



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)
DAYTIME								
STARTERS								
'74 DOUBLE-CRUNCH CHICKEN WINGS	1918	458	27.5	4.0	32.3	7.8	19.9	0.8
UPGRADE TO 8 WINGS ADD	1752	418	27.5	3.9	22.8	0.5	19.5	0.4
CHICKEN GOUJONS	1593	381	18.4	2.2	32.6	8.2	20.9	1.7
STONEBAKED 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 OPTION AVAILABLE	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
TOMATO SOUP	1134	271	12.8	4.0	32.0	14.6	4.8	1.3
BREADED MUSHROOMS	1766	422	17.5	2.1	54.5	9.1	9.7	1.2
MAINS								
CHARGRILLED 5OZ* GAMMON STEAK WITH EGGS	3211	767	38.3	6.3	57.4	4.1	48.3	4.0
CHARGRILLED 5OZ* GAMMON STEAK WITH PINEAPPLE	2776	663	27.9	4.3	63.6	10.1	40.5	4.0
DOUBLE UP YOUR GAMMON STEAK ADD	831	199	7.3	2.7	0.1	0.2	32.9	3.7
'74 CLASSIC BEEF BURGER	3273	782	35.6	9.3	85.7	8.7	30.0	3.1
DOUBLE UP YOUR BURGER ADD	935	223	15.5	7.0	0.1	0.1	20.6	0.4
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD OAK-SMOKED BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
CLASSIC CHICKEN BURGER	2987	713	22.5	2.9	85.8	9.1	42.1	3.8
DOUBLE UP YOUR CHICKEN	649	155	2.5	0.6	0.1	0.5	32.7	1.1
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD OAK-SMOKED BACON	132	31	2.0	0.6	0.1	0.0	3.2	0.5
CLASSIC PLANT BURGER	3274	782	35.1	6.6	89.3	9.9	25.6	3.6
DOUBLE UP YOUR BURGER ADD	936	224	15.0	4.3	3.6	1.2	16.3	0.9
ADD A VIOLIFE SLICE	240	57	4.6	4.2	4.0	0.0	0.0	0.5
ADD THIS™ ISN'T BACON	241	58	2.4	0.2	2.0	0.2	6.3	0.7
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
BEEF LASAGNE	2343	560	28.7	13.1	45.3	15.4	27.6	3.3
ADD GARLIC FLATBREAD	844	202	9.2	3.2	25.5	0.3	3.7	0.4
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE	1882	449	16.5	8.0	54.1	19.7	20.2	2.4
ADD GARLIC FLATBREAD	844	202	9.2	3.2	25.5	0.3	3.7	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
8OZ* RUMP	3187	761	33.7	7.8	60.9	4.1	57.9	0.5
UPGRADE TO AN 8OZ* SIRLOIN	3187	761	33.3	7.3	60.8	4.5	58.1	0.5
BEER-BATTERED FISH & CHIPS	3908	933	52.7	4.3	75.8	6.2	39.1	1.8
UPGRADE TO HADDOCK	4050	967	52.6	5.5	82.9	6.0	43.2	1.5
BEEFEATER COBB SALAD BASE	602	144	7.0	1.5	12.7	9.8	4.5	0.2
ADD HONEY MUSTARD	759	181	16.8	1.1	6.0	6.0	0.6	0.4
ADD REDUCED FAT CAESAR	481	115	11.2	1.2	2.0	1.4	1.0	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
ADD GRILLED CHICKEN	649	155	2.5	0.6	0.1	0.5	32.7	1.1
ADD GRILLED HALLOUMI	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
DESSERTS								
VANILLA ICE CREAM WITH RASPBERRY SAUCE	1199	286	9.9	6.3	43.1	38.5	5.5	0.1
VANILLA ICE CREAM WITH CHOCOLATE SAUCE	1239	296	10.1	6.5	44.6	40.3	5.9	0.2
VANILLA ICE CREAM WITH CARAMEL SAUCE	1248	298	10.4	6.8	44.3	40.6	6.0	0.3
VEGAN OPTION WITH RASPBERRY SAUCE	1304	311	9.3	7.8	56.6	38.2	0.4	0.1
VEGAN OPTION WITH CHOCOLATE SAUCE	1344	321	9.5	7.9	58.1	40.0	0.8	0.2
CARAMEL APPLE BETTY WITH ICE CREAM	1514	362	13.6	5.7	54.2	30.9	4.5	0.2
CARAMEL APPLE BETTY WITH A WHIP OF CREAM	1466	350	16.0	7.6	47.6	25.1	3.2	0.2
CARAMEL APPLE BETTY WITH CUSTARD	1638	391	13.3	5.2	61.5	34.9	5.6	0.3
CARAMEL APPLE BETTY WITH CREAM	1782	426	24.4	12.8	47.2	24.8	3.6	0.2
WARM CHOCOLATE BROWNIE	2596	620	23.4	13.4	90.3	72.8	8.6	0.3
CHOCOLATE LAYER TORTE	1218	291	15.2	8.6	35.0	26.3	2.2	0.3
ADD VANILLA ICE CREAM	295	70	3.2	2.1	8.3	7.4	1.8	0.0
ADD VANILLA VEGAN ICE CREAM	330	79	3.1	2.6	12.8	7.3	0.1	0.0
SIDES								
BEER BATTERED ONION RINGS	586	140	7.5	0.6	15.7	2.1	1.9	0.3
MAC & CHEESE	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2

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																										
LUNCH MENU																										
74 DOUBLE-CRUNCH CHICKEN WINGS	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
Onions Spring Bunch (54250)																									Yes	Yes
UPGRADE TO 8 WINGS	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Double Crunch Chicken Wing	Yes																								No	No
