

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
fish and chips sam's	Y Whe Bar			Y					Y		M	Y	M	Y	
BBQ Spares Ribs sams									Y			Y			
STEAK AND ALE PIE	Y Whe Bar								Y	Y	Y			M	
SAM's chicken tikka masala, naan, rice mango, poppadums 2025	Y Whe Rye Bar Oat			M	M		M Alm Brz Cas Haz Mac Pec Pis Wal	M	M	Y	M	Y	M	M	
Cambodian vegaetable curry-rice, onion salad, fresh chilli and coriander								Y						Y	
miso noodle broth 2023	Y Whe							Y	Y				Y	Y	
Burmese Coconut Lemongrass Ramen	Y Whe Rye Bar Oat	M		M	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		

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teriyaki rice bowl	Y Whe Bar			M			M Unknown	Y	M	M	M	M	Y	M	
smoked tofu, red pepper and caluiflower curry, naan, rice mango, poppadums 2025	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y				Y		M	
sticky BBQ baby back ribs Sams 2025	Y Whe Rye Bar Oat								Y			Y			
Wilted spinach & ricotta ravioli	Y Whe								Y	Y					

* Allergens marked with 'M' may contain that allergen.

Yes

May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts

Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts