

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)									

<b>Fish</b>	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			✓						✓			MC	MC											✓	
Scampi			✓				✓		MC			MC													
Fishcake			✓						✓																
Homemade Fishcake			✓					✓	✓			MC													
Cod Bites			✓						✓			MC	MC											✓	
Calamari			✓						MC			✓	MC											✓	
<b>Chips</b>	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											✓														✓
<b>Chicken</b>	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
<b>Sausages</b>	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			✓																						✓
<b>Burgers – Including Bun &amp; sauces</b>	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		✓	✓	MC				✓			✓		MC											MC	MC
Veggie Burger			✓					✓														✓			
Halloumi Burger			✓					✓			✓														
<b>Veggie (V)</b>	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)			✓					MC			✓		MC											MC	
Homemade Onion Rings (VG)			✓										MC											✓	
Plain Veggie sausage (VG)			✓																						
Bat. Veggie Sausage (VG)			✓										MC											✓	
Pea Fritters (VG)			✓										MC											✓	
Buffalo Cauliflower Bites (v)		✓	✓	✓							✓		MC											✓	MC
<b>Vegan (VG)</b>	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Quorn Nuggets			✓																						
Vegan Fish			✓										MC											✓	✓
Curried Cauliflower Bites		✓	✓	MC							MC		MC											MC	MC
Crispy Cauliflower Bites		✓	✓	MC							MC		MC											MC	MC
<b>Hot Sides</b>	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)	✓																								
<b>Cold Sides</b>	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	✓										✓														
Lions Buffalo Sauce				✓							✓														
Pickled Egg								✓																	
Pickled Gherkin	✓																								
Pickled Onion	✓																								
Vinegar Bottle	✓																								

Fraser's\_Helston

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

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)			✓										MC											✓	✓
Plain Sausage (K)			✓																						✓
Battered Sausage (K)			✓										MC											✓	✓
Chicken Nuggets (K)			✓																						✓
Scampi (K)			✓				✓		MC			MC													✓
Veggie Sausage (K)(V)			✓																						✓
Quorn Nuggets (K)(VG)			✓																						✓
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	✓																								
Tropical Slushy	✓																								
Watermelon Slushy	✓																								
Coke	✓																								
Diet Coke	✓																								
Coke Zero	✓																								
Fanta Orange	✓																								
Fanta Fruit Twist	✓																								
Vimto				✓																					
Fanta Lemon	✓																								
7UP	✓																								
Still Water	✓																								
Sparkling Water	✓																								
Radnor Orange	✓																								
Radnor Tropical	✓																								
Radnor Apple	✓																								
Radnor Forest Fruits	✓																								
Radnor Rasp + Cherry	✓																								
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)									✓			MC													
Haddock (GF)									✓			MC													
Cornish Hake (GF)									✓			MC													
Cod Bites (GF)									✓			MC													
Calamari (GF)									MC			✓													
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	
Chicken 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)	✓																								
Vegan Fish (GF)(VG)			✓										MC											✓	✓
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)	✓																								