

 Menu Item	None ●	Celery ●	Wheat ●	Barley ●	Rye ●	Oats ●	Crustaceans ●	Eggs ●	Fish ●	Lupin ●	Milk ●	Molluscs ●	Mustard ●	Walnuts ●	Hazlenuts ●	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			✓						✓			MC	MC										✓	
Scampi			✓				✓		MC			MC												
Fishcake			✓						✓															
Homemade Fishcake			✓					✓	✓			MC												
Cod Bites			✓						✓			MC	MC										✓	
Calamari			✓						MC			✓	MC										✓	
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
Chicken Nuggets			✓																					
HM Chicken Goujons		✓	✓	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		✓	✓	MC							✓		MC										✓	MC
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)			✓								✓													
Homemade Onion Rings ^(VG)			✓										MC										✓	
Plain Veggie sausage ^(VG)			✓																					
Bat. Veggie Sausage ^(VG)			✓										MC										✓	
Pea Fritters ^(VG)			✓										MC										✓	
Vegan ^(VG)	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 ^(VG)			✓																					
Bat. Vegan Sausage ^(VG)			✓																				✓	

Fraser's_Helston																									
✓ - Allergen present in product specification MC - Product MAY CONTAIN allergens																									
Plain Vegan Sausage ^(VG)			✓																						
Vegan Fish ^(VG)			✓										MC										✓	✓	
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 Burger Sauce													✓												
Crucials Garlic & Herb								✓			✓		✓												
Crucials Sweet Chilli	✓																								
Pickled Egg								✓																	
Pickled Gherkin	✓																								
Pickled Onion	✓																								
Vinegar Bottle	✓																								
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	
Coke	✓																								
Diet Coke	✓																								
Coke Zero	✓																								
Fanta Orange	✓																								
Fanta Fruit Twist	✓																								
Rio	✓																								
Vimto				✓																					
Dr Pepper	✓																								
Fanta Lemon	✓																								
Still Water	✓																								
Sparkling Water	✓																								
Radnor Orange	✓																								

✓ - Allergen present in product specification MC - Product MAY CONTAIN allergens																									
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)									✓																
Haddock ^(GF)									✓																
Cod Bites ^(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	
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)											✓														✓
GF 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)}	✓																								
GF 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)	✓																								