

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)																	

<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											✓	
<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			✓																						
Bat. Vegan Sausage			✓																						
Plain Vegan Sausage			✓																						
Vegan Fish			✓										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								✓			✓		✓												

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

Fraser's_Helston																										
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		
Blue-Raspberry Slushy	✓																									
Watermelon Slushy	✓																									
Coke	✓																									
Diet Coke	✓																									
Coke Zero	✓																									
Fanta Orange	✓																									
Fanta Fruit Twist	✓																									
Rio	✓																									
Vimto				✓																						
Fanta Lemon	✓																									
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)	✓																									