



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 menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

The allergen 'Tree Nuts' refers to the following tree nuts and their by-products: almond, Brazil, cashew, hazelnut, macadamia (Queensland nut), pecan, pistachio and walnut. The column 'Tree Nut source (if present)' will show the specific tree nut.

Our drinks allergy information contains the cocktails and similar drinks only. For soft drinks, spirits, wines, beers etc please consult the packaging or ask a member of staff.

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

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BEEFEATER AUTUMN																										
BEEF POPCORN																									No	No
Popcorn																									Yes	Yes
Beef Seasoning																									No	No
Rapeseed Oil																									Yes	Yes
STARTERS AND SHARERS																										
GARLIC STONE-BAKED FLATBREAD STRIPS	Yes					Yes																			No	Yes
Flatbread Hand Pressed	Yes					Yes																			No	Yes
Garlic & Parsley Butter Blend						Yes																			No	Yes
TRASH CAN NACHOS WITH PULLED BEEF	Yes					Yes					Yes														No	No
Smokey Chilli Ketchup																									Yes	Yes
8 Inch Tortilla	Yes																								Yes	Yes
Nacho Cheese Sauce						Yes																			No	Yes
Avocado Halves																									Yes	Yes
Chillies Red																									Yes	Yes
Fresh Herbs Coriander																									Yes	Yes
Limes																									No	Yes
Onions Red																									Yes	Yes
Onions Spring Bunch																									Yes	Yes
Sour Cream And Chive Dressing						Yes																			No	Yes
Spicy Chip Seasoning																									Yes	Yes
Tomato M																									Yes	Yes
Mozzarella/Mildcheddar Mix						Yes																			No	Yes
Beef Barbacoa											Yes														No	No
TRASH CAN NACHOS WITH SOYA SLOPPY JOE	Yes	Yes	Yes		Yes						Yes														No	Yes
Smokey Chilli Ketchup																									Yes	Yes
8 Inch Tortilla	Yes																								Yes	Yes
Nacho Cheese Sauce						Yes																			No	Yes
Avocado Halves																									Yes	Yes
Chillies Red																									Yes	Yes
Fresh Herbs Coriander																									Yes	Yes
Limes																									No	Yes
Onions Red																									Yes	Yes
Onions Spring Bunch																									Yes	Yes
Sour Cream And Chive Dressing						Yes																			No	Yes
Spicy Chip Seasoning																									Yes	Yes
Tomato M																									Yes	Yes
Mozzarella/Mildcheddar Mix						Yes																			No	Yes
Sloppy Joes Vegan	Yes	Yes	Yes								Yes														Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
OUR BEST EVER PREMIUM SHARING PLATTER	Yes					Yes	Yes			Yes			Yes			Yes									No	No
Smokey Chilli Ketchup																									Yes	Yes
Chicken & Red Pepper Skewer																									No	No
8 Inch Tortilla	Yes																								Yes	Yes
Baking Potatoes																									Yes	Yes
Bourbon BBQ Sauce																Yes									Yes	Yes
Calamari	Yes									Yes															No	No
Coleslaw Mix																									Yes	Yes
Lambs Lettuce Leaf																									Yes	Yes
Lemons																									No	Yes
Maple BBQ Pork Ribs																									No	No
Mayonnaise Light						Yes							Yes												No	Yes
Sour Cream And Chive Dressing							Yes																		No	Yes
Table Salt																									Yes	Yes
Rapeseed Oil																									Yes	Yes
LOADED POTATO DIPPERS - CHEESE AND ONION						Yes																			No	Yes
Onions Spring Bunch																									Yes	Yes
Potato Dippers																									Yes	Yes
Sour Cream And Chive Dressing						Yes																			No	Yes
Mozzarella/Mildcheddar Mix						Yes																			No	Yes
Rapeseed Oil																									Yes	Yes
LOADED POTATO DIPPERS CHEESE, ONION & BACON						Yes																			No	No
Unsmoked Back Bacon																									No	No
Onions Spring Bunch																									Yes	Yes
Potato Dippers																									Yes	Yes
Sour Cream And Chive Dressing						Yes																			No	Yes
Mozzarella/Mildcheddar Mix						Yes																			No	Yes
Rapeseed Oil																									Yes	Yes
SALT & PEPPER CALAMARI	Yes					Yes				Yes															No	No
Calamari (10000512)	Yes									Yes															No	No
Chillies Red (54235)																									Yes	Yes
Cracked Black Peppercorns (51753)																									Yes	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Lemon Garlic Mayo (10000623)						Yes																			No	Yes
Lemons																									No	Yes
Rock Salt																									Yes	Yes
Rapeseed Oil																									Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SOUP OF THE DAY	Yes	Yes																							Yes	Yes	
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
BUTTERMILK CHICKEN GOUJONS	Yes					Yes					Yes	Yes														No	No
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																				No	No
Jalapenos Green Sliced (10001160)																										Yes	Yes
Onions Spring																										Yes	Yes
Smoked Tomato Dip (52729)											Yes	Yes														Yes	Yes
Rapeseed Oil																										Yes	Yes
CRISPY CHICKEN WINGS WITH BBQ SAUCE																Yes										No	No
Single Joint Bone Chicken Wing (10001902)																										No	No
Rapeseed Oil																										Yes	Yes
BBQ Sauce																										Yes	Yes
CRISPY CHICKEN WINGS WITH PIRI PIRI SAUCE																Yes										No	No
Single Joint Bone Chicken Wing (10001902)																										No	No
Rapeseed Oil																										Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
SMOKED SCOTTISH SALMON	Yes	Yes				Yes	Yes	Yes			Yes															No	No
Smoked Salmon (10001771)								Yes																		No	No
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Horseradish (51731)						Yes	Yes				Yes															No	Yes
Lemons																										No	Yes
Mayonnaise						Yes					Yes															No	Yes
Rocket Leaf (54258)																										Yes	Yes
CLASSIC PRAWN COCKTAIL	Yes	Yes				Yes	Yes		Yes		Yes															No	No
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Cucumber																										Yes	Yes
Lemons																										No	Yes
Lettuce Cos																										Yes	Yes
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes					Yes															No	Yes
Tomato																										Yes	Yes
Salted Block Butter							Yes																			No	Yes
Warm Water Prawn 91-110 (10001283)									Yes																	No	No

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

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CAULIFLOWER POPCORN	Yes																								Yes	Yes
Smokey Chilli Ketchup (10001725)																									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																								Yes	Yes
Peashoots																									Yes	Yes

