



Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR BEEFEATER ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BEEFEATER AUTUMN WINTER MENU 2023								
FIND YOUR FLAVOUR & GET SAUCEY								
74 BBQ SAUCE	134	32	0.4	0.2	6.9	5.4	0.4	0.4
74 HOT SAUCE	51	12	0.0	0.0	2.7	1.8	0.3	0.4
74 MANGO, PEACH & HABANERO SAUCE	154	37	0.0	0.0	8.7	8.1	0.2	0.5
74 HONEY & MUSTARD SAUCE	569	136	12.6	0.8	4.5	4.5	0.4	0.3
74 SMOKEHOUSE TOMATO SAUCE	245	59	0.0	0.0	13.5	12.6	0.6	0.5
74 BACON RELISH	196	47	1.2	0.1	7.6	6.7	1.0	0.1
74 BURGER SAUCE	465	111	10.8	0.7	2.9	2.5	0.2	0.5
74 SPICY MAYO	399	95	8.7	0.6	3.6	2.9	0.3	0.4
STARTERS - GET STARTED TOGETHER								
74 DOUBLE CRUNCH CHICKEN WINGS	1754	440	27.5	3.9	22.8	0.6	19.5	0.4
ADD CHICKEN WINGS	1752	418	27.5	3.9	22.8	0.5	19.5	0.4
CHICKEN GOUJONS WITH BBQ SAUCE	1600	382	18.5	2.2	32.8	8.3	21.0	1.7
BREADED MUSHROOMS WITH BBQ SAUCE	1766	422	17.5	2.1	54.5	9.1	9.7	1.2
CHEESY POTATO DIPPERS WITH BBQ SAUCE	1991	476	25.2	10.7	43.2	8.5	19.2	1.4
ADD OAK-SMOKED BACON	438	105	6.7	2.1	0.4	0.1	10.8	1.5
HALLOUMI FRIES	2523	603	45.5	15.7	22.4	8.8	26.3	3.4
CLASSIC PRAWN COCKTAIL	1512	361	20.4	6.3	26.3	10.3	17.1	1.7
CRISPY CALAMARI	2056	491	33.9	2.6	30.0	4.0	15.7	3.7
STONEBAKED BBQ GARLIC FLATBREAD	1715	410	18.4	6.4	52.2	1.1	7.5	1.1
MAKE IT CHEESY ADD	273	65	4.9	3.1	0.5	0.1	4.8	0.3
VEGAN FLATBREAD OPTION AVAILABLE	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
LOADED NACHOS	2444	584	35.4	9.5	48.7	6.1	14.5	2.0
VEGAN NACHOS OPTION AVAILABLE	2231	533	31.7	18.7	55.6	2.5	4.3	2.4
MAINS - THE '74 CHICKEN & RIB SHOP								
74 BEEFEATER COMBO & FRIES WITHOUT SAUCES CHOICE OF 2 GIVEN	5413	1293	61.0	12.7	98.4	16.5	86.4	6.2
74 RACK OF PORK RIBS & FRIES WITHOUT SAUCE	4349	1039	50.0	15.1	85.4	23.9	61.8	5.6
74 CHICKEN & RIB COMBO & FRIES WITHOUT SAUCE	3661	874	33.5	8.7	75.6	16.0	66.9	5.7
74 HALF CHICKEN & FRIES WITHOUT SAUCE	3516	840	34.1	6.8	63.0	6.0	70.2	5.4
ADD HALF A RACK OF '74 BBQ& GLAZED PORK RIBS	1270	303	18.8	6.8	5.8	4.3	27.6	1.0
ADD '74 DOUBLE CRUNCH CHICKEN WINGS	1752	418	27.5	3.9	22.8	0.5	19.5	0.4
MAINS - THE '74 CHICKEN & RIB SHOP - '74 SAUCES								
74 BBQ SAUCE	134	32	0.4	0.2	6.9	5.4	0.4	0.4
74 HOT SAUCE	51	12	0.0	0.0	2.7	1.8	0.3	0.4
74 MANGO, PEACH & HABANERO SAUCE	154	37	0.0	0.0	8.7	8.1	0.2	0.5
74 HONEY & MUSTARD SAUCE	569	136	12.6	0.8	4.5	4.5	0.4	0.3
74 SMOKEHOUSE TOMATO SAUCE	245	59	0.0	0.0	13.5	12.6	0.6	0.5
74 BACON RELISH	196	47	1.2	0.1	7.6	6.7	1.0	0.1
'74 BURGER SAUCE	465	111	10.8	0.7	2.9	2.5	0.2	0.5
'74 SPICY MAYO	399	95	8.7	0.6	3.6	2.9	0.3	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS - STEAK YOUR WAY								
1. CHOOSE YOUR STEAK								
8OZ* FILLET WITHOUT SIDES	1660	396	20.4	8.1	7.6	2.1	48.1	0.9
10OZ* RIBEYE WITHOUT SIDES	2389	571	31.6	13.4	6.3	4.1	64.0	1.0
8OZ* SIRLOIN WITHOUT SIDES	1638	391	17.2	6.1	7.5	2.4	53.5	0.8
2. CHOOSE YOUR SIDE								
SKINNY FRIES	1226	293	10.0	0.8	49.6	0.5	3.0	1.9
TRIPLE COOKED CHIPS	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
LOADED CHEESY FRIES	2151	514	28.7	2.9	59.3	6.5	5.7	3.4
SWEET POTATO FRIES	1289	308	13.1	1.2	49.9	18.4	2.6	1.1
3. SEAL THE DEAL								
PEPPERCORN SAUCE	125	30	0.7	0.4	4.1	2.2	1.5	0.7
GARLIC KING PRAWNS	741	177	13.7	5.9	0.8	0.3	12.7	0.3
FRIED EGG	452	108	8.5	1.8	0.1	0.1	7.9	0.0
74 RUBBED MINI CORN ON THE COBS	341	81	1.9	0.3	10.2	3.1	3.5	0.3
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
MAC & CHEESE	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
74 GRILLED VEG WITH TENDERSTEM BROCCOLI	234	56	1.9	0.4	5.2	1.4	3.5	0.2
MAINS STEAK - PREMIUM STEAKS								
SURF & TURF COMBO WITH CHIPS	4968	1187	67.9	14.7	72.4	5.2	76.0	3.8
UPGRADE SURF & 8OZ* FILLET STEAK WITH CHIPS	4990	1192	71.1	16.8	72.5	4.9	70.6	4.0
STEAK SAMPLER WITH CHIPS	4931	1178	58.0	13.2	82.1	7.3	86.2	2.4
MAINS BURGERS - GOURMET BURGERS								
74 BACONEATER WITH FRIES	4513	1078	54.2	15.6	102.5	19.8	44.0	5.0
74 BEEFEATER DOUBLE STACK WITH FRIES	5368	1282	70.7	25.6	98.6	18.9	62.0	5.1
74 DOUBLE CRUNCH CHICKEN BURGER WITH FRIES	4962	1185	58.0	11.7	126.6	18.8	38.8	5.5
SWAP TO A GRILLED CHICKEN BREAST -	3713	887	32.1	4.8	98.8	19.3	49.8	5.6
HALLO-ME BURGER WITH FRIES	4004	956	43.9	12.2	110.1	26.1	27.2	4.9
LEAFEATER WITH FRIES	4012	958	45.6	11.3	100.9	14.9	32.8	5.2
LOADED CHEESY FRIES	2151	514	28.7	2.9	59.3	6.5	5.7	3.4
SWEET POTATO FRIES	1289	308	13.1	1.2	49.9	18.4	2.6	1.1
BURGER UPGRADE								
ADD SIGNATURE BEEF BURGER PATTY	935	223	15.5	7.0	0.1	0.1	20.6	0.4
ADD GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	2.1
ADD GARDEN GOURMET SENSATIONAL BURGER	936	224	15.0	4.3	3.6	1.2	16.3	0.9
ADD HALLOUMI	738	176	13.7	8.8	0.0	0.0	12.3	1.2
ADD '74 BACON RELISH	196	47	1.2	0.1	7.6	6.7	1.0	0.1
ADD 2 RASHERS OAK-SMOKED BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD FRIED EGG	452	108	8.5	1.8	0.1	0.1	7.9	0.0
ADD GUACAMOLE	339	81	6.3	1.5	4.3	2.0	0.8	0.3
ADD 2 SLICES OF THIS ISN'T BACON	241	58	2.4	0.2	2.0	0.2	6.3	0.7
ADD A VIOLIFE SLICE	240	57	4.6	4.2	4.0	0.0	0.0	0.5
MAINS - FISH								
BEER-BATTERED FISH & CHIPS WITH MUSHY PEAS	4067	971	52.8	4.3	82.3	4.9	41.5	2.3
BEER-BATTERED FISH & CHIPS WITH PEAS	3908	933	52.7	4.3	75.8	6.2	39.1	1.8