CHICKEN GOUJONS	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Chicken Goujons NEW (10003970)	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
STONEBAKED GARLIC FLATBREAD	Yes						Yes																		No	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
ADD CHEESE							Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
VEGAN OPTION AVAILABLE	Yes																								Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Larderfresh Sunflower Spread (47177)																									Yes	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
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
BREADED MUSHROOMS	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Garlic & Herb Breadcrded Mushroom (10002629)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
MAINS																										
CHARGRILLED 5/10OZ* GAMMON STEAK WITH CHIPS																									No	No
5oz Boomerang Gammon Steak (10000617)																									No	No
5oz Boomerang Gammon Steak (10000617)																									No	No
Peas Grade A (53692)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ADD FRIED EGG						Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
ADD PINEAPPLE																									Yes	Yes
Sliced Pineapple In Juice (10003876)																									Yes	Yes
74 CLASSIC BEEF BURGER WITH FRIES	Yes												Yes												No	No
Table Salt (54744)																									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
Lettuce Cos (54222)																									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?	
Onions Red (10002596)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
ADD A BURGER																									No	No	
Table Salt (54744)																									Yes	Yes	
Signature Beef Burger (10003025)																									No	No	
ADD A CHEESE SLICE							Yes																		No	Yes	
Cheese Slices (51545)							Yes																		No	Yes	
ADD OAK-SMOKED BACON																									No	No	
Streaky Bacon Smoked Dry Cured (10002410)																									No	No	
CLASSIC CHICKEN BURGER WITH FRIES	Yes												Yes												No	No	
Raw Chicken Fillet (10004054)																									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	
Lettuce Cos (54222)																									Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
ADD ANOTHER CHICKEN FILLET																									No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Raw Chicken Fillet (10004054)																									No	No	
ADD A CHEESE SLICE							Yes																		No	Yes	
Cheese Slices (51545)							Yes																		No	Yes	
ADD OAK-SMOKED BACON																									No	No	
Streaky Bacon Smoked Dry Cured (10002410)																									No	No	
CLASSIC PLANT BURGER WITH FRIES	Yes		Yes		Yes								Yes												Yes	Yes	
Garden Gourmet Vegan Burger (10002832)	Yes		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	
Lettuce Cos (54222)																									Yes	Yes	
Onions Red (10002596)																									Yes	Yes	
Tomato M (54216)																									Yes	Yes	
ADD A BURGER (VE)	Yes		Yes		Yes																				Yes	Yes	
Garden Gourmet Vegan Burger (10002832)	Yes		Yes		Yes																				Yes	Yes	
ADD A VIOLIFE SLICE																									Yes	Yes	
Vegan Sliced Cheese																									Yes	Yes	
ADD THIS™ ISN'T BACON					Yes																				Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Vegan Bacon (10003277)					Yes																				Yes	Yes	
CHICKEN MAKHANI CURRY							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	
BEEF LASAGNE	Yes					Yes	Yes					Yes				Yes									No	No	
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes	
Lasagne Value	Yes					Yes	Yes																		No	No	
French Dressing (53514)												Yes				Yes									Yes	Yes	
Sweetcorn (10004024)																									Yes	Yes	
Cucumber Cat II (10003878)																									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?