CRISPY FLAT CAP MUSHROOMS	Yes			Yes	Yes	Yes				Yes															No	No
BBQ Sauce																									Yes	Yes
Breaded Flat Mushroom (10000347)	Yes			Yes	Yes																				No	Yes
Ranch Dressing (53147)					Yes	Yes				Yes															No	Yes
Rapeseed Oil																									Yes	Yes

THE GRILL
SUCCULENT STEAKS -

8OZ RUMP																									No	No
8oz Rump Steak (10001643)																									No	No
Thyme																									Yes	Yes
Lambs Lettuce Leaf																									Yes	Yes
Mushroom																									Yes	Yes
Premium Chip																									Yes	Yes
Rock Salt																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Whole Black Pepper																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Rapeseed Oil																									Yes	Yes

8OZ FILLET																									No	No
8oz Fillet Steak																									No	No
Thyme																									Yes	Yes
Lambs Lettuce Leaf																									Yes	Yes
Mushroom																									Yes	Yes
Premium Chip																									Yes	Yes
Rock Salt																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Whole Black Pepper																									Yes	Yes
Rapeseed Oil																									Yes	Yes

YES The allergen is present
YES suitable for ovo-lacto vegetarians/vegans
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Beefeater Spring Menu September 2020 Allergy

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8OZ SIRLOIN																										No	No	
8oz Sirloin																											No	No
Thyme																											Yes	Yes
Lambs Lettuce Leaf																											Yes	Yes
Mushroom																											Yes	Yes
Premium Chip																											Yes	Yes
Rock Salt																											Yes	Yes
Spicy Chip Seasoning																											Yes	Yes
Table Salt																											Yes	Yes
Tomato																											Yes	Yes
Whole Black Pepper																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Rapeseed Oil																											Yes	Yes
12OZ RIBEYE																											No	No
Thyme																											Yes	Yes
Lambs Lettuce Leaf																											Yes	Yes
Mushroom																											Yes	Yes
Premium Chip																											Yes	Yes
Rock Salt																											Yes	Yes
Spicy Chip Seasoning																											Yes	Yes
Table Salt																											Yes	Yes
Tomato																											Yes	Yes
Whole Black Pepper																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Rapeseed Oil																											Yes	Yes
12oz Ribeye Steak																											No	No

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12OZ FILLET	Yes					Yes	Yes							Yes		Yes										No	No
12oz Fillet Steak																										No	No
Onion, Brioche & Cheese Bake	Yes					Yes	Yes				Yes															No	Yes
Thyme																										Yes	Yes
Malbec Sauce							Yes									Yes										No	No
Mushroom																										Yes	Yes
Peashoots																										Yes	Yes
Premium Chip																										Yes	Yes
Rock Salt																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Table Salt																										Yes	Yes
Tomato																										Yes	Yes
Whole Black Pepper																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Garlic & Parsley Butter							Yes																			No	Yes
16OZ T BONE	Yes					Yes	Yes							Yes		Yes										No	No
Onion, Brioche & Cheese Bake	Yes					Yes	Yes				Yes															No	Yes
T - Bone Steak																										No	No
Thyme																										Yes	Yes
Malbec Sauce							Yes									Yes										No	No
Mushroom																										Yes	Yes
Peashoots																										Yes	Yes
Premium Chip																										Yes	Yes
Rock Salt																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Table Salt																										Yes	Yes
Tomato																										Yes	Yes
Whole Black Pepper																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Garlic & Parsley Butter							Yes																			No	Yes

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STEAK SAUCE & TOPPERS																											
GARLIC KING PRAWNS						Yes				Yes																No	No
King Prawns Vietnamese										Yes																No	No
Garlic & Pars Butter Blend						Yes																				No	Yes
Lemons																										No	Yes
STROGANOFF SAUCE						Yes						Yes	Yes													No	No
Stroganoff Sauce						Yes						Yes	Yes													No	No
CREAMY PEPPERCORN SAUCE	Yes					Yes					Yes															No	No
Peppercorn Sauce Small	Yes					Yes					Yes															No	No
BEER & BEEF DRIPPING SAUCE			Yes																							No	No
Beef dripping & beer Gravy			Yes																							No	No
BEARNAISE						Yes	Yes									Yes										No	Yes
Hollandaise Sauce						Yes	Yes								Yes											No	Yes
Fresh Herbs Tarragon																										Yes	Yes

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FLAVOURSOME GRILLS with just chips unless stated see sides for alternatives

BEEFEATER MIXED GRILL	Yes				Yes																				No	No
5oz Boomerang Gammon Steak																									No	No
8oz Rump Steak																									No	No
8oz Sirloin																									No	No
Thyme																									Yes	Yes
Lambs Lettuce Leaf																									Yes	Yes
Mushroom																									Yes	Yes
Beer Battered Onion Rings	Yes																								Yes	Yes
PI Breakfast Pork Sausage	Yes															Yes									No	No
Premium Chip																									Yes	Yes
Rock Salt																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Whole Black Pepper																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Cage Free Med Barn Eggs						Yes																			No	Yes
Raw Chicken Fillet																									No	No

BRITISH LAMB CHOPS																									No	No
Lamb Chops																									No	No
Thyme																									Yes	Yes
Lambs Lettuce Leaf																									Yes	Yes
Mint Sauce																									Yes	Yes
Mushroom																									Yes	Yes
Premium Chip																									Yes	Yes
Rock Salt																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Whole Black Pepper																									Yes	Yes
Rapeseed Oil																									Yes	Yes

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Beefeater Spring Menu September 2020 Allergy

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STICKY BOURBON BBQ RIBS with fries	Yes				Yes								Yes			Yes									No	No	
Bourbon BBQ Sauce																Yes										Yes	Yes
Coleslaw Mix																										Yes	Yes
Lemons																										No	Yes
Maple BBQ Pork Ribs (52948)																										No	No
Mayonnaise					Yes								Yes													No	Yes
Beer Battered Onion Rings	Yes																									Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Stealth Fries																										Yes	Yes
Rapeseed Oil																										Yes	Yes
SURF & TURF COMBO	Yes				Yes	Yes		Yes	Yes																	No	No
King Prawns Vietnamese								Yes																		No	No
8oz Sirloin																										No	No
Calamari	Yes									Yes																No	No
Garlic & Pars Butter Blend						Yes																				No	Yes
Lemon Garlic Mayo					Yes																					No	Yes
Lemons																										No	Yes
MSC Canadian Scallops										Yes																No	No
Peashoots																										Yes	Yes
Premium Chip																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Table Salt																										Yes	Yes
Rapeseed Oil																										Yes	Yes
BBQ CHICKEN & RIBS					Yes								Yes			Yes										No	No
Bourbon BBQ Sauce																Yes										Yes	Yes
Coleslaw Mix																										Yes	Yes
Corn On Cob Bites																										Yes	Yes
Maple BBQ Pork Ribs																										No	No
Mayonnaise					Yes								Yes													No	Yes
Spicy Chip Seasoning																										Yes	Yes
Stealth Fries																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Chicken Fillet																										No	No
UPGRADE TO WHOLE RACK																Yes										No	No
Bourbon BBQ Sauce																Yes										Yes	Yes
Maple BBQ Pork Ribs																										No	No
Rapeseed Oil																										Yes	Yes