UPGRADE TO HADDOCK & CHIPS WITH MUSHY PEAS	4209	1005	52.7	5.5	89.4	4.7	45.5	1.9
UPGRADE TO HADDOCK & CHIPS WITH PEAS	4050	967	52.6	5.5	82.9	6.0	43.2	1.5
CHARGRILLED FILLET OF SALMON WITH RICE	3227	771	43.1	10.2	51.0	5.9	43.6	1.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CHARGRILLED FILLET OF SALMON WITH FRIES	3532	844	51.0	10.7	55.0	4.4	42.4	2.6
CHARGRILLED FILLET OF SALMON WITH SALAD	2480	592	42.7	10.1	10.0	7.5	40.8	0.9
ADD '74 GRILLED VEG WITH TENDERSTEM BROCCOLI	234	56	1.9	0.4	5.2	1.4	3.5	0.2
74 CHARGRILLED KING PRAWN & VEGETABLE SKEWER & FRIES WITHOUT SAUCE OPTION	3466	828	23.3	3.7	113.3	8.3	40.1	4.0

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAINS - MEAT FREE								
74 CHARGRILLED VEGETABLE SKEWER & FRIES WITHOUT SAUCE OPTION	3115	744	24.6	3.3	113.9	7.7	15.5	3.6
SMOTHERED NO CHICKEN MELT WITH FRIES	3198	764	33.4	10.6	85.9	15.2	28.8	5.5
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE WITH SALAD	2726	651	25.7	11.2	79.6	19.9	23.9	2.8
MAINS - SALADS								
BEEFEATER COBB SALAD BASE	602	144	7.0	1.5	12.7	9.8	4.5	0.2
ADD CAESAR DRESSING	481	115	11.2	1.2	2.0	1.4	1.0	0.4
ADD HONEY MUSTARD	759	181	16.8	1.1	6.0	6.0	0.6	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
GRILLED CHICKEN BREAST ADD	649	155	2.5	0.6	0.1	0.5	32.7	1.1
MEATLESS FARM® PLANT-BASED CHICKEN BREAST ADD	739	177	7.1	0.7	9.1	0.5	17.8	1.2
GRILLED HALLOUMI ADD	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
MAINS - CLASSICS								
UPGRADE MIXED GRILL WITH CHIPS & 4OZ* RUMP STEAK	6134	1465	78.4	20.0	77.5	8.6	113.9	7.5
UPGRADE MIXED GRILL WITH CHIPS & 8OZ* RUMP STEAK	6801	1624	85.0	23.0	79.3	8.7	139.1	7.6
UPGRADE MIXED GRILL WITH CHIPS & 8OZ* SIRLOIN STEAK	6801	1624	84.6	22.6	79.2	9.1	139.3	7.6
CHARGRILLED 7OZ* GAMMON STEAK WITH CHIPS	3412	815	36.9	6.6	63.8	10.2	58.3	3.2
DOUBLE UP YOUR GAMMON STEAK ADD	1015	242	7.8	3.2	0.3	0.3	42.7	2.9
SMOTHERED CHICKEN MELT WITH FRIES	3130	748	30.2	7.9	68.1	15.1	51.2	5.2
VEGAN SMOTHERED NO CHICKEN OPTION AVAILABLE	3168	757	33.8	10.8	83.3	13.4	28.8	5.6
BEEF & ALE PIE WITH CHIPS	4776	1141	58.1	16.8	123.5	7.1	22.2	2.2
BEEF LASAGNE	3187	761	37.9	16.3	70.8	15.7	31.3	3.8
SIDES - SOMETHING ON THE SIDE								
74 LOADED CHEESY FRIES	2151	514	28.7	2.9	59.3	6.5	5.7	3.4
74 RUBBED MINI CORN ON THE COBS	341	81	1.9	0.3	10.2	3.1	3.5	0.3
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
MAC & CHEESE	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
SKINNY FRIES	1226	293	10.0	0.8	49.6	0.5	3.0	1.9
TRIPLE COOKED CHIPS	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
SWEET POTATO FRIES	1289	308	13.1	1.2	49.9	18.4	2.6	1.1
74 GRILLED VEG WITH TENDERSTEM BROCCOLI	234	56	1.9	0.4	5.2	1.4	3.5	0.2
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
DESSERTS - SOMETHING SWEET								
VANILLA ICE CREAM SUNDAE WITH LOTUS BISCOFF	2609	623	36.1	13.6	66.7	46.3	7.5	0.6
VEGAN OPTION biscoff sundae AVAILABLE	2572	614	32.9	13.1	76.7	42.4	2.8	0.6
VANILLA ICE CREAM SUNDAE WITH KITKAT	2440	583	25.2	15.6	79.7	68.2	8.7	0.3
CHEESECAKE WITH CADBURY CRUNCHIE	2818	673	23.7	12.3	102.6	79.4	11.7	0.8
CHOCOLATE CHURROS SUNDAE	1927	460	17.8	11.3	67.0	58.8	7.2	0.3
VANILLA ICE CREAM WITH RASPBERRY	1156	276	8.4	5.3	45.4	40.9	4.7	0.1
VANILLA ICE CREAM WITH CHOCOLATE	1196	286	8.6	5.5	46.9	42.7	5.2	0.2
VANILLA ICE CREAM WITH CARAMEL SAUCE	1206	288	9.0	5.8	46.6	43.0	5.2	0.3
VEGAN OPTION AVAILABLE WITH RASPBERRY SAUCE	1304	311	9.3	7.8	56.6	38.2	0.4	0.1
VEGAN OPTION AVAILABLE WITH CHOC SAUCE	1344	321	9.5	7.9	58.1	40.0	0.8	0.2
APPLE PIE WITH ICE CREAM	1647	393	12.8	5.4	63.4	38.8	4.3	0.6
APPLE PIE WITH VEGAN ICE CREAM	1696	405	13.1	6.2	67.2	37.9	2.8	0.6
APPLE PIE WITH CUSTARD	1785	426	13.0	5.2	70.0	42.0	5.6	0.7
STICKY TOFFEE PUDDING WITH CUSTARD	3152	753	37.7	17.0	94.0	66.7	8.7	0.6
STICKY TOFFEE PUDDING WITH ICE CREAM	3013	720	37.6	17.2	87.4	63.5	7.3	0.5
TRIPLE CHOCOLATE BROWNIE	2582	617	22.9	13.1	91.1	73.6	8.4	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CHOCOLATE LAYER TORTE	1218	291	15.2	8.6	35.0	26.3	2.2	0.3
ADD VANILLA ICE CREAM	281	67	2.7	1.8	9.0	8.2	1.5	0.0
ADD VANILLA VEGAN ICE CREAM	330	79	3.1	2.6	12.8	7.3	0.1	0.0
MINI TRIPLE CHOCOLATE BROWNIE without hot drink	1091	261	10.0	5.6	37.7	29.7	3.3	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUNDAY MENU - ROAST WITH THE MOST								
ULTIMATE SUNDAY ROAST	7733	1847	95.6	21.0	127.4	22.7	114.7	5.0
ROAST SIRLOIN OF BEEF	6349	1517	84.0	19.9	127.1	22.4	58.0	3.0
ADD AN EXTRA SLICE OF BEEF TO ANY ROAST	421	101	6.4	2.8	0.0	0.0	10.8	0.2
RUMP OF LAMB	6306	1506	72.8	15.2	127.3	22.6	80.8	3.5
ADD AN EXTRA SLICE OF LAMB TO ANY ROAST	305	73	1.9	0.9	0.1	0.1	13.8	0.3
HALF A ROAST CHICKEN	6995	1671	87.2	17.2	127.3	22.6	89.6	4.6
SHARER ROAST WITHOUT MEAT see below	10174	2430	129.9	23.1	254.2	44.7	51.3	4.8
ADD BEEF	1262	302	19.1	8.4	0.0	0.0	32.4	0.6
ADD CHICKEN	1908	456	22.2	5.7	0.2	0.2	63.9	2.2
ADD LAMB	1219	291	7.8	3.7	0.2	0.2	55.1	1.1
NO-CHICKEN ROAST	5770	1378	70.7	10.8	137.1	21.7	42.8	3.3
VEGAN ROAST OPTION AVAILABLE	4114	983	52.4	4.1	86.0	15.7	33.3	2.6
SUNDAY MENU SIDES - A BIT ON THE SIDE?								