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD GARLIC FLATBREAD	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE	Yes					Yes	Yes					Yes	Yes			Yes									No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		Yes	Yes
Veggie Lasagne (10004123)	Yes					Yes	Yes					Yes													No	Yes
French Dressing (53514)													Yes												Yes	Yes
Sweetcorn (10004024)																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
ADD GARLIC FLATBREAD	Yes						Yes																		Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
BOZ* RUMP/SIRLOIN WITH CHIPS & PEAS																									No	No
Peas Grade A (53692)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Boz Fresh Rump (10001643)																									No	No
Boz Fresh Sirloin (10001659)																									No	No
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEER-BATTERED FISH & CHIPS	Yes		Yes			Yes		Yes					Yes												No	No
Tartare Sauce (10002833)						Yes							Yes												No	Yes
Peas Grade A (53692)																									Yes	Yes
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
Haddock Fillet MSC (54086)								Yes																	No	No
Pollock Fillets MSC (53550)								Yes																	No	No
Batter Mix (51665)	Yes																								Yes	Yes
Doom Bar (900208)			Yes																						No	No
Lemons (54602, 54722)																									No	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						Yes												No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes																		No	Yes
ADD FRENCH DRESSING													Yes			Yes									Yes	Yes
French Dressing (53514)																Yes									Yes	Yes
ADD HONEY MUSTARD DRESSING	Yes												Yes												No	Yes
Honey & Mustard Sauce	Yes												Yes												No	Yes
ADD GRILLED CHICKEN																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									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?
Halloumi (10003111)							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?
DESSERTS																										
VANILLA ICE CREAM (V)					Yes		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 OPTION AVAILABLE																									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
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 Aerosol Cream (52672)							Yes																		No	Yes
ADD POURING CREAM							Yes																		No	Yes
UHT Whipping Cream (24097)							Yes																		No	Yes
WARM 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 WITH RASPBERRY SAUCE	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
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
MAC & CHEESE	Yes						Yes																		No	Yes
Mac & Cheese (10003296)	Yes						Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	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



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 kJ	Energy kcal	Total Fat g	Saturates g	Carbohydrate g	Sugars g	Protein g	Salt 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)
LUNCH (SELECTED SITES ONLY) MENU								
STARTERS								
STONEBAKED 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
WANT TO MAKE IT VEGAN? JUST ASK!	1557	372	14.5	2.8	51.8	1.0	7.4	1.2
TOMATO SOUP	1134	271	12.8	4.0	32.0	14.6	4.8	1.3
BREADED MUSHROOMS	1766	422	17.5	2.1	54.5	9.1	9.7	1.2
LOADED NACHOS	2105	503	29.1	8.0	44.4	4.1	13.7	1.7
CHEESY POTATO DIPPERS	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
MAINS								
CHARGRILLED CHICKEN & VEGETABLE SKEWER WITH FRIES & SALAD	2062	492	15.8	1.8	57.4	5.3	30.4	3.2
CHARGRILLED VEGETABLE SKEWER WITH FRIES	1687	403	14.6	1.7	60.5	5.1	7.6	2.5
CLASSIC BEEF BURGER WITH FRIES	3273	782	35.6	9.3	85.7	8.7	30.0	3.1
DOUBLE UP YOUR BURGER ADD	935	223	15.5	7.0	0.1	0.1	20.6	0.4
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD A OAK-SMOKED BACON RASHER	132	31	2.0	0.6	0.1	0.0	3.2	0.5
CHARGRILLED 5OZ* GAMMON STEAK WITH CHIPS & FRIED EGG	3136	749	36.3	6.1	57.4	4.1	48.3	4.0
CHARGRILLED 5OZ* GAMMON STEAK WITH CHIPS & PINEAPPLE	2775	663	27.9	4.3	62.6	9.3	40.5	4.0
DOUBLE UP YOUR GAMMON STEAK ADD	831	199	7.3	2.7	0.1	0.2	32.9	3.7
BEER-BATTERED FISH & CHIPS	3908	933	52.7	4.3	75.8	6.2	39.1	1.8
UPGRADE TO HADDOCK	4050	967	52.6	5.5	82.9	6.0	43.2	1.5
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
BEEF LASAGNE	2343	560	28.7	13.1	45.3	15.4	27.6	3.3
ADD GARLIC FLATBREAD	844	202	9.2	3.2	25.5	0.3	3.7	0.4
SIMPLY CHICKEN & CHIPS	2198	525	14.0	1.5	60.4	5.0	39.2	3.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DESSERTS								
CARAMEL APPLE BETTY WITH A WHIP OF CREAM	1466	350	16.0	7.6	47.6	25.1	3.2	0.2
CARAMEL APPLE BETTY WITH ICE CREAM	1514	362	13.6	5.7	54.2	30.9	4.5	0.2
CARAMEL APPLE BETTY WITH CUSTARD	1638	391	13.3	5.2	61.5	34.9	5.6	0.3
CARAMEL APPLE BETTY WITH CREAM	1782	426	24.4	12.8	47.2	24.8	3.6	0.2
MINI BISCOFF® SUNDAE	1622	387	22.9	8.4	39.5	27.3	5.2	0.4
WANT TO MAKE IT VEGAN? JUST ASK!	1630	389	21.1	8.4	48.1	26.7	1.7	0.4
MINI CHOC BROWNIE SUNDAE	1433	342	13.1	8.2	49.0	42.1	5.7	0.2
MINI BERRY SUNDAE	966	231	8.0	5.2	34.9	31.5	3.9	0.1
WANT TO MAKE IT VEGAN? JUST ASK!	975	233	6.2	5.2	43.5	30.9	0.4	0.1
MINI TRIPLE CHOCOLATE BROWNIE (drink not included)	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
SIDES								
BEER BATTERED ONION RINGS	586	140	7.5	0.6	15.7	2.1	1.9	0.3
MAC & CHEESE	1689	403	23.2	14.1	30.6	3.6	17.5	1.2
CHOPPED SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2

Dish/ Ingredient 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?