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TRIO OF FISH FILLETS						Yes	Yes																		No	No	
Trio Of Fish							Yes																			No	No
Garlic & Parsley Butter Blend						Yes																				No	Yes
Lemons																										No	Yes
Peashoots																										Yes	Yes
Potato Mid																										Yes	Yes
Tomato Cherry Red																										Yes	Yes
Whole Green Beans																										Yes	Yes
Rapeseed Oil																										Yes	Yes
Salted Block Butter						Yes																				No	Yes

BEST EVER MIXED GRILL	Yes		Yes		Yes	Yes	Yes					Yes				Yes										No	No
Lamb Chops																										No	No
Beer Can Marinade			Yes								Yes															Yes	Yes
Pork Hot Dog																Yes										No	No
Cherry Tomatoes On The Vine																										Yes	Yes
8oz Fillet Steak																										No	No
8oz Sirloin																										No	No
Bone Marrow Braised Onions	Yes		Yes		Yes		Yes																			No	No
Breaded Flat Mushroom	Yes				Yes	Yes																				No	Yes
Flatbread Hand Pressed	Yes						Yes																			No	Yes
Mint Sauce																										Yes	Yes
Peashoots																										Yes	Yes
Premium Chip																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Table Salt																										Yes	Yes
UK Lion Med Fresh Eggs						Yes																				No	Yes
Rapeseed Oil																										Yes	Yes
Chicken Fillet																										No	No

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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JUICY BURGERS shown with chips																										
DOUBLE BACON & CHEESE BEEF STEAK BGR	Yes					Yes	Yes				Yes		Yes			Yes									No	No
4oz Steak Burger																									No	No
Coleslaw Mix																									Yes	Yes
Lettuce Cos																									Yes	Yes
Mayonnaise						Yes							Yes												No	Yes
Onions Red																									Yes	Yes
Premium Chip																									Yes	Yes
Sesame Seeded Burger Bun	Yes					Yes	Yes				Yes														No	Yes
Smoked Dry Cured Streaky Bacon																									No	No
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Vegan Burger Sauce													Yes												Yes	Yes
Rapeseed Oil																									Yes	Yes
Cheese Slices							Yes																		No	Yes

BEYOND BURGER	Yes	Yes	Yes	Yes	Yes							Yes	Yes			Yes									Yes	Yes
Sloppy Joes Vegan			Yes		Yes							Yes													Yes	Yes
Beyond Meat Burger																									Yes	Yes
Coleslaw Mix																									Yes	Yes
Cucumber																									Yes	Yes
French Dressing													Yes			Yes									Yes	Yes
Lettuce Cos																									Yes	Yes
Onions Red																									Yes	Yes
Premium Chip																									Yes	Yes
Salad Leaf Mix																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Tomato																									Yes	Yes
Vegan Bun	Yes	Yes			Yes																				Yes	Yes
Vegan Burger Sauce													Yes												Yes	Yes
Rapeseed Oil																									Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
GRILLED CHICKEN, BACON & AVOCADO BGR	Yes					Yes	Yes						Yes			Yes									No	No
Avocado Halves																									Yes	Yes
Brioche Bun	Yes					Yes	Yes																		No	Yes
Coleslaw Mix																									Yes	Yes
Lettuce Cos																									Yes	Yes
Mayonnaise						Yes							Yes												No	Yes
Onions Red																									Yes	Yes
Premium Chip																									Yes	Yes
Smoked Dry Cured Streaky Bacon																Yes									No	No
Spicy Chip Seasoning																									Yes	Yes
Tomato																									Yes	Yes
Vegan Burger Sauce													Yes												Yes	Yes
Rapeseed Oil																									Yes	Yes
Red Pepper & Harrisa Sauce																									Yes	Yes
Chicken Fillet																									No	No

DOUBLE SHORT RIB & MAPLE GLAZED BACON BURGER	Yes					Yes	Yes						Yes			Yes									No	No
Brioche Bun	Yes					Yes	Yes																		No	Yes
Coleslaw Mix																									Yes	Yes
Lettuce Cos																									Yes	Yes
Maple Syrup																									Yes	Yes
Mayonnaise						Yes							Yes												No	Yes
Onions Red																									Yes	Yes
Pickled Cucumber Spears													Yes												No	Yes
Premium Chip																									Yes	Yes
Smoked Dry Cured Streaky Bacon																Yes									No	No
Spicy Chip Seasoning																									Yes	Yes
Table Salt																									Yes	Yes
Tomato																									Yes	Yes
Vegan Burger Sauce													Yes												Yes	Yes
Cheese Burger Melt Top						Yes	Yes						Yes												No	No
Rapeseed Oil																									Yes	Yes
Short Rib Burger																Yes									No	No
Cheese Slices							Yes																		No	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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HOUSE FAVOURITES

GRILLED GAMMON STEAK						Yes																				No	No	
Horseshoe Gammon 10oz																											No	No
Peas																											Yes	Yes
Premium Chip																											Yes	Yes
Sliced Pineapple																											Yes	Yes
Spicy Chip Seasoning																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Rapeseed Oil																											Yes	Yes
Cage Free Med Barn Eggs						Yes																					No	Yes

LUXURY BEEF & PANCETTA LASAGNE	Yes					Yes	Yes						Yes			Yes											No	No
Beef & Pancetta Lasagne	Yes					Yes	Yes						Yes			Yes											No	No
Cucumber																											Yes	Yes
Flatbread Hand Pressed	Yes						Yes																				No	Yes
French Dressing													Yes			Yes											Yes	Yes
Garlic & Parsley Butter Blend							Yes																				No	Yes
Onions Red																											Yes	Yes
Pepper Red																											Yes	Yes
Salad Leaf Mix																											Yes	Yes
Tomato																											Yes	Yes