CAULIFLOWER CHEESE	1189	284	19.0	12.5	14.1	5.9	13.4	1.5
PIGS IN BLANKETS	1172	280	19.1	6.5	8.4	1.6	18.1	2.0
ADD ON UNLIMITED FAVOURITES FOR JUST								
PER ONE YORKSHIRE	505	121	3.5	0.4	15.4	0.9	6.4	0.3
PER 100G ROAST POTATOES	1147	274	18.2	1.3	23.7	0.7	2.5	0.2
PER 100G SUNDAY LUNCH GRAVY	182	43	2.5	1.5	3.5	1.9	1.1	0.6
VEGAN GRAVY	126	30	1.1	0.1	4.4	0.7	0.4	0.4
SUNDAY KIDS								
KIDS' BEEF SIRLOIN	2466	589	29.6	4.7	52.9	8.6	23.4	1.2
KIDS' ROAST CHICKEN	2369	566	24.5	2.2	53.0	8.8	28.9	1.4
KIDS MENU								
KIDS STARTERS								
VEGGIE STICKS & DIP	124	30	0.3	0.0	3.8	3.7	2.6	0.1
NACHOS & DIPS	688	164	6.4	0.9	21.4	2.9	4.1	0.3
GARLIC FLATBREAD	844	202	9.2	3.2	25.5	0.3	3.7	0.4
KIDS MAINS								
10-VEG TOMATO PASTA	985	235	3.8	0.5	40.8	6.8	7.5	0.6
MAC & CHEESE	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
OVEN BAKED POPPIN' CHICKEN WITH FRIES	1053	252	10.8	1.4	27.8	0.2	11.5	1.1
RUMP STEAK WITH FRIES	1127	269	10.3	3.4	20.4	0.4	26.3	0.8
MARGHERITA PIZZA	1575	376	10.8	4.8	54.0	2.6	14.4	1.4
SAUSAGE & MASH	1439	344	19.8	7.5	23.9	4.4	16.3	1.6
GARDEN GOURMET SENSATIONAL SAUSAGE & MASH	1170	279	13.0	6.1	23.3	2.5	13.8	1.7
SPAGHETTI BOLOGNESE	1204	288	6.5	2.5	40.0	6.8	15.4	0.3
OVEN BAKED FISH BITES WITH FRIES	1689	403	17.3	1.3	44.5	1.8	18.0	1.5
BEEF BURGER WITH FRIES	2023	483	21.9	8.2	43.5	1.7	26.8	1.3
GRILLED CHICKEN BREAST WITH FRIES	784	187	5.0	0.6	18.7	0.4	17.5	1.3
FRIES	460	110	3.7	0.3	18.6	0.2	1.1	0.7
COB BITES	200	48	1.1	0.2	5.7	1.5	2.2	0.0
VEG BATONS	65	16	0.2	0.0	2.4	2.3	0.6	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
MASHED POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
KIDS DESSERTS								
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
STRAWBERRY FROZEN YOGHURT	537	128	4.9	3.3	18.1	10.5	2.7	0.1
VANILLA ICE CREAM	803	192	7.5	4.9	25.1	16.9	5.4	0.2
CHOCOLATE BROWNIE	1352	323	12.8	7.4	44.7	35.1	5.4	0.2
PANCAKES WITH BANANA & CHOCOLATEY SAUCE	1057	252	6.2	2.6	44.2	28.1	4.1	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
EVENING MENU								
SAUCES								
74 BBQ SAUCE	134	32	0.4	0.2	6.9	5.4	0.4	0.4
74 HOT SAUCE	51	12	0.0	0.0	2.7	1.8	0.3	0.4
74 MANGO, PEACH & HABANERO SAUCE	154	37	0.0	0.0	8.7	8.1	0.2	0.5
74 HONEY & MUSTARD SAUCE	569	136	12.6	0.8	4.5	4.5	0.4	0.3
74 SMOKEHOUSE TOMATO SAUCE	245	59	0.0	0.0	13.5	12.6	0.6	0.5
74 BACON RELISH	196	47	1.2	0.1	7.6	6.7	1.0	0.1
74 BURGER SAUCE	465	111	10.8	0.7	2.9	2.5	0.2	0.5
74 SPICY MAYO	399	95	8.7	0.6	3.6	2.9	0.3	0.4
EVENING STARTERS								
CHICKEN GOUJONS	1600	382	18.5	2.2	32.8	8.3	21.0	1.7
74 DOUBLE CRUNCH CHICKEN WINGS	1754	440	27.5	3.9	22.8	0.6	19.5	0.4
STONEBAKED BBQ GARLIC FLATBREAD	1715	410	18.4	6.4	52.2	1.1	7.5	1.1
MAKE IT CHEESY ADD	273	65	4.9	3.1	0.5	0.1	4.8	0.3
VEGAN FLATBREAD OPTION AVAILABLE	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
CHEESY POTATO DIPPERS WITH BBQ SAUCE	1991	476	25.2	10.7	43.2	8.5	19.2	1.4
ADD OAK-SMOKED BACON	438	105	6.7	2.1	0.4	0.1	10.8	1.5
TOMATO SOUP	1134	271	12.8	4.0	32.0	14.6	4.8	1.3
CRISPY CALAMARI	2056	491	33.9	2.6	30.0	4.0	15.7	3.7
BREADED MUSHROOMS WITH BBQ SAUCE	1766	422	17.5	2.1	54.5	9.1	9.7	1.2
EVENING MAINS								
SMOTHERED CHICKEN MELT WITH FRIES	3130	748	30.2	7.9	68.1	15.1	51.2	5.2
VEGAN OPTION SMOTHERED NO CHICKEN MELT WITH FRIES	3168	757	33.8	10.8	83.3	13.4	28.8	5.6
74 BACONEATER WITH FRIES	4513	1078	54.2	15.6	102.5	19.8	44.0	5.0
GARDEN GOURMET SENSATIONAL BURGER WITH FRIES	4012	958	45.6	11.3	100.9	14.9	32.8	5.2
BEER-BATTERED FISH & CHIPS WITH MUSHY PEAS	4067	971	52.8	4.3	82.3	4.9	41.5	2.3
BEER-BATTERED FISH & CHIPS WITH PEAS	3908	933	52.7	4.3	75.8	6.2	39.1	1.8
UPGRADE TO HADDOCK & CHIPS WITH MUSHY PEAS	4209	1005	52.7	5.5	89.4	4.7	45.5	1.9
UPGRADE TO HADDOCK & CHIPS WITH PEAS	4050	967	52.6	5.5	82.9	6.0	43.2	1.5
BEEF LASAGNE	3187	761	37.9	16.3	70.8	15.7	31.3	3.8
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE	2726	651	25.7	11.2	79.6	19.9	23.9	2.8
CHICKEN MAKHANI CURRY	2675	639	20.7	5.1	77.0	23.3	32.4	3.5
ADD A NAAN BREAD	801	191	2.6	0.2	34.8	0.8	6.2	0.8
74 BEEFEATER COMBO WITHOUT SAUCES CHOICE OF 2 GIVEN	5413	1293	61.0	12.7	98.4	16.5	86.4	6.2
ADD HALF A RACK OF '74 BBQ GLAZED PORK RIBS	1270	303	18.8	6.8	5.8	4.3	27.6	1.0
ADD '74 DOUBLE CRUNCH CHICKEN WINGS	1752	418	27.5	3.9	22.8	0.5	19.5	0.4
80Z* SIRLOIN WITH CHIPS	3293	787	37.4	7.7	58.5	2.9	58.0	1.0
BEEFEATER COBB SALAD BASE	602	144	7.0	1.5	12.7	9.8	4.5	0.2
ADD CAESAR DRESSING	481	115	11.2	1.2	2.0	1.4	1.0	0.4
ADD HONEY MUSTARD	759	181	16.8	1.1	6.0	6.0	0.6	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
MEATLESS FARM PLANT-BASED CHICKEN BREAST	739	177	7.1	0.7	9.1	0.5	17.8	1.2
GRILLED HALLOUMI	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
EVENING DESSERTS								
VANILLA ICE CREAM WITH RASPBERRY	1156	276	8.4	5.3	45.4	40.9	4.7	0.1
VANILLA ICE CREAM WITH CHOCOLATE	1196	286	8.6	5.5	46.9	42.7	5.2	0.2
VANILLA ICE CREAM WITH CARAMEL SAUCE	1206	288	9.0	5.8	46.6	43.0	5.2	0.3
VEGAN OPTION AVAILABLE WITH RASPBERRY SAUCE	1304	311	9.3	7.8	56.6	38.2	0.4	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
VEGAN OPTION AVAILABLE WITH CHOC SAUCE	1344	321	9.5	7.9	58.1	40.0	0.8	0.2
APPLE PIE WITH ICE CREAM	1647	393	12.8	5.4	63.4	38.8	4.3	0.6
APPLE PIE WITH VEGAN ICE CREAM	1696	405	13.1	6.2	67.2	37.9	2.8	0.6
APPLE PIE WITH CUSTARD	1785	426	13.0	5.2	70.0	42.0	5.6	0.7
TRIPLE CHOCOLATE BROWNIE	2582	617	22.9	13.1	91.1	73.6	8.4	0.3
VANILLA ICE CREAM SUNDAE WITH LOTUS BISCOFF	2609	623	36.1	13.6	66.7	46.3	7.5	0.6
VEGAN OPTION AVAILABLE	2572	614	32.9	13.1	76.7	42.4	2.8	0.6
EVENING SIDES								
BEER-BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
MAC & CHEESE	1689	403	23.2	14.1	30.6	3.6	17.5	1.2

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BEEFEATER AUTUMN WINTER MENU 2023																										
CONDIMENTS																										
Brakes Brown Malt Vinegar (15549)			Yes																						Yes	Yes
Brown Sauce (53606)			Yes										Yes												Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
English Mustard (51729)	Yes											Yes													Yes	Yes
French Mustard (53546)	Yes											Yes													Yes	Yes
Mayonnaise Light (54568)					Yes							Yes													No	Yes
Table Salt (54744)																									Yes	Yes
Tomato Ketchup (54031)																									Yes	Yes
FIND YOUR FLAVOUR & GET SAUCY																										
74 BBQ SAUCE			Yes									Yes													Yes	Yes
Signature BBQ Sauce (10003022)			Yes									Yes													Yes	Yes
74 HOT SAUCE																									Yes	Yes
Signature 74 Hot sauce																									Yes	Yes
74 MANGO, PEACH & HABANERO SAUCE																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
74 HONEY & MUSTARD SAUCE	Yes											Yes													No	Yes
Honey & Mustard Sauce	Yes											Yes													No	Yes
74 SMOKEHOUSE TOMATO SAUCE																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																									Yes	Yes
74 BACON RELISH																									No	No
Bacon Jam 74 (10004121)																									No	No
74 BURGER SAUCE												Yes													Yes	Yes
Burger Sauce 74 (10004097)												Yes													Yes	Yes
74 SPICY MAYO																									Yes	Yes
Spicy Mayo 74 (10004101)																									Yes	Yes
STARTERS - GET STARTED TOGETHER																										
74 DOUBLE CRUNCH CHICKEN WINGS	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
Onions Spring Bunch (54250)																									Yes	Yes
ADD CHICKEN WINGS	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
ADD DIPPOT & DRIZZLE BACON RELISH																									No	No
Bacon Jam 74 (10004121)																									No	No
Bacon Jam 74 (10004121)																									No	No
ADD DIPPOT & DRIZZLE BURGER SAUCE												Yes													Yes	Yes
Burger Sauce 74 (10004097)												Yes													Yes	Yes
Burger Sauce 74 (10004097)												Yes													Yes	Yes
ADD DIPPOT & DRIZZLE HONEY & MUSTARD SAUCE	Yes											Yes													No	Yes
Honey & Mustard Sauce	Yes											Yes													No	Yes
Honey & Mustard Sauce	Yes											Yes													No	Yes
ADD DIPPOT & DRIZZLE MANGO, PEACH & HABANERO SAUCE																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ADD DIPPOT & DRIZZLE BBQ SAUCE			Yes										Yes												Yes	Yes	
Signature BBQ Sauce (10003022)			Yes										Yes													Yes	Yes
Signature BBQ Sauce (10003022)			Yes										Yes													Yes	Yes
ADD DIPPOT & DRIZZLE HOT SAUCE																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
ADD DIPPOT & DRIZZLE SMOKEHOUSE TOMATO SAUCE																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
ADD DIPPOT & DRIZZLE SPICY MAYO																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
CHICKEN GOUJONS WITH BBQ SAUCE	Yes																									No	No
BBQ Sauce (10003666)																										Yes	Yes
Chicken Goujons NEW (10003970)	Yes																									No	No
Rocket Leaf (54258)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BREADED MUSHROOMS WITH BBQ SAUCE	Yes																									No	No
BBQ Sauce (10003666)																										Yes	Yes
Garlic & Herb BreaDED Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CHEESY POTATO DIPPERS WITH BBQ SAUCE							Yes																			No	No
BBQ Sauce (10003666)																										Yes	Yes
Potato Dippers (52706)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
ADD OAK-SMOKED BACON																										No	No
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
HALLOUMI FRIES	Yes						Yes																			No	No
Batter Mix (51665)	Yes																									Yes	Yes
BBQ Sauce (10003666)																										Yes	Yes
Halloumi (10003111)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CLASSIC PRAWN COCKTAIL	Yes	Yes	Yes			Yes	Yes		Yes				Yes													No	No
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
Clabatta Loaf Vegan (10004118)	Yes	Yes	Yes																							Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
CRISPY CALAMARI	Yes										Yes															No	No
Calamari (10000512)	Yes										Yes															No	No
Cracked Black Peppercorns (10004196)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Chillies Red (54235)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
