



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)
NON GLUTEN CONTAINING INGREDIENTS DAYTIME SAVER MENU								
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
SMOTHERED CHICKEN MELT	3471	829	32.0	8.4	71.3	19.2	63.8	5.9
DOUBLE UP YOUR SMOTHERED CHICKEN	1893	452	16.0	7.1	15.9	14.2	60.0	3.6
BEEFEATER COBB SALAD BASE	602	144	7.0	1.5	12.7	9.8	4.5	0.2
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
STEAK, EGG AND CHIPS	2767	661	28.1	6.7	58.2	4.1	46.7	2.0
CLASSIC BEEF BURGER WITH FRIES	3228	771	36.5	8.7	79.8	7.4	28.4	3.3
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	263	63	4.0	1.3	0.2	0.1	6.5	0.9
CHICKEN MAKHANI CURRY	2235	534	20.4	5.1	54.6	7.6	29.8	2.3
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
STARTERS								
TOMATO SOUP	1565	374	15.5	4.2	47.1	14.3	7.1	2.0
DESSERTS								
VANILLA ICE CREAM WITH RASPBERRY SAUCE	1156	276	8.4	5.3	45.4	40.9	4.7	0.1
VANILLA ICE CREAM WITH CHOCOLATE SAUCE	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 CHOCOLATE SAUCE	1344	321	9.5	7.9	58.1	40.0	0.8	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?
NON GLUTEN CONTAINING INGREDIENTS DAYTIME SAVER MENU																										
CHARGILLED 5OZ* GAMMON STEAK																									No	No
Soz Boomerang Gammon Steak (10000617)																									No	No
Peas Grade A (10004368)																									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
SMOTHERED CHICKEN MELT						Yes	Yes					Yes													No	No
BBQ Sauce (10004363)																									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 (54722)																									No	Yes
BEEFEATER COBB SALAD																									Yes	Yes
Avocado Halves (10000498)																									Yes	Yes
Sweetcorn																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red Cat II (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
ADD REDUCED FAT CAESAR						Yes	Yes					Yes													No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes					Yes													No	Yes
ADD FRENCH DRESSING												Yes							Yes						Yes	Yes
French Dressing (53514)												Yes							Yes						Yes	Yes
TOP WITH GRILLED CHICKEN																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
TOP WITH GRILLED HALLOUMI							Yes																		No	Yes
Halloumi (10003111)							Yes																		No	Yes

Beefeater Non Gluten Containing Ingredients Daytime Saver Menu April 2024 Allergy

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?	
STEAK, EGG AND CHIPS					Yes																				No	No	
Peas Grade A (10004368)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
8oz Fresh Rump (10001643)																										No	No
Stealth Fries (52190)																										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
CLASSIC BEEF BURGER					Yes							Yes														No	No
Table Salt (54744)																										Yes	Yes
Signature Beef Burger (10003025)																										No	No
NGCI Burger Bun (10004004)					Yes																					No	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
DOUBLE UP YOUR BURGER																										No	No
Table Salt (54744)																										Yes	Yes
Signature Beef Burger (10003025)																										No	No
ADD A CHEESE SLICE							Yes																			No	Yes
Cheese Slices (10004543)							Yes																			No	Yes
ADD OAK-SMOKED BACON																										No	No
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
CHICKEN MAKHANI CURRY							Yes																			No	No
Fresh Herbs Coriander (54239)																										Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes
Chicken Makhani Curry Hybrid							Yes																			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?	
8OZ* RUMP/SIRLOIN																									No	No	
Peas Grade A (10004368)																										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
8oz Fresh Rump (10001643)																										No	No
8oz Fresh Sirloin (10001659)																										No	No
ADD A STARTER																											
TOMATO SOUP						Yes																				No	Yes
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Tomato Soup																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
ADD A DESSERT																											
VANILLA ICE CREAM																										No	Yes
Vanilla Dairy Ice Cream (10003957)							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
ADD CARAMEL SAUCE																										No	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
VEGAN ICE CREAM																										Yes	Yes
Vegan Ice Cream (10004358)																										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