GRILLED SALMON & HOLLANDAISE						Yes	Yes	Yes								Yes											No	No
Hollandaise Sauce						Yes	Yes									Yes											No	Yes
Thyme																											Yes	Yes
Lemons																											No	Yes
Peashoots																											Yes	Yes
Rock Salt																											Yes	Yes
Skin-On Salmon Portions								Yes																			No	No
Spicy Chip Seasoning																											Yes	Yes
Stealth Fries																											Yes	Yes
Tomato																											Yes	Yes
Whole Black Pepper																											Yes	Yes
Rapeseed Oil																											Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
BEEF & DOOM BAR PIE	Yes	Yes	Yes	Yes	Yes	Yes					Yes	Yes													No	No
Beef & Ale Pie	Yes	Yes			Yes	Yes																			No	No
Fresh Herbs Flat Parsley																									Yes	Yes
Gravy												Yes													No	No
Horseradish						Yes	Yes						Yes												No	Yes
Mash Potato							Yes																		No	Yes
Veg Mix Green					Yes		Yes																		No	Yes
Rapeseed Oil																									Yes	Yes
Salted Block Butter							Yes																		No	Yes
MOZZARELLA FILLED CHICKEN WRAPPED IN PANCETTA						Yes					Yes				Yes										No	No
Parmesan						Yes																			No	No
Tomato & Basil Fondue																									Yes	Yes
Balsamic Dressing																Yes									Yes	Yes
French Dressing											Yes					Yes									Yes	Yes
Premium Chip																									Yes	Yes
Rocket Leaf																									Yes	Yes
Spicy Chip Seasoning																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Chicken W Pancetta							Yes																		No	No
SMOTHERED CHICKEN MELT						Yes	Yes				Yes				Yes										No	No
BBQ Sauce																									Yes	Yes
Coleslaw Mix																									Yes	Yes
Coleslaw Mix																									Yes	Yes
Cucumber																									Yes	Yes
French Dressing											Yes				Yes										Yes	Yes
Mayonnaise					Yes						Yes														No	Yes
Premium Chip																									Yes	Yes
Salad Leaf Mix																									Yes	Yes
Smoked Dry Cured Streaky Bacon																Yes									No	No
Spicy Chip Seasoning																									Yes	Yes
Rapeseed Oil																									Yes	Yes
Cheese Slices							Yes																		No	Yes
Chicken Fillet																									No	No

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
DOOM BAR BATTERED HADDOCK & CHIPS	Yes		Yes			Yes		Yes						Yes												No	No
Tartare Sauce						Yes								Yes												No	Yes
Batter Mix	Yes																									Yes	Yes
Doom Bar			Yes																							No	No
Haddock Fillet MSC								Yes																		No	No
Lemons																										No	Yes
Mushy Peas																										Yes	Yes
Peas																										Yes	Yes
Plain Flour	Yes																									Yes	Yes
Premium Chip																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Table Salt																										Yes	Yes
Rapeseed Oil																										Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
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SIDES

TRIPLE COOKED CHIPS																										Yes	Yes
Premium Chip																										Yes	Yes
Rapeseed Oil																										Yes	Yes

SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries																										Yes	Yes
Rapeseed Oil																										Yes	Yes

SKINNY FRIES																										Yes	Yes
Stealth Fries																										Yes	Yes
Rapeseed Oil																										Yes	Yes

HALLOUMI FRIES	Yes					Yes					Yes	Yes														No	No
Batter Mix	Yes																									Yes	Yes
Halloumi						Yes																				No	Yes
Rocket Leaf																										Yes	Yes
Smoked Tomato Dip												Yes	Yes													Yes	Yes
Rapeseed Oil																										Yes	Yes

SEASIDE POTATOES	Yes	Yes																								No	Yes
Seaside Spuds	Yes	Yes																								No	Yes
Rapeseed Oil																										Yes	Yes

MIXED SIDE SALAD											Yes		Yes													Yes	Yes
Cucumber											Yes		Yes													Yes	Yes
French Dressing											Yes		Yes													Yes	Yes
Onions Red																										Yes	Yes
Pepper Red																										Yes	Yes
Salad Leaf Mix																										Yes	Yes
Tomato																										Yes	Yes

VEG MEDLEY				Yes	Yes																					No	Yes
Veg Mix Green				Yes	Yes																					No	Yes

CRISPY BEER BATTERED ONION RINGS	Yes																									No	No
Beer Battered Onion Rings	Yes																									Yes	Yes
Rapeseed Oil																										Yes	Yes

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 NO Not suitable for ovo-lacto vegetarians/vegans

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ROCKET & PARMESAN SALAD						Yes							Yes			Yes									No	No	
Parmesan						Yes																				No	No
Balsamic Dressing																Yes										Yes	Yes
French Dressing											Yes					Yes										Yes	Yes
Rocket Leaf																										Yes	Yes
CHUNKY SLAW						Yes					Yes															No	Yes
Coleslaw Mix																										Yes	Yes
Mayonnaise						Yes					Yes															No	Yes
HALF RACK OF PORK RIBS																Yes										No	No
Bourbon BBQ Sauce																Yes										Yes	Yes
Maple BBQ Pork Ribs																										No	No
Rapeseed Oil																										Yes	Yes
TASTY ALTERNATIVES																											
CHILLI NON CARNE	Yes		Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan			Yes		Yes							Yes														Yes	Yes
8 Inch Tortilla	Yes																									Yes	Yes
Avocado Halves																										Yes	Yes
Baking Potatoes																										Yes	Yes
Fresh Herbs Coriander																										Yes	Yes
Herb Dressing																										Yes	Yes
Rocket Leaf																										Yes	Yes
Table Salt																										Yes	Yes
Tender Stem Broccoli																										Yes	Yes
Tomato																										Yes	Yes
Rapeseed Oil																										Yes	Yes
CAESAR SALAD WITH CHICKEN GOUJONS	Yes	Yes				Yes	Yes						Yes													No	No
Buttermilk Chicken Goujons	Yes						Yes																			No	No
Caesar Dressing Red Cal						Yes	Yes						Yes													No	Yes
Ciabatta Loaf	Yes	Yes																								Yes	Yes
Lettuce Cos																										Yes	Yes
Parmesan							Yes																			No	No
Rapeseed Oil																										Yes	Yes
Salted Block Butter							Yes																			No	Yes

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 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