BE LUNCH (SELECTED SITES ONLY) MENU ALLERGY DATA AUTUMN 2023																										
STARTERS																										
STONEBAKED 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
WANT TO MAKE IT VEGAN? JUST ASK	Yes																								Yes	Yes
Larderfresh Sunflower Spread (47177)																									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
TOMATO SOUP	Yes	Yes	Yes																						Yes	Yes
Tomato Soup																									Yes	Yes
Ciabatta Loaf Vegan (10004118)	Yes	Yes	Yes																						Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
BREADED MUSHROOMS WITH BBQ SAUCE	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Garlic & Herb Breaoded Mushroom (10002629)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									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									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									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
CHEESY POTATO DIPPERS WITH BBQ SAUCE						Yes																			No	Yes
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

Dish/ Ingredient 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																										
CHARGILLED CHICKEN & VEGETABLE SKEWER WITH FRIES													Yes			Yes									No	No
Raw Chicken Fillet (10004054)																									No	No
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Mushroom Cup (54218)																									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
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CHARGILLED VEGETABLE SKEWER WITH FRIES													Yes			Yes									Yes	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Mushroom Cup (54218)																									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
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Dish/ Ingredient 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?	
BEEF LASAGNE																											
Mozzarella/Mildcheddar Mix (54491)	Yes					Yes	Yes						Yes			Yes									No	No	
Lasagne Value	Yes					Yes	Yes																		No	Yes	
French Dressing (53514)													Yes			Yes									No	No	
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 GARLIC FLATBREAD	Yes						Yes																		No	Yes	
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes	
Vegan Flatbread (10003953)	Yes																								Yes	Yes	
SIMPLY CHICKEN & CHIPS																											
Vegan Gravy (10001769)																									No	No	
Peas Grade A (53692)																									Yes	Yes	
Raw Chicken Fillet (10004054)																									No	No	
Stealth Fries (52190)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
DESSERTS																											
CARAMEL APPLE BETTY ONLY																											
Caramel Apple Crumble (10003081)	Yes						Yes																		No	Yes	
ADD CUSTARD	Yes						Yes																		No	Yes	
Custard - Ready To Serve (53399)							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	
ADD ICE CREAM							Yes																		No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes	
MINI BISCOFF SUNDAE																											
Dairy Aerosal Cream (52672)	Yes	Yes	Yes	Yes	Yes		Yes																		No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes	
Lotus Crumb	Yes	Yes	Yes	Yes																					Yes	Yes	
Lotus Spread (10004099)	Yes				Yes																				Yes	Yes	
WANT TO MAKE IT VEGAN? JUST ASK!																											
Vegan Ice Cream (10002813)	Yes	Yes	Yes	Yes	Yes																				Yes	Yes	
Lotus Crumb	Yes	Yes	Yes	Yes																					Yes	Yes	
Lotus Spread (10004099)	Yes				Yes																				Yes	Yes	
MINI CHOC BROWNIE SUNDAE																											
Dairy Aerosal Cream (52672)	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	

Dish/ Ingredient 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?	
MINI BERRY SUNDAE							Yes																		No	Yes	
Dairy Aerosal Cream (52672)							Yes																		No	Yes	
Fruit Berry Mix (10003254)																									Yes	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes	
Raspberry Sauce NEW (10003681)																									Yes	Yes	
WANT TO MAKE IT VEGAN? JUST ASK																										Yes	Yes
Fruit Berry Mix (10003254)																										Yes	Yes
Vegan Ice Cream (10002813)																										Yes	Yes
Raspberry Sauce NEW (10003681)																										Yes	Yes
MINI TRIPLE CHOCOLATE BROWNIE WITHOUT HOT DRINK	Yes				Yes	Yes	Yes																			No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
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
MAC & CHEESE	Yes						Yes																			No	Yes
Mac & Cheese (10003296)	Yes						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
CHOPPED 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