STONEBAKED BBQ GARLIC FLATBREAD	Yes						Yes																		No	Yes	
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
MAKE IT CHEESY ADD							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
VEGAN OPTION AVAILABLE	Yes																									Yes	Yes
Larderfresh Sunflower Spread (47177)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
LOADED NACHOS							Yes				Yes				Yes											No	Yes
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Tortilla Chips (10003312)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Avocado Halves (10000498)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Cracked Black Peppercorns (10004196)																										Yes	Yes
French Dressing (53514)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Cracked Black Peppercorns (10004196)																										Yes	Yes
French Dressing (53514)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
VEGAN NACHOS OPTION AVAILABLE											Yes				Yes											Yes	Yes
Tortilla Chips (10003312)																										Yes	Yes
Vegan Sliced Cheese																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Cracked Black Peppercorns (10004196)																										Yes	Yes
French Dressing (53514)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MAINS - THE '74 CHICKEN & RIB SHOP																											
74 BEEFEATER COMBO WITH FRIES SHOWN WITHOUT SAUCES	Yes		Yes																						No	No	
Rocket Leaf (54258)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
74 Grill Master Rub (10003338)																									Yes	Yes	
Double Crunch Chicken Wing	Yes																								No	No	
Stealth Fries (52190)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Signature BBQ Sauce (10003022)			Yes									Yes													Yes	Yes	
Pork Rib New																									No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Raw Chicken Fillet (10004054)																									No	No	
74 Grill Master Rub (10003338)																									Yes	Yes	
Corn On Cob Bites (10002478)																									Yes	Yes	
74 Grill Master Rub (10003338)																									Yes	Yes	
74 RACK OF PORK RIBS WITHOUT SAUCE																											
Rocket Leaf (54258)			Yes																							No	No
74 Grill Master Rub (10003338)																									Yes	Yes	
Stealth Fries (52190)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Signature BBQ Sauce (10003022)			Yes									Yes													Yes	Yes	
Pork Rib New																									No	No	
Corn On Cob Bites (10002478)																									Yes	Yes	
74 Grill Master Rub (10003338)																									Yes	Yes	
74 CHICKEN & RIB COMBO WITH FRIES SHOWN WITHOUT SAUCE																											
Rocket Leaf (54258)			Yes																							No	No
74 Grill Master Rub (10003338)																									Yes	Yes	
Stealth Fries (52190)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Signature BBQ Sauce (10003022)			Yes									Yes													Yes	Yes	
Pork Rib New																									No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Raw Chicken Fillet (10004054)																									No	No	
74 Grill Master Rub (10003338)																									Yes	Yes	
Corn On Cob Bites (10002478)																									Yes	Yes	
74 Grill Master Rub (10003338)																									Yes	Yes	

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
74 HALF CHICKEN WITH FRIES SHOWN WITHOUT SAUCE																									No	No	
Rocket Leaf (54258)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Roasted Half Chicken (10003102)																										No	No
74 Grill Master Rub (10003338)																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
ADD HALF A RACK OF '74 BBQ\$ GLAZED PORK RIBS			Yes								Yes															No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Signature BBQ Sauce (10003022)			Yes								Yes															Yes	Yes
Pork Rib New																										No	No
ADD '74 DOUBLE CRUNCH CHICKEN WINGS	Yes																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Double Crunch Chicken Wing	Yes																									No	No
MAINS - THE '74 CHICKEN & RIB SHOP - '74 SAUCES																											
74 BBQ SAUCE			Yes								Yes															Yes	Yes
Signature BBQ Sauce (10003022)			Yes								Yes															Yes	Yes
74 HOT SAUCE																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
74 MANGO, PEACH & HABANERO SAUCE																										Yes	Yes
Mango Habanero Sauce 74 (10004096)																										Yes	Yes
74 HONEY & MUSTARD SAUCE	Yes										Yes															No	Yes
Honey & Mustard Sauce	Yes										Yes															No	Yes
74 SMOKEHOUSE TOMATO SAUCE																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
74 BACON RELISH																										No	No
Bacon Jam 74 (10004121)																										No	No
'74 BURGER SAUCE											Yes															Yes	Yes
Burger Sauce 74 (10004097)											Yes															Yes	Yes
'74 SPICY MAYO																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
MAINS - STEAK YOUR WAY																										
1. CHOOSE YOUR STEAK SHOWN WITHOUT SIDES																										
8OZ* FILLET																									No	No
8oz Fillet Steak (10001646)																									No	No
Mushroom Flat (54219)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rock Salt (52462)																									No	Yes
Tomato M (54216)																									Yes	Yes
Whole Black Pepper (50887)																									Yes	Yes
10OZ* RIBEYE																									No	No
Mushroom Flat (54219)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
10oz Fresh Ribeye (10001660)																									No	No
Rock Salt (52462)																									No	Yes
Tomato M (54216)																									Yes	Yes
Whole Black Pepper (50887)																									Yes	Yes
8OZ* SIRLOIN WITHOUT SIDES																									No	No
Mushroom Flat (54219)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
8oz Fresh Sirloin (10001659)																									No	No
Rock Salt (52462)																									No	Yes
Tomato M (54216)																									Yes	Yes
Whole Black Pepper (50887)																									Yes	Yes
2. CHOOSE YOUR SIDE																										
SKINNY FRIES																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
TRIPLE COOKED CHIPS																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHOPPED HOUSE SALAD																										
French Dressing (53514)													Yes			Yes									Yes	Yes
Sweetcorn (10004024)													Yes			Yes									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
SWAP TO LOADED CHEESY FRIES																										
Nacho Cheese Sauce (10001897)						Yes							Yes			Yes									No	Yes
74 Grill Master Rub (10003338)						Yes																			No	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Table Salt (54744)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
SWEET POTATO FRIES																										
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
3. SEAL THE DEAL																										
PEPPERCORN SAUCE																										
Peppercorn Sauce Small (10002920)						Yes						Yes													No	No
						Yes						Yes													No	No
GARLIC KING PRAWNS																										
Garlic & Parsley Butter Blend (48641)						Yes			Yes																No	Yes
Jumbo Tiger Prawn (10004094)									Yes																No	No
FRIED EGG																										
Rapeseed Oil 100 Abv 2X10L (10002276)						Yes																			No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MAINS STEAK - 4. A LITTLE EXTRA																											
74 RUBBED CORN ON COBS																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
BEER-BATTERED ONION RINGS	Yes	Yes																								No	No
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MAC & CHEESE	Yes					Yes																				No	Yes
Mac & Cheese (10003296)	Yes					Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
74 GRILLED VEG AND BROCCOLI																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Grilled Veg (10004159)																										Yes	Yes
MAINS STEAK - PREMIUM STEAKS																											
SURF & TURF COMBO WITH CHIPS	Yes					Yes		Yes	Yes																	No	No
Calamari (10000512)	Yes																									No	No
Garlic & Parsley Butter Blend (48641)						Yes																				No	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Jumbo Tiger Prawn (10004094)								Yes																		No	No
Spicy Mayo 74 (10004101)																										Yes	Yes
Boz Fillet Steak (10001646)																										No	No
Table Salt (54744)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Boz Fresh Sirloin (10001659)																										No	No
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
STEAK SAMPLER WITH CHIPS	Yes	Yes				Yes					Yes															No	No
Boz Fillet Steak (10001646)																										No	No
Mushroom Flat (54219)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes	Yes																								Yes	Yes
Peppercorn Sauce Small (10002920)						Yes					Yes															No	No
Rocket Leaf (54258)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Boz Fresh Sirloin (10001659)																										No	No
Boz Fresh Rump (10001643)																										No	No
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rock Salt (52462)																										No	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
MAINS BURGERS - GOURMET BURGERS																										
74 BACONEATER WITH FRIES	Yes					Yes	Yes						Yes												No	No
Mayonnaise Light (54568)	Yes					Yes							Yes												No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
Table Salt (54744)																									Yes	Yes
Cheese Slices (51545)								Yes																	No	Yes
Signature Beef Burger (10003025)																									No	No
Vegan Burger Bun New	Yes																								Yes	Yes
Bacon Jam 74 (10004121)																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Caster Sugar (52416)																									Yes	Yes
Coleslaw Mix (10004058)																									Yes	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Table Salt (54744)																									Yes	Yes