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CAESAR SALAD WITH GRILLED CHICKEN	Yes	Yes				Yes	Yes						Yes												No	No	
Grilled Chicken																										No	No
Caesar Dressing Red Cal						Yes	Yes						Yes													No	Yes
Ciabatta Loaf	Yes	Yes																								Yes	Yes
Lettuce Cos																										Yes	Yes
Parmesan						Yes																				No	No
Rapeseed Oil																										Yes	Yes
Salted Block Butter						Yes																				No	Yes
SPINACH & RICOTTA CANNELLONI	Yes				Yes	Yes					Yes	Yes			Yes											No	Yes
Tomato & Basil Fondue																										Yes	Yes
Cannelloni Pieces	Yes					Yes					Yes															No	Yes
Cucumber																										Yes	Yes
Flatbread Hand Pressed	Yes					Yes																				No	Yes
French Dressing													Yes		Yes											Yes	Yes
Garlic & Parsley Butter Blend						Yes																				No	Yes
Onions Red																										Yes	Yes
Pepper Red																										Yes	Yes
Premium Chip																										Yes	Yes
Salad Leaf Mix																										Yes	Yes
Spicy Chip Seasoning																										Yes	Yes
Tomato																										Yes	Yes
UHT Whipping Cream						Yes																				No	Yes
Veg Mix Green					Yes	Yes																				No	Yes
Mozzarella/Mildcheddar Mix						Yes																				No	Yes
Rapeseed Oil																										Yes	Yes

YES The allergen is present
 YES suitable for ovo-lacto vegetarians/vegans
 NO Not suitable for ovo-lacto vegetarians/vegans

Beefeater Spring Menu September 2020 Allergy

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PUDS

BRAMLEY APPLE & BLACKBERRY CRUMBLE				Yes			Yes																		No	Yes
Apple & Blackberry Fill																Yes									No	Yes
Crumble Topping				Yes																					Yes	Yes
Custard							Yes																		No	Yes
Fresh Herbs Mint																									Yes	Yes
Vanilla Dairy Ice Cream							Yes																		No	Yes

STICKY TOFFEE PUDDING	Yes					Yes	Yes																		No	Yes
Custard							Yes																		No	Yes
Fresh Herbs Mint																									Yes	Yes
Sticky Toffee Pudding	Yes					Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream							Yes																		No	Yes

MERINGUE KISSES						Yes	Yes																		No	Yes
Meringue Kisses						Yes	Yes																		No	Yes
Dairy Aerosol Cream							Yes																		No	Yes
Fresh Herbs Mint																									Yes	Yes
Strawberries																									Yes	Yes

CHOCOLATE & HAZELNUT DOME	Yes				Yes	Yes	Yes											Yes							No	Yes
Chocolate Dome (10001900)	Yes				Yes	Yes	Yes											Yes							No	Yes
Caramel Sauce (54288)							Yes																		No	Yes

CHOCOLATE TORTE	Yes			Yes	Yes																				Yes	Yes
VEGAN CHOCOLATE TORTE	Yes			Yes	Yes																				Yes	Yes
Fresh Herbs Mint																									Yes	Yes
Raspberry Sauce																									Yes	Yes

MELTING CHOCOLATE BOMB	Yes			Yes	Yes	Yes	Yes																		No	Yes
Crumble Topping				Yes																					Yes	Yes
Dulche De Leche							Yes																		No	Yes
Chocolate Dome						Yes																			No	Yes
Chocolate Brownie	Yes						Yes	Yes																	No	Yes
Chocolate Sauce																									Yes	Yes
Vanilla Dairy Ice Cream								Yes																	No	Yes

YES The allergen is present
YES suitable for ovo-lacto vegetarians/vegans
NO Not suitable for ovo-lacto vegetarians/vegans

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TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Sauce																									Yes	Yes
Fresh Herbs Mint																									Yes	Yes
Triple Chocolate Brownie	Yes				Yes	Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream							Yes																		No	Yes
Rolled Wafer Biscuit	Yes				Yes	Yes	Yes																		No	Yes

SUNDAES

BLACK FOREST SUNDAE	Yes				Yes	Yes	Yes																		No	Yes
Dark Cherry Compote																									Yes	Yes
Chocstix					Yes		Yes																		No	Yes
Dairy Aerosal Cream							Yes																		No	Yes
Fresh Herbs Mint																									Yes	Yes
Triple Chocolate Brownie	Yes				Yes	Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream							Yes																		No	Yes

CHURROS CHOCOLATE SUNDAE	Yes					Yes	Yes																		No	Yes
Chocolate Brownie	Yes					Yes	Yes																		No	Yes
Chocolate Sauce																									Yes	Yes
Churros	Yes																								Yes	Yes
Dairy Aerosal Cream							Yes																		No	Yes
Fresh Herbs Mint																									Yes	Yes
Vanilla Dairy Ice Cream							Yes																		No	Yes

MINI PUDS - WITHOUT HOT DRINK

MINI CHOCOLATE TORTE	Yes				Yes	Yes		Yes																	Yes	Yes
VEGAN CHOCOLATE TORTE	Yes				Yes	Yes																			Yes	Yes
MINI LEMON DRIZZLE CAKE	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake	Yes					Yes	Yes																		No	Yes
MERINGUE KISSES						Yes	Yes																		No	Yes
Meringue Kisses						Yes	Yes																		No	Yes

