

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			✓						✓															✓	
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		✓	✓	MC																					
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			✓																				MC		✓
Cheese Burger			✓								✓												MC		✓
HM Chicken Fillet Burger		✓	✓	MC							MC		MC										MC	MC	MC
Veggie Burger			✓																				MC		MC
Halloumi Burger			✓								✓												MC		
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)			✓					MC			✓		MC											MC	
Homemade Onion Rings (VG)			✓																					✓	
Plain Veggie sausage (VG)																									MC
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																							
Beans (v)	✓																								MC
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								✓																	

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

Fraser's_Penzance																										
Pickled Egg									✓																	
Pickled Gherkin	✓																									
Pickled Onion																										✓
Vinegar Bottle																										
Stokes BBQ				✓																						
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																										
Rattler Cider																									✓	
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)											✓														✓	

Fraser's Penzance

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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)		MC																							MC
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	MC		✓	
Belgian Chocolate											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		✓	
Loaded shipwreck											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		MC	
Mint choc chip											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		✓	
Strawberry											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		MC	
Crème Fraiche & lemon curd								✓			✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		MC	
Almond & cherry											✓			MC	MC	✓	MC	MC	MC	MC	MC	MC		MC	
Moomaid mess								✓			✓			MC	✓	MC	MC	MC	MC	MC	MC	MC		MC	
Passion Fruit Sorbet								MC			MC			MC	MC	MC	MC	MC	MC	MC	MC	MC		MC	
Raspberry sorbet								MC			MC			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		✓	
Fudge Sticks											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		✓	
Mini Rolos			MC	MC	MC	MC					✓														
Mini Smarties			✓	✓							✓														
Kit-Kat Pieces			✓								✓			MC	MC	MC	MC	MC	MC	MC	MC	MC		✓	
Chocolate topping sauce											✓														✓
Strawberry topping sauce	✓																								
Bubble-Gum topping sauce	✓																								
Salted caramel sauce											✓														
Milkshakes - all											✓														