Semi Skimmed Milk (10001941)								Yes																	No	Yes
Paprika Pepper (48048)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
74 BEEFEATER DOUBLE STACK WITH FRIES	Yes		Yes			Yes	Yes						Yes												No	No
Table Salt (54744)																									Yes	Yes
Cheese Slices (51545)								Yes																	No	Yes
Signature BBQ Sauce (10003022)			Yes										Yes												Yes	Yes
Signature Beef Burger (10003025)																									No	No
Vegan Burger Bun New	Yes																								Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Caster Sugar (52416)																									Yes	Yes
Coleslaw Mix (10004058)																									Yes	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Table Salt (54744)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
74 DOUBLE CRUNCH CHICKEN BURGER WITH FRIES	Yes		Yes			Yes							Yes												No	No	
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Signature BBQ Sauce (10003022)			Yes										Yes													Yes	Yes
Vegan Burger Bun New	Yes																									Yes	Yes
Burger Sauce 74 (10004097)													Yes													Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Chicken Breast Double Crunch	Yes																									No	No
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
SWAP TO A GRILLED CHICKEN BREAST -	Yes		Yes			Yes							Yes													No	No
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Signature BBQ Sauce (10003022)			Yes										Yes													Yes	Yes
Vegan Burger Bun New	Yes																									Yes	Yes
Burger Sauce 74 (10004097)													Yes													Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10004054)																										No	No
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
HALLO-ME BURGER WITH FRIES	Yes					Yes	Yes						Yes													No	Yes
Halloumi (10003111)							Yes																			No	Yes
Mushroom Flat (54219)																										Yes	Yes
Vegan Burger Bun New	Yes																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
Burger Sauce 74 (10004097)													Yes													Yes	Yes
Grilled Veg (10004159)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
PLANT STACK WITH FRIES	Yes	Yes		Yes							Yes													Yes	Yes	
Vegan Sliced Cheese																									Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes	Yes			Yes																				Yes	Yes
Vegan Bacon (10003277)					Yes																				Yes	Yes
Vegan Burger Bun New	Yes																								Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Coleslaw Mix (10004058)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
SWAP TO LOADED CHEESY FRIES							Yes				Yes				Yes										No	Yes
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)											Yes				Yes										Yes	Yes
Table Salt (54744)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
SWEET POTATO FRIES																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BURGER UPGRADE																										
ADD SIGNATURE BEEF BURGER PATTY																									No	No
Table Salt (54744)																									Yes	Yes
Signature Beef Burger (10003025)																									No	No
ADD GRILLED CHICKEN BREAST																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
ADD GARDEN GOURMET SENSATIONAL BURGER	Yes		Yes		Yes																				Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes
ADD HALLOUMI								Yes																	No	Yes
Halloumi (10003111)								Yes																	No	Yes
ADD '74 BACON RELISH																									No	No
Bacon Jam 74 (10004121)																									No	No
ADD 2 RASHERS OAK-SMOKED BACON																									No	No
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
ADD A CHEESE SLICE								Yes																	No	Yes
Cheese Slices (51545)								Yes																	No	Yes
ADD FRIED EGG								Yes																	No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)								Yes																	Yes	Yes
Cage Free Med Barn Eggs (10001067)								Yes																	No	Yes
ADD GUACAMOLE													Yes			Yes										
Avocado Halves (10000498)													Yes			Yes									Yes	Yes
Limes (54604, 54603)																									No	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Table Salt (54744)								Yes																	Yes	Yes
ADD 2 SLICES OF THIS ISN'T BACON								Yes																	Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)								Yes																	Yes	Yes
Vegan Bacon (10003277)								Yes																	Yes	Yes
ADD A VIOLIFE SLICE																									Yes	Yes
Vegan Sliced Cheese																									Yes	Yes
MAINS - FISH																										
BEER-BATTERED FISH & CHIPS	Yes		Yes			Yes					Yes															
Tartare Sauce (10002833)						Yes					Yes														No	Yes
Haddock Fillet MSC (54086)										Yes															No	No
Plain Flour (52330)	Yes																								Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Batter Mix (51665)	Yes																								Yes	Yes
Doom Bar (900208)				Yes																					No	No
Lemons (54602, 54722)																									No	Yes
ADD MUSHY PEAS																									Yes	Yes
Mushy Peas (53507)																									Yes	Yes
ADD PEAS																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CHARGRILLED FILLET OF SALMON ONLY							Yes	Yes																	No	No	
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Skin-On Salmon Portions (10000657)								Yes																		No	No
Spicy Mayo 74 (10004101)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
ADD FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD RICE																										Yes	Yes
Seasoned Rice (10002838)													Yes			Yes										Yes	Yes
ADD SALAD																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
ADD 74 GRILLED VEG WITH TENDERSTEM BROCCOLI																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Grilled Veg (10004159)																										Yes	Yes
74 CHARGRILLED KING PRAWN & VEGETABLE SKEWER WITH SALAD & FRIES WITHOUT SAUCE OPTION	Yes						Yes		Yes			Yes			Yes											No	No
Cherry Tomatoes (10000328)																										Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Jumbo Tiger Prawn (10004094)									Yes																	No	No
74 Grill Master Rub (10003338)																										Yes	Yes
Grilled Veg (10004159)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mushroom Cup (54218)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
ADD 74 BACON JAM																										No	No
Bacon Jam 74 (10004121)																										No	No
ADD 74 BURGER SAUCE													Yes													Yes	Yes
Burger Sauce 74 (10004097)													Yes													Yes	Yes
ADD HONEY MUSTARD	Yes												Yes													No	Yes
Honey & Mustard Sauce	Yes												Yes													No	Yes
ADD 74 MANGO HABANERO																										Yes	Yes
Mango Habanero Sauce 74 (10004096)																										Yes	Yes
ADD SIGNATURE BBQ SAUCE													Yes													Yes	Yes
Signature BBQ Sauce (10003022)													Yes													Yes	Yes
ADD SIGNATURE HOT SAUCE																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
ADD 74 TOMATO SAUCE																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
ADD 74 SPICY MAYO																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
MAINS - MEAT FREE																										
74 CHARGILLED VEG SKEWER WITH FRIES WITHOUT SAUCE	Yes																								Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Larderfresh Sunflower Spread (47177)																									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD 74 BACON JAM																									No	No
Bacon Jam 74 (10004121)																									No	No
ADD 74 BURGER SAUCE													Yes												Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
ADD HONEY MUSTARD	Yes												Yes												No	Yes
Honey & Mustard Sauce	Yes												Yes												No	Yes
ADD 74 MANGO HABANERO																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
ADD SIGNATURE BBQ SAUCE			Yes										Yes												Yes	Yes
Signature BBQ Sauce (10003022)			Yes										Yes												Yes	Yes
ADD SIGNATURE HOT SAUCE																									Yes	Yes
Signature 74 Hot sauce																									Yes	Yes
ADD 74 TOMATO SAUCE																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																									Yes	Yes
ADD 74 SPICY MAYO																									Yes	Yes
Spicy Mayo 74 (10004101)																									Yes	Yes
SMOTHERED NO CHICKEN MELT WITH FRIES	Yes				Yes								Yes			Yes									Yes	Yes
BBQ Sauce (10003666)																									Yes	Yes
Vegan Sliced Cheese																									Yes	Yes
Vegan Bacon (10003277)					Yes																				Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																				Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Coleslaw Mix (10004058)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
MAINS - SALADS																										
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE	Yes					Yes	Yes					Yes	Yes			Yes									No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes	Yes																		No	Yes
Veggie Lasagne (10004123)	Yes					Yes	Yes					Yes													No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes						Yes																		No	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD CAESAR DRESSING						Yes	Yes					Yes													No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes					Yes													No	Yes
ADD HONEY MUSTARD	Yes											Yes													No	Yes
Honey & Mustard Sauce	Yes											Yes													No	Yes
ADD FRENCH DRESSING												Yes				Yes									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
GRILLED CHICKEN BREAST																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
MEATLESS FARM® PLANT-BASED CHICKEN BREAST	Yes				Yes																				Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																				Yes	Yes
GRILLED HALLOUMI							Yes																		No	Yes
Halloumi (10003111)							Yes																		No	Yes
MAINS - CLASSICS																										
MIXED GRILL WITH CHIPS	Yes		Yes			Yes										Yes									No	No