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 SPRING								
BEEF POPCORN	231	55	1.2	0.6	8.2	0.2	1.6	0.0
SHARERS								
GARLIC STONE-BAKED FLATBREAD STRIPS	4853	1159	55.2	15.5	134.6	6.9	26.9	2.3
TRASH CAN NACHOS	4845	1157	67.2	20.9	104.4	18.4	30.4	3.9
SPICED PULLED BEEF	406	97	4.5	1.7	2.7	1.2	11.2	0.6
GREEN LENTIL & SOYA SLOPPY JOE	448	107	1.6	0.2	15.0	7.9	6.0	0.8
BEEFEATER PREMIUM SHARING PLATTER	5707	1363	65.3	15.3	116.5	43.6	72.9	6.7
STARTERS	0	0	0.0	0.0	0.0	0.0	0.0	0.0
LOADED POTATO DIPPERS	2287	546	33.8	15.5	35.3	2.7	25.4	1.9
SALT & PEPPER CALAMARI	2238	535	39.5	2.2	28.4	1.8	15.8	4.7
SOUP OF THE DAY	1154	276	6.8	2.3	43.5	1.3	7.2	1.4
BUTTERMILK CHICKEN GOUJONS	1946	465	25.2	3.2	35.0	7.6	23.7	2.6
CRISPY CHICKEN WINGS	1524	364	18.8	4.4	11.5	7.6	37.2	1.7
ADD 3 WINGS	824	197	11.3	2.6	1.6	0.1	22.2	0.8
SMOKED SCOTTISH SALMON	1451	346	13.3	2.3	34.5	4.4	21.1	4.0
CLASSIC PRAWN COCKTAIL	1757	420	20.6	6.5	36.6	10.2	20.9	2.2
CAULIFLOWER POPCORN	1211	289	12.3	1.4	39.2	11.4	4.5	1.3
CRISPY FLAT CAP MUSHROOMS	2088	499	33.8	2.9	43.3	9.0	7.1	2.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUCCULENT STEAKS								
8OZ RUMP WITH SALAD	2003	478	25.1	6.9	11.1	7.8	53.1	2.6
8OZ FILLET WITH SALAD	2153	514	28.7	9.1	11.5	8.0	50.4	2.1
8OZ SIRLOIN WITH SALAD	2056	491	27.0	7.9	11.1	7.7	49.3	2.3
12OZ RIBEYE WITH SALAD	3249	776	44.7	16.6	13.8	10.4	77.8	2.4
12OZ FILLET WITH SALAD	4070	972	54.5	23.3	33.3	14.3	83.0	3.6
16OZ T BONE WITH CHIPS	6978	1667	109.5	42.1	70.6	9.0	93.0	4.5
ADD CHIPS TO ANY STEAK	1444	345	15.2	1.3	44.7	0.9	4.9	0.7
STEAK SAUCE & TOPPERS								
GARLIC KING PRAWNS	607	145	10.7	4.6	0.8	0.6	11.4	0.7
STROGANOFF SAUCE	290	69	5.5	3.4	3.2	1.4	1.3	0.7
CREAMY PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7
BEER & BEEF DRIPPING SAUCE	239	57	3.2	1.6	5.6	1.3	1.4	0.6
BEARNAISE	590	141	13.8	8.5	2.9	0.6	0.8	0.6
FLAVOURSOME GRILLS								
BEEFEATER MIXED GRILL WITH CHIPS	5630	1345	64.8	15.4	62.8	5.7	124.0	8.7
UPGRADE TO FULL 8OZ RUMP	6258	1495	71.2	18.3	62.9	5.9	148.4	9.1
UPGRADE TO SIRLOIN	6311	1507	73.1	19.4	62.9	5.8	144.5	8.8
BRITISH LAMB CHOPS WITH CHIPS	3915	935	57.3	19.4	54.2	6.9	46.8	3.2
HALF RACK OF BBQ RIBS WITH SKINNY FRIES	4116	983	46.3	9.8	98.3	39.7	39.2	4.8
ADD HALF RACK OF RIBS	1711	409	21.4	7.8	21.7	18.8	31.7	1.8
SURF & TURF COMBO WITH CHIPS	4592	1097	60.9	12.1	62.3	3.7	72.1	4.8
BBQ CHICKEN & RIBS WITH FRIES	4358	1041	45.9	10.2	81.3	28.8	71.7	5.2
ADD HALF RACK OF RIBS	1711	409	21.4	7.8	21.7	18.8	31.7	1.8
TRIO OF FISH FILLETS	2558	611	31.7	11.5	28.9	9.3	51.6	0.6
BEST EVER MIXED GRILL WITH CHIPS	7469	1784	96.1	30.3	105.5	20.0	119.4	7.2
UPGRADE TO 8OZ SIRLOIN	8123	1940	103.5	33.7	105.6	20.1	141.8	7.4
JUCY BURGERS shown with chips								
DOUBLE BACON & CHEESE BEEF STEAK BGR	5896	1408	82.4	26.6	95.0	15.1	67.3	5.8
SLOPPY JOE BURGER	4458	1065	53.4	9.4	103.3	16.8	36.5	2.9
GRILLED CHICKEN, BACON & AVOCADO BGR	4865	1162	54.6	8.8	106.1	20.4	54.7	5.4
DOUBLE SHORT RIB & MAPLE GLAZED BACON BURGER	5796	1384	79.8	24.4	104.0	20.4	57.4	7.0
HOUSE FAVOURITES								
GRILLED GAMMON STEAK WITH CHIPS	4216	1007	57.1	5.6	63.5	16.3	57.3	7.4
LUXURY BEEF & PANCETTA LASAGNE	4112	982	50.9	21.5	77.0	17.7	52.1	3.5
BEEF & DOOM BAR PIE	5383	1286	69.4	36.6	117.9	12.1	39.0	5.7
MOZZ FILLED CHICK WRAPPED IN PANCETTA WITH CHIPS	4260	1017	54.1	13.0	54.6	8.5	74.4	2.7
SMOTHERED CHICKEN MELT WITH CHIPS	3388	809	37.6	8.2	62.4	15.6	51.3	4.2
DOOM BAR BATTERED HADDOCK & CHIPS	4032	963	47.9	5.2	84.5	6.0	46.4	3.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SIDES								
TRIPLE COOKED CHIPS	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
SKINNY FRIES	1372	328	13.2	1.0	46.1	0.1	4.7	1.5
