

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)	✓																								