5oz Boomerang Gammon Steak (10000617)																									No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Peas Grade A (53692)																									Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
Boz Fresh Rump (10001643)																									No	No
Table Salt (54744)																									Yes	Yes
Boz Fresh Sirloin (10001659)																									No	No
Table Salt (54744)																									Yes	Yes
Boz Fresh Rump (10001643)																									No	No
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Rock Salt (52462)																									No	Yes
Tomato M (54216)																									Yes	Yes
Whole Black Pepper (50887)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CHARGILLED 7/14OZ* GAMMON STEAK WITH CHIPS						Yes																			No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
Peas Grade A (53692)																										Yes	Yes
Sliced Pineapple In Juice (10003876)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
SMOTHERED CHICKEN MELT WITH FRIES						Yes	Yes					Yes			Yes											No	No
BBQ Sauce (10003666)																										Yes	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Raw Chicken Fillet (10004054)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes					Yes															No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
French Dressing (53514)											Yes				Yes											Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
BEEF & ALE PIE WITH CHIPS	Yes		Yes			Yes	Yes																			No	No
Vegan Gravy (10001769)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Hinds Head Steak & Ale Pie	Yes		Yes			Yes	Yes																			No	No
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF LASAGNE	Yes					Yes	Yes					Yes			Yes											No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Lasagne Value	Yes					Yes	Yes																			No	No
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
French Dressing (53514)											Yes				Yes											Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
SIDES - SOMETHING ON THE SIDE																										
74 LOADED CHEESY FRIES							Yes						Yes			Yes									No	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Table Salt (54744)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
74 RUBBED MINI CORN ON THE COBS																									Yes	Yes
Corn On Cob Bites (10002478)																									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
BEER-BATTERED ONION RINGS	Yes		Yes																						No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
MAC & CHEESE	Yes						Yes																		No	Yes
Mac & Cheese (10003296)	Yes						Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
SKINNY FRIES																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
TRIPLE COOKED CHIPS																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
SWEET POTATO FRIES																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
74 GRILLED VEG WITH TENDERSTEM BROCCOLI																									Yes	Yes
Tender Stem Broccoli (10003634)																									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
CHOPPED HOUSE SALAD												Yes				Yes									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
DESSERTS - SOMETHING SWEET																											
VANILLA ICE CREAM SUNDAE WITH LOTUS BISCOFF	Yes	Yes	Yes	Yes	Yes		Yes																		No	Yes	
Dairy Aerosol Cream (52672)							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Lotus Crumb	Yes	Yes	Yes	Yes																						Yes	Yes
Lotus Biscuit (10004102)	Yes				Yes																					Yes	Yes
Lotus Spread (10004099)	Yes				Yes																					Yes	Yes
VEGAN OPTION AVAILABLE	Yes	Yes	Yes	Yes	Yes																				Yes	Yes	
Vegan Ice Cream (10002813)																										Yes	Yes
Lotus Crumb	Yes	Yes	Yes	Yes																						Yes	Yes
Lotus Biscuit (10004102)	Yes				Yes																					Yes	Yes
Lotus Spread (10004099)	Yes				Yes																					Yes	Yes
VANILLA ICE CREAM SUNDAE WITH KITKAT	Yes				Yes		Yes																			No	Yes
Kit Kat Fingers (10001754)	Yes						Yes																			No	Yes
Dairy Aerosol Cream (52672)							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Kitkat Pieces	Yes				Yes		Yes																			No	Yes
Chocolate Sauce NEW (10003676)					Yes		Yes																			Yes	Yes
CHEESECAKE WITH CADBURY CRUNCHIE						Yes	Yes																			No	Yes
Baked Cheesecake (10004314)						Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
Crunchie Crumb (10004013)							Yes																			No	Yes
CHOCOLATE CHURROS SUNDAE	Yes				Yes	Yes	Yes																			No	Yes
Dairy Aerosol Cream (52672)					Yes	Yes	Yes																			No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)					Yes	Yes	Yes																			No	Yes
Chocolate Sauce NEW (10003676)					Yes	Yes	Yes																			Yes	Yes
Churros (10004119)	Yes				Yes	Yes	Yes																			No	Yes
VANILLA ICE CREAM							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
ADD CARAMEL SAUCE							Yes																			No	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
ADD CHOCOLATE SAUCE					Yes		Yes																			Yes	Yes
Chocolate Sauce NEW (10003676)					Yes		Yes																			Yes	Yes
ADD RASPBERRY SAUCE							Yes																			Yes	Yes
Raspberry Sauce NEW (10003681)							Yes																			Yes	Yes
VEGAN ICE CREAM																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes
ADD CHOCOLATE SAUCE					Yes		Yes																			Yes	Yes
Chocolate Sauce NEW (10003676)					Yes		Yes																			Yes	Yes
ADD RASPBERRY SAUCE							Yes																			Yes	Yes
Raspberry Sauce NEW (10003681)							Yes																			Yes	Yes
APPLE PIE	Yes																									Yes	Yes
Apple Pie (10003677)	Yes																									Yes	Yes
ADD ICE CREAM							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
ADD CUSTARD							Yes																			No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
ADD VEGAN ICE CREAM																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
STICKY TOFFEE PUDDING	Yes					Yes	Yes																		No	Yes	
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																			No	Yes
ADD CUSTARD							Yes																			No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
ADD ICE CREAM							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
Chocolate Sauce NEW (10003676)					Yes																					Yes	Yes
CHOCOLATE LAYER TORTE	Yes																									Yes	Yes
Vegan Chocolate Torte (10003126)	Yes																									Yes	Yes
Raspberry Sauce NEW (10003681)																										Yes	Yes
ADD VANILLA ICE CREAM							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
ADD VANILLA VEGAN ICE CREAM																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes
MINI TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
SUNDAY MENU - ROAST WITH THE MOST																											
ULTIMATE SUNDAY ROAST	Yes					Yes	Yes				Yes					Yes										No	No
Lamb Rump (10001883)																										No	No
Table Salt (54744)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Roasted Half Chicken (10003102)																										No	No
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Sirloin Joint Frozen																										No	No
Table Salt (54744)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)											Yes															No	No
Salted Block Butter (10001077)							Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ROAST SIRLOIN OF BEEF	Yes					Yes	Yes					Yes													No	No	
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Sirloin Joint Frozen																										No	No
Table Salt (54744)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)											Yes															No	No
Salted Block Butter (10001077)						Yes																				No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
ADD AN EXTRA SLICE OF BEEF TO ANY ROAST																										No	No
Table Salt (54744)																										Yes	Yes
Beef Sirloin Joint Frozen																										No	No
RUMP OF LAMB	Yes					Yes	Yes					Yes				Yes										No	No
Lamb Rump (10001883)																										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (54744)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)											Yes															No	No
Salted Block Butter (10001077)						Yes																				No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
ADD AN EXTRA SLICE OF LAMB TO ANY ROAST																										No	No
Lamb Rump (10001883)																										No	No
Table Salt (54744)																										Yes	Yes
HALF A ROAST CHICKEN	Yes					Yes	Yes					Yes				Yes										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Roasted Half Chicken (10003102)																										No	No
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)											Yes															No	No
Salted Block Butter (10001077)						Yes																				No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SHARER ROAST WITHOUT MEAT	Yes					Yes	Yes				Yes				Yes										Yes	Yes	
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)							Yes				Yes															No	No
Salted Block Butter (10001077)																										No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
MEATS																										No	No
ADD BEEF																										Yes	Yes
Table Salt (54744)																										No	No
Beef Sirloin Joint Frozen																										No	No
ADD CHICKEN																										No	No
Roasted Half Chicken (10003102)																										No	No
ADD LAMB																										No	No
Lamb Rump (10001883)																										No	No
Table Salt (54744)																										Yes	Yes
NO-CHICKEN ROAST	Yes				Yes	Yes	Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																					Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
VEGAN OPTION AVAILABLE	Yes				Yes																					Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																					Yes	Yes
Stuffing Balls																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SUNDAY MENU SIDES - A BIT ON THE SIDE?																											