HALLOUMI FRIES	2294	548	43.5	14.9	10.5	7.1	28.1	3.5
SEASIDE POTATOES	1814	433	32.3	2.4	31.1	1.3	3.7	0.9
MIXED SIDE SALAD	295	70	3.1	0.3	7.7	6.6	1.9	0.2
VEG MEDLEY	470	112	5.2	3.2	7.2	4.2	6.9	0.4
CRISPY BEER BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
ROCKET & PARMESAN SALAD	608	145	12.6	3.3	3.3	2.3	4.3	0.3
CHUNKY SLAW	720	172	13.1	1.0	10.1	7.4	2.0	1.1
TASTY ALTERNATIVES								
CHILLI NON CARNE	3693	882	36.6	5.6	101.4	27.5	26.4	2.5
CAESAR SALAD WITH CHICKEN GOUJONS	2930	700	44.0	9.0	42.3	4.6	32.3	2.9
CAESAR SALAD WITH CHICKEN	2031	485	26.5	7.3	17.5	4.0	42.8	2.5
SPINACH & RICOTTA CANNELLONI ONLY	3831	915	53.2	25.9	79.6	16.1	27.8	2.5
ADD CHIPS	1444	345	15.2	1.3	44.7	0.9	4.9	0.7
ADD SALAD	270	64	3.1	0.3	6.9	5.8	1.5	0.2
PUDS								
BRAMLEY APPLE & BLACKBERRY CRUMBLE	2548	609	15.8	6.7	105.3	70.0	8.2	0.2
STICKY TOFFEE PUDDING	3155	754	37.7	17.0	94.1	66.7	8.8	0.6
MERINGUE KISSES	2166	517	32.2	20.2	52.6	50.8	4.0	0.2
CHOCOLATE & HAZELNUT DOME	2163	517	35.9	20.0	41.7	39.0	5.2	0.2
CHOCOLATE TORTE	1969	470	26.7	19.1	52.0	34.0	4.3	0.5
MELTING CHOCOLATE BOMB	3341	798	27.6	14.2	122.4	94.2	10.0	0.9
STRAWBERRIES & ICE CREAM	579	138	5.2	3.3	16.9	15.9	3.6	0.1
TRIPLE CHOCOLATE BROWNIE	2714	648	23.9	14.0	94.7	74.1	9.0	0.4
BLACK FOREST SUNDAE	2456	587	23.0	14.2	79.9	68.6	9.5	0.3
CHURROS CHOCOLATE SUNDAE	3031	724	29.3	10.2	97.9	53.5	12.0	0.6
MINI CHOCOLATE TORTE	904	216	13.3	9.6	21.3	13.6	2.1	0.2
MINI LEMON DRIZZLE CAKE	558	133	5.5	0.6	19.0	11.4	1.8	0.3
MINI MERINGUE KISS	688	164	10.2	6.3	16.9	16.4	1.2	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
VALUE MENU								
MAINS								
1/4LB BEEF STEAK BURGER WITH FRIES	3527	842	39.2	8.9	89.6	9.3	30.1	3.1
ADD BURGER BACON & CHEESE	1374	328	24.2	11.9	0.2	0.1	27.4	1.0
GRILLED PAPRIKA CHICKEN WITH CHIPS	2420	578	18.8	2.0	53.0	6.1	45.3	2.3
BEER-BATTERED FISH & CHIPS	3727	890	47.8	4.0	70.8	7.6	39.9	2.2
ULTIMATE HADDOCK & CHIPS	4369	1043	57.9	11.4	79.8	8.7	46.9	2.1
5OZ GAMMON STEAK WITH EGG	2924	698	31.4	5.8	51.2	4.5	48.8	4.4
5OZ GAMMON STEAK WITH PINEAPPLE	2633	629	22.9	4.0	62.0	15.0	40.9	4.4
DOUBLE 5OZ GAMMON STEAK WITH EGG	3756	897	38.7	8.5	51.3	4.7	81.6	8.1
DOUBLE 5OZ GAMMON STEAK WITH PINEAPPLE	3464	827	30.2	6.7	62.2	15.3	73.8	8.1
HALF RACK OF BBQ RIBS WITH SKINNY FRIES	4116	983	46.3	9.8	98.3	39.7	39.2	4.8
8OZ RUMP STEAK & CHIPS	2699	645	28.1	7.1	44.9	1.2	53.5	2.5
CAESAR SALAD WITH BUTTERMILK GOUJONS	2930	700	44.0	9.0	42.3	4.6	32.3	2.9
CAESAR SALAD WITH CHICKEN	2031	485	26.5	7.3	17.5	4.0	42.8	2.5
CAESAR SALAD	1383	330	24.0	6.7	17.3	3.5	10.1	1.4
BEEF & PANCETTA LASAGNE ONLY	3414	815	41.5	19.4	61.4	10.9	48.3	3.2
ADD SALAD	270	64	3.1	0.3	6.9	5.8	1.5	0.2
ADD CHIPS	1444	345	15.2	1.3	44.7	0.9	4.9	0.7
STEAK SANDWICH WITH FRIES	3846	919	40.2	9.5	93.9	4.6	43.5	4.5
OPEN CHICKEN SANDWICH WITH FRIES	3509	838	28.5	3.8	90.8	5.0	51.1	4.8
SPINACH AND RICOTTA CANNELLONI ONLY	3498	836	48.1	24.2	73.1	16.8	26.0	2.5
ADD SALAD	270	64	3.1	0.3	6.9	5.8	1.5	0.2
ADD CHIPS	1444	345	15.2	1.3	44.7	0.9	4.9	0.7
CHILLI NON CARNE	2846	680	17.3	5.4	104.5	18.7	21.3	2.9
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
PUDDING								
WARM CHOCOLATE BROWNIE	2666	637	25.5	5.0	90.3	76.7	8.1	0.5
CARAMEL APPLE BETTY	1855	443	26.0	14.1	46.4	27.1	4.4	0.2
ICE CREAM	932	223	6.6	4.0	33.2	24.4	4.8	0.2
SUNDAY								
SLOW COOKED BEEF	6326	1511	70.5	21.8	149.3	18.6	61.3	6.4
HALF CHICKEN	6465	1544	67.4	18.0	147.3	17.0	78.7	7.1
RUMP OF LAMB	6190	1478	57.8	17.2	147.3	17.0	83.8	7.0
FAKE & ALE PIE	6662	1591	69.3	22.0	195.5	24.1	36.5	5.0
CAULIFLOWER CHEESE	1183	283	20.2	11.8	10.0	3.8	14.0	1.6
KIDS SLOW-COOKED BEEF	2303	550	21.2	5.1	55.6	5.5	29.7	1.3
KIDS CHICKEN BREAST	2278	544	13.5	1.6	54.7	5.1	46.2	2.4

