (GF)	✓																									

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Baked Beans (GF)	✓																								
Ice Cream	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Vanilla Bean & clotted Cream											✓			MC	MC	MC	MC	MC	MC	MC	MC			✓	
Belgian Chocolate											✓			MC	MC	MC	MC	MC	MC	MC	MC			✓	
Loaded shipwreck											✓			MC	MC	MC	MC	MC	MC	MC	MC			MC	
Mint choc chip											✓			MC	MC	MC	MC	MC	MC	MC	MC			✓	
Strawberry											✓			MC	MC	MC	MC	MC	MC	MC	MC			MC	
Crème Fraiche & lemon curd								✓			✓			MC	MC	MC	MC	MC	MC	MC	MC			MC	
Orange & mascarpone											✓			MC	MC	MC	MC	MC	MC	MC	MC			MC	
Almond & cherry											✓			MC	MC	✓	MC	MC	MC	MC	MC			MC	
Moomaid mess								✓			✓			MC	✓	MC	MC	MC	MC	MC	MC			MC	
Passion Fruit Sorbet								MC						MC	MC	MC	MC	MC	MC	MC	MC			MC	
Raspberry sorbet								MC						MC	MC	MC	MC	MC	MC	MC	MC			MC	
Mr Whippy Soft Serve											✓														
Ice Cream Extras	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Waffle cones			✓																					✓	
Wafer cones			✓																					✓	
Chocolate flakes			MC	MC	MC	MC	MC	MC	MC	MC	✓	MC	MC	MC	MC	MC	MC	MC	MC	MC	MC	MC	MC	MC	MC
Mini fudge chunks											✓														
Mini Rolos			MC	MC	MC	MC					✓														
Mini Smarties			✓	✓							✓														
Kit-Kat Pieces			✓								✓			✓	✓	✓	✓	✓	✓	✓				✓	
Milky Bar Chips											✓													✓	
Chocolate topping sauce											✓														✓
Strawberry topping sauce	✓																								
Bubble-Gum topping sauce	✓																								