CAULIFLOWER CHEESE						Yes																				No	Yes
Cauliflower Cheese (10004210)						Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
PIGS IN BLANKETS															Yes											No	No
Pig In Blanket (10001498)															Yes											No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
ADD ON UNLIMITED FAVOURITES																										
YORKSHIRE	Yes					Yes	Yes																		No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																		No	Yes
ROAST POTATOES																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ROAST GRAVY							Yes				Yes					Yes									No	No
Gravy (10002919)							Yes				Yes														No	No
Salted Block Butter (10001077)							Yes																		No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes									No	No
ADD VEGAN GRAVY																									Yes	Yes
Vegan Gravy (10001769)																									Yes	Yes
SUNDAY KIDS																										
KIDS ROAST BASE	Yes					Yes	Yes																		No	No
Vegan Gravy (10001769)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																		No	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD BEEF																									No	No
Table Salt (54744)																									Yes	Yes
Beef Sirloin Joint Frozen																									No	No
ADD CHICKEN																									No	No
Raw Chicken Fillet (10004054)																									No	No
KIDS MENU																										
KIDS STARTERS																										
VEGGIE STICKS & DIP							Yes																		No	Yes
Carrots Medium (54609)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
NACHOS & DIPS							Yes																		No	Yes
Tortilla Chips (10003312)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
GARLIC FLATBREAD	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
KIDS MAINS																										
10-VEG TOMATO PASTA	Yes										Yes														Yes	Yes
Tomato Pasta Kids (10001986)	Yes										Yes														Yes	Yes
MAC & CHEESE	Yes						Yes						Yes												No	Yes
Mac & Cheese Kids (10001962)	Yes						Yes						Yes												No	Yes
OVEN BAKED POPPIN' CHICKEN WITH FRIES	Yes						Yes																		No	No
Mini Chicken Chunks (10004055)	Yes						Yes																		No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
RUMP STEAK WITH FRIES																									No	Yes
Boz Fresh Rump (10001643)																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
MARGHERITA PIZZA	Yes						Yes																		No	Yes
Kids 7 Inch Pizza (10004216)	Yes						Yes																		No	Yes
SAUSAGE & MASH	Yes						Yes																		No	No
Vegan Gravy (10001769)																									Yes	Yes
Kids Sausage (52927)	Yes																								No	No
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Mash Potato (51094)							Yes																		No	Yes
GARDEN GOURMET SENSATIONAL SAUSAGE & MASH					Yes		Yes																		No	Yes
Vegan Gravy (10001769)																									Yes	Yes
Garden Gourmet Vegan Sausage (10003403)					Yes																				Yes	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Mash Potato (51094)							Yes																		No	Yes
SPAGHETTI BOLOGNESE	Yes																								No	No
Spaghetti Bolognese (10002485)	Yes																								No	No
OVEN BAKED FISH BITES WITH FRIES	Yes						Yes	Yes																	No	No
Pollock Nuggets 25g (10001991)	Yes							Yes																	No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEEF BURGER WITH FRIES	Yes					Yes	Yes																		No	No
Burger Buns Kids (54107)	Yes					Yes																			No	Yes
Signature Beef Burger (10003025)																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
GRILLED CHICKEN BREAST WITH FRIES																									No	No
Raw Chicken Fillet (10004054)																									No	No
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?			
SIDES																													
FRIES																													
Stealth Fries (52190)																										Yes	Yes		
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes	
COB BITES																													
Corn On Cob Bites (10002478)																											Yes	Yes	
VEG BATONS																													
Carrots Medium (54609)																											Yes	Yes	
Cucumber Cat II (10003878)																											Yes	Yes	
Pepper Red (54226, 10000329)																											Yes	Yes	
BAKED BEANS																													
Baked Beans In Tomato Sauce (10001944)																											Yes	Yes	
PEAS																													
Peas Grade A (53692)																											Yes	Yes	
MASHED POTATO																													
Semi Skimmed Milk (10001941)							Yes																				No	Yes	
Mash Potato (51094)							Yes																				No	Yes	
KIDS DESSERTS																													
STRAWBERRY SMASH SUNDAE																													
Dairy Aerosol Cream (52672)						Yes	Yes																				No	Yes	
Frozen Strawberry Yogurt (10002481)							Yes																					No	Yes
Meringue Nests (54613)						Yes																						No	Yes
Strawberries (54259)																											Yes	Yes	
FRUIT SALAD																													
Del Monte Fresh Fruit (52205)																											Yes	Yes	
STRAWBERRY FROZEN YOGHURT																													
Frozen Strawberry Yogurt (10002481)	Yes				Yes	Yes	Yes																					No	Yes
Pompadour Fan Wafer (10004022)	Yes				Yes	Yes	Yes																					No	Yes
VANILLA ICE CREAM																													
Chocstix (54617)	Yes				Yes	Yes	Yes																					No	Yes
Pompadour Fan Wafer (10004022)	Yes				Yes	Yes	Yes																					No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																					No	Yes
CHOCOLATE BROWNIE																													
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																					No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																					No	Yes
PANCAKES WITH BANANA & CHOCOLATEY SAUCE																													
Bananas (10002199)	Yes				Yes	Yes	Yes																					No	Yes
Dairy Aerosol Cream (52672)							Yes																					Yes	Yes
Reduced Sugar Pancake (10000656)	Yes						Yes	Yes																				No	Yes
Chocolate Sauce NEW (10003676)					Yes																							Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
EVENING MENU																										
SAUCES																										
74 BBQ SAUCE		Yes									Yes														Yes	Yes
Signature BBQ Sauce (10003022)		Yes									Yes														Yes	Yes
74 HOT SAUCE																									Yes	Yes
Signature 74 Hot sauce																									Yes	Yes
74 MANGO, PEACH & HABANERO SAUCE																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
74 HONEY & MUSTARD SAUCE	Yes										Yes														No	Yes
Honey & Mustard Sauce	Yes										Yes														No	Yes
74 SMOKEHOUSE TOMATO SAUCE																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																									Yes	Yes
74 BACON RELISH																									No	No
Bacon Jam 74 (10004121)																									No	No
74 BURGER SAUCE											Yes														Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
74 SPICY MAYO																									Yes	Yes
Spicy Mayo 74 (10004101)																									Yes	Yes
EVENING STARTERS																										
CHICKEN GOUJONS	Yes																								No	No
BBQ Sauce (10003666)	Yes																								Yes	Yes
Chicken Goujons NEW (10003970)	Yes																								No	No
Rocket Leaf (54258)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
74 DOUBLE CRUNCH CHICKEN WINGS	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)	Yes																								Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
Onions Spring Bunch (54250)																									Yes	Yes
ADD CHICKEN WINGS	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)	Yes																								Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
ADD DIPPOT & DRIZZLE BACON RELISH SAUCE																									No	No
Bacon Jam 74 (10004121)																									No	No
Bacon Jam 74 (10004121)																									No	No
ADD DIPPOT & DRIZZLE BURGER SAUCE											Yes														Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
ADD DIPPOT & DRIZZLE HONEY & MUSTARD SAUCE	Yes										Yes														No	Yes
Honey & Mustard Sauce	Yes										Yes														No	Yes
Honey & Mustard Sauce	Yes										Yes														No	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
ADD DIPPOT & DRIZZLE MANGO, PEACH & HABANERO SAUCE																									Yes	Yes	
Mango Habanero Sauce 74 (10004096)																										Yes	Yes
ADD DIPPOT & DRIZZLE BBQ SAUCE			Yes									Yes														Yes	Yes
Signature BBQ Sauce (10003022)			Yes								Yes															Yes	Yes
Signature BBQ Sauce (10003022)			Yes								Yes															Yes	Yes
ADD DIPPOT & DRIZZLE HOT SAUCE																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
ADD DIPPOT & DRIZZLE SMOKEHOUSE TOMATO SAUCE																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
ADD DIPPOT & DRIZZLE SPICY MAYO																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
STONEBAKED BBQ GARLIC FLATBREAD	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
MAKE IT CHEESY ADD							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
VEGAN OPTION AVAILABLE	Yes																									Yes	Yes
Larderfresh Sunflower Spread (47177)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
CHEESY POTATO DIPPERS WITH BBQ SAUCE							Yes																			No	No
BBQ Sauce (10003666)																										Yes	Yes
Potato Dippers (52706)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
ADD OAK-SMOKED BACON																										No	No
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
TOMATO SOUP	Yes	Yes	Yes																							Yes	Yes
Tomato Soup																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Ciabatta Loaf Vegan (10004118)	Yes	Yes	Yes																							Yes	Yes
CRISPY CALAMARI	Yes									Yes																No	No
Calamari (10000512)	Yes									Yes																No	No
Cracked Black Peppercorns (10004196)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Spicy Mayo 74 (10004101)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Chillies Red (54235)																										Yes	Yes
BREADED MUSHROOMS WITH BBQ SAUCE	Yes																									No	No
BBQ Sauce (10003666)																										Yes	Yes
Garlic & Herb Breadcrded Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