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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BEEFEATER KIDS SPRING MENU

STARTER

VEGGIE STICKS							Yes																		No	Yes
Carrots Medium (54609)																									Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt 150G (53510)							Yes																		No	Yes
Pepper Red Cat II (54226)																									Yes	Yes

BAKED GARLIC & PARSLEY FLATBREAD	Yes						Yes																		No	Yes
Dough Discs (53320)	Yes																								Yes	Yes
Garlic & Pars Butter Blend (48641)							Yes																		No	Yes

TORTILLA CHIPS	Yes						Yes																		No	Yes
8 Inch Tortilla (54030)	Yes																								Yes	Yes
Cucumber Cat II (54220)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt 150G (53510)							Yes																		No	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes

BUILD YOUR OWN MAIN

OVEN BAKED FISH BITES & CHIPS	Yes						Yes																		No	No
Stealth Fries (52190)																									Yes	Yes
POLLOCKS NUGGETS 25G	Yes							Yes																	No	No
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes

MAC 'N' CHEESE	Yes						Yes						Yes												No	Yes
KIDS MAC N CHEESE	Yes						Yes						Yes												No	Yes

TEN VEG TOMATO PASTA	Yes											Yes													Yes	Yes
Kids Tomato Pasta	Yes											Yes													Yes	Yes

SAUSAGE AND MASH	Yes						Yes																		No	No
Semi Skimmed Milk (51977)							Yes																		No	Yes
Vegan Gravy (10001769)																									Yes	Yes
Kids Sausage (52927)	Yes																								No	No
Mash Potato (51094)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
VEGGIE SAUSAGE AND MASH	Yes		Yes			Yes	Yes																		No	Yes	
Semi Skimmed Milk (51977)							Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Mash Potato (51094)							Yes																			No	Yes
Quorn Cumberland Sausage (52581)	Yes		Yes			Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
VEGGIE BURGER AND CHIPS	Yes				Yes	Yes																				No	Yes
KIDS VEGAN BEET BURGER					Yes	Yes																				Yes	Yes
Burger Buns Kids (54107)	Yes					Yes																				No	Yes
Lettuce Cos (54222)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
BEEF BURGER AND CHIPS	Yes					Yes																				No	No
4oz Steak Burger (53533)						Yes																				No	No
Burger Buns Kids (54107)	Yes					Yes																				No	Yes
Lettuce Cos (54222)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
STEAK & CHIPS																										No	No
8oz Rump Steak (10001643)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
MARGHERITA PIZZA	Yes						Yes				Yes															No	Yes
Tomato Sauce Childrens Menu											Yes															Yes	Yes
Dough Discs (53320)	Yes																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
BUILD YOUR OWN WRAPS	Yes		Yes		Yes		Yes					Yes													No	Yes	
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red Cat II (54226)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
ADD VEG CHILLI			Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
ADD CHICKEN																										No	No
Chicken Breast (52286)																										No	No
CHOOSE YOUR SIDES																											
GARDEN PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
MINI CORN ON COB																										Yes	Yes
Corn On Cob Bites (53717)																										Yes	Yes
VEGGIE STICKS																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Pepper Red Cat II (54226)																										Yes	Yes
MIXED VEGETABLES																										Yes	Yes
Diced Mixed Vegetables																										Yes	Yes

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SWAP YOU SPUDS																											
MINI JACKET POTATO																										Yes	Yes
Potato mid (54227, 54255)																										Yes	Yes
MASHED POTATO																										No	Yes
Semi Skimmed Milk (51977)						Yes																				No	Yes
Mash Potato (51094)						Yes																				No	Yes
CHIPS																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
DESSERTS																											
ICE CREAM	Yes				Yes	Yes																				No	Yes
Chocstix (54617)					Yes	Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
Kids Reduced Sugar Ice Cream						Yes																				No	Yes
FRUIT SALAD																										Yes	Yes
Del Monte Fresh fruit (52205)																										Yes	Yes
STRAWBERRY FROZEN YOGHURT						Yes																				No	Yes
Frozen Strawberry Yogurt (54577)						Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
ETON MESS SUNDAE						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)						Yes	Yes																			No	Yes
Frozen Strawberry Yogurt (54577)						Yes	Yes																			No	Yes
Meringue Nests (54613)						Yes																				No	Yes
Strawberries (10001864)																										Yes	Yes
PANCAKE	Yes					Yes	Yes																			No	Yes
Bananas (10001862)																										Yes	Yes
Chocolate Sauce (54286)																										Yes	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																			No	Yes
CHOCOLATE BROWNIE	Yes					Yes	Yes																			No	Yes
Value Brownie New (10001825)	Yes					Yes	Yes																			No	Yes
Kids Reduced Sugar Ice Cream							Yes																			No	Yes

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 KIDS MENU								
STARTERS								
VEGGIE STICKS	105	25	0.2	0.0	3.9	3.7	1.6	0.0
BAKED GARLIC & PARSLEY FLATBREAD	853	204	4.8	1.4	33.3	2.3	6.2	0.7
TORTILLA CHIPS	908	217	8.5	1.5	28.9	3.5	5.4	0.5
BUILD YOUR OWN MAIN								
OVEN BAKED FISH BITES & CHIPS	1817	434	19.2	1.5	45.6	1.7	18.9	1.5
MAC 'N' CHEESE	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
TEN VEG TOMATO PASTA	1078	258	5.3	1.0	44.7	7.9	7.6	0.6
SAUSAGE AND MASH	1475	352	20.7	7.5	23.9	4.4	16.4	1.6
VEGGIE SAUSAGE AND MASH	1340	320	14.1	3.2	28.6	2.4	15.7	1.9
VEGGIE BURGER AND CHIPS	1216	290	8.3	1.3	44.6	1.5	7.1	0.9
BEEF BURGER AND CHIPS	2110	504	23.6	8.3	44.6	1.5	26.1	1.1
STEAK & CHIPS	1216	290	12.1	3.4	19.8	0.2	26.3	1.0
MARGHERITA PIZZA	1990	475	12.7	5.3	69.3	5.9	20.1	2.0
BUILD YOUR OWN WRAPS	928	222	6.7	3.3	29.2	5.4	9.8	0.8
ADD VEG CHILLI	448	107	1.6	0.2	15.0	7.9	6.0	0.8
ADD CHICKEN	324	77	1.2	0.3	0.1	0.2	16.4	0.6
OVEN BAKED POPPIN' CHICKEN AND CHIPS	1181	282	12.7	1.6	28.9	0.1	12.4	1.0
CHOOSE YOUR SIDES								
GARDEN PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
MINI CORN ON COB	165	39	0.9	0.2	6.2	3.9	1.2	0.0
VEGGIE STICKS	89	21	0.2	0.0	3.8	3.6	0.6	0.0
MIXED VEGETABLES	245	58	0.8	0.2	9.1	3.0	2.6	0.0
MINI JACKET POTATO	648	155	0.3	0.2	32.6	3.7	4.1	0.1
MASHED POTATO	461	110	3.8	2.3	15.7	1.0	2.4	0.5
CHIPS	588	140	5.7	0.4	19.8	0.1	2.0	0.6
DESSERTS								
ICE CREAM	756	181	6.3	3.8	23.7	17.2	5.5	0.2
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
STRAWBERRY FROZEN YOGHURT	397	95	0.8	0.3	19.2	12.2	2.6	0.1
ETON MESS SUNDAE	395	94	3.2	2.2	14.0	12.6	2.1	0.1
PANCAKE	1138	272	6.2	2.6	48.5	28.8	4.3	0.4
CHOCOLATE BROWNIE	1219	291	13.8	3.1	35.1	32.5	5.0	0.2