EVENING MAINS																											
SMOTHERED CHICKEN MELT WITH FRIES						Yes	Yes						Yes			Yes										No	No
BBQ Sauce (10003666)																										Yes	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	No
Raw Chicken Fillet (10004054)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Table Salt (54744)																										Yes	Yes
French Dressing (53514)												Yes					Yes									Yes	Yes
Fresh Herbs Parsley (54241)												Yes														Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
VEGAN SMOTHERED CHICKEN WITH FRIES	Yes				Yes								Yes			Yes										Yes	Yes
BBQ Sauce (10003666)																										Yes	Yes
Vegan Sliced Cheese																										Yes	Yes
Vegan Bacon (10003277)					Yes																					Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																					Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
French Dressing (53514)												Yes					Yes									Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Burger Sauce 74 (10004097)												Yes														Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
74 BACONEATER WITH CHIPS	Yes					Yes	Yes						Yes													No	No
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Table Salt (54744)																										Yes	Yes
Cheese Slices (51545)												Yes														No	Yes
Signature Beef Burger (10003025)																										No	No
Vegan Burger Bun New	Yes																									Yes	Yes
Bacon Jam 74 (10004121)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Table Salt (54744)																										Yes	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Paprika Pepper (48048)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
PLANT STACK WITH FRIES	Yes	Yes			Yes								Yes												Yes	Yes	
Vegan Sliced Cheese																										Yes	Yes
Garden Gourmet Vegan Burger (10002832)	Yes	Yes			Yes																					Yes	Yes
Vegan Bacon (10003277)					Yes																					Yes	Yes
Vegan Burger Bun New	Yes																									Yes	Yes
Burger Sauce 74 (10004097)												Yes														Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Burger Sauce 74 (10004097)												Yes														Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
BEER-BATTERED FISH & CHIPS	Yes	Yes				Yes	Yes					Yes														No	No
Tartare Sauce (10002833)					Yes		Yes				Yes															No	Yes
Haddock Fillet MSC (54086)							Yes																			No	No
Plain Flour (52330)	Yes																									Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Doom Bar (900208)			Yes																							No	No
Lemons (54602, 54722)																										No	Yes
ADD PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
ADD MUSHY PEAS																										Yes	Yes
Mushy Peas (53507)																										Yes	Yes
BEEF LASAGNE	Yes					Yes	Yes				Yes				Yes											No	No
Mozzarella/Mildcheddar Mix (54491)						Yes	Yes																			No	Yes
Lasagne Value	Yes					Yes	Yes																			No	No
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
French Dressing (53514)											Yes				Yes											Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE	Yes					Yes	Yes				Yes	Yes			Yes											No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes	Yes																			No	Yes
Veggie Lasagne (10004123)	Yes					Yes	Yes				Yes															No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
French Dressing (53514)											Yes				Yes											Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
CHICKEN MAKHANI CURRY	Yes						Yes																		No	No	
Fresh Herbs Coriander (54239)																										Yes	Yes
Mango Chutney (10003499)																										Yes	Yes
Pappodums (51643)																										No	Yes
Long Grain Rice (10002397)																										Yes	Yes
Chicken Makhani Curry Hybrid							Yes																			No	No
ADD A NAAN BREAD	Yes																									Yes	Yes
Plain Naan (10003562)	Yes																									Yes	Yes
74 BEEFEATER COMBO WITH FRIES WITHOUT SAUCES	Yes		Yes							Yes																No	No
Rocket Leaf (54258)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
Double Crunch Chicken Wing	Yes																									No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Signature BBQ Sauce (10003022)			Yes							Yes																Yes	Yes
Pork Rib New																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10004054)																										No	No
74 Grill Master Rub (10003338)																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
74 Grill Master Rub (10003338)																										Yes	Yes
ADD '74 BBQ SAUCE			Yes							Yes																Yes	Yes
Signature BBQ Sauce (10003022)			Yes							Yes																Yes	Yes
ADD '74 HOT SAUCE																										Yes	Yes
Signature 74 Hot sauce																										Yes	Yes
ADD '74 MANGO, PEACH & HABANERO SAUCE																										Yes	Yes
Mango Habanero Sauce 74 (10004096)																										Yes	Yes
ADD '74 HONEY & MUSTARD SAUCE	Yes									Yes																No	Yes
Honey & Mustard Sauce	Yes									Yes																No	Yes
ADD '74 SMOKEHOUSE TOMATO SAUCE																										Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes
ADD '74 BACON RELISH																										No	No
Bacon Jam 74 (10004121)																										No	No
ADD '74 BURGER SAUCE																										Yes	Yes
Burger Sauce 74 (10004097)										Yes																Yes	Yes
ADD '74 SPICY MAYO										Yes																Yes	Yes
Spicy Mayo 74 (10004101)										Yes																Yes	Yes
ADD HALF A RACK OF '74 BBQ GLAZED PORK RIBS			Yes							Yes																No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Signature BBQ Sauce (10003022)			Yes							Yes																Yes	Yes
Pork Rib New																										No	No
ADD '74 DOUBLE CRUNCH CHICKEN WINGS	Yes																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Double Crunch Chicken Wing	Yes																									No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BOZ* SIRLOIN WITH CHIPS																									No	No	
Mushroom Flat (54219)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Boz Fresh Sirloin (10001659)																										No	No
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rock Salt (52462)																										No	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
BEEFEATER COBB SALAD BASE																										Yes	Yes
Avocado Halves (10000498)																										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
ADD CAESAR DRESSING						Yes	Yes																			No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
ADD HONEY MUSTARD	Yes												Yes													No	Yes
Honey & Mustard Sauce	Yes												Yes													No	Yes
ADD FRENCH DRESSING													Yes													Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
ADD GRILLED CHICKEN BREAST																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10004054)																										No	No
ADD MEATLESS FARM PLANT-BASED CHICKEN BREAST	Yes				Yes																					Yes	Yes
VEGAN CHICKEN BREAST (10004278)	Yes				Yes																					Yes	Yes
ADD GRILLED HALLOUMI							Yes																			No	Yes
Halloumi (10003111)							Yes																			No	Yes
EVENING DESSERTS																											
VANILLA ICE CREAM ONLY							Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
ADD CARAMEL SAUCE							Yes																			No	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
ADD CHOCOLATE SAUCE					Yes																					Yes	Yes
Chocolate Sauce NEW (10003676)					Yes																					Yes	Yes
ADD RASPBERRY SAUCE																										Yes	Yes
Raspberry Sauce NEW (10003681)																										Yes	Yes
VEGAN ICE CREAM ONLY																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes
ADD CHOCOLATE SAUCE					Yes																					Yes	Yes
Chocolate Sauce NEW (10003676)					Yes																					Yes	Yes
ADD RASPBERRY SAUCE																										Yes	Yes
Raspberry Sauce NEW (10003681)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
CARAMEL APPLE BETTY ONLY	Yes						Yes																		No	Yes		
Caramel Apple Crumble (10003081)	Yes						Yes																			No	Yes	
ADD CUSTARD							Yes																			No	Yes	
Custard - Ready To Serve (53399)							Yes																			No	Yes	
ADD ICE CREAM							Yes																			No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes	
ADD A WHIP OF CREAM							Yes																			No	Yes	
Dairy Aerosal Cream (52672)							Yes																			No	Yes	
ADD POURING CREAM							Yes																			No	Yes	
UHT Whipping Cream (24097)							Yes																			No	Yes	
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes	
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes	
Chocolate Sauce NEW (10003676)					Yes																					Yes	Yes	
VANILLA ICE CREAM SUNDAE WITH LOTUS BISCOFF	Yes	Yes	Yes	Yes	Yes		Yes																			No	Yes	
Dairy Aerosal Cream (52672)							Yes																			No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes	
Lotus Crumb	Yes	Yes	Yes	Yes																						Yes	Yes	
Lotus Biscuit (10004102)	Yes				Yes																					Yes	Yes	
Lotus Spread (10004099)	Yes				Yes																					Yes	Yes	
VEGAN OPTION AVAILABLE	Yes	Yes	Yes	Yes	Yes																					Yes	Yes	
Vegan Ice Cream (10002813)																											Yes	Yes
Lotus Crumb	Yes	Yes	Yes	Yes																						Yes	Yes	
Lotus Biscuit (10004102)	Yes				Yes																					Yes	Yes	
Lotus Spread (10004099)	Yes				Yes																					Yes	Yes	
EVENING SIDES																												
BEER-BATTERED ONION RINGS	Yes		Yes																							No	No	
Beer Battered Onion Rings (10001075)	Yes		Yes																							Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
CHOPPED HOUSE SALAD											Yes				Yes											Yes	Yes	
French Dressing (53514)											Yes				Yes											Yes	Yes	
Sweetcorn (10004024)																										Yes	Yes	
Cucumber Cat II (10003878)																										Yes	Yes	
Lettuce Cos (54222)																										Yes	Yes	
Pepper Red (54226, 10000329)																										Yes	Yes	
Cherry Tomatoes (10000328)																										Yes	Yes	
MAC & CHEESE	Yes						Yes																			No	Yes	
Mac & Cheese (10003296)	Yes						Yes																			No	Yes	
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes	