

2022 Allergen guide

Breakfast Allergens

(Note - Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES						Jupin Flour	Milk		MUSTARD			SSAM		WNE
Big Yin	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage		/												/
Bacon														/
Haggis		/												/
Black Pudding	/	/												
Lorne		/												/
Fried Egg				/										
Potato Scone		/												
Tomato														
Fried Bread		/												



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DISHES						Lupin Flour	Milk		MUSTARD			SSAM ON		Beer
Full English	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage		/												/
Bacon														/
Hash Brown														
Black Pudding	/	/												
Buttered Mushrooms							/							
Beans														
Fried Egg				/										
Buttered Toast				/										



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DISHES						Lupin Flour	Milk		MUSTARD			SSAM SOL		Beer WNE
Irish Breakfast	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Bacon														√
Sausage		/												/
Potato Scone		/												
Black Pudding	/	/												
White Pudding	/	/												
Fried Egg				/										
Buttered Mushrooms							√							
Soda Bread		\					√							



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer WNE
Vegan Breakfast	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veg Sausages														
Hash Brown														
Tomato														
Mushrooms														
Tofu Scramble									/				/	
Roasted Peppers														
Beans														
Veg Black Pudding		/												
Toast		/												



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer
Vegetarian Breakfast	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veg Sausage														
Hash Brown														
Roasted Peppers														
Tomato														
Buttered Mushrooms							/							
Beans														
Fried Egg				/										
Veg Black Pudding		/												
Buttered Toast		/					/							



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer WNE
All American Pancakes	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pancakes		/												
Sausage Patty		/												/
Bacon														/
Hash Brown														
Fried Egg				/										
Maple Syrup														
Icing Sugar														



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DISHES						Lupin Flour	Milk		MUSTARD			SSAM		Beer WNE
Vegan Belguim Waffles	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Waffles		/											\	
Apples														
Fruit Compote														
Vegan Cream														
Maple Syrup													/	
Icing Sugar														



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DISHES						lupin Flour	Milk		MUSTARD			SSAM		Boer WNE
MancMuffin	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage Patty		/												/
American Cheese							/							
Streaky Bacon														/
Potato Rosti														
Fried Egg				/										
Bloody Mary Ketchup	/													
Pickle									/					
English Muffin		/												



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DISHES						Jupin Flour	Milk		MUSTARD			SSEAM		Beer
Plant MancMuffin	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veg Sausage Patty		/											\	
Tofu Scramble									/				/	
Potato Rosti														
Bloody Mary Ketchup	/													
Pickle									/					
Vegan Brioche Bun		/												



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DISHES						Lupin	Milk		MUSTARD			MSAM ON		Beer WNE
Ham Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Ham														/
Streaky Bacon														/
Fried Egg				/										
Hollandaise				/			/							
English Muffin		/					/							
Cress														



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DISHES						Jupin Flour	Milk		MUSTARD			SSEAM		Beer
Reuben Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Salt Beef														/
Poached Eggs				/										
Hollandaise				/			/							
Swiss Cheese							/							
Pickle Relish									/					
Paprika														
Cress														
English Muffin		/					/							



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DISHES						Jupin Flour	Milk		MUSTARD			SSEAM		Beer
Salmon Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Smoked salmon														/
Poached Egg				/										
Hollandaise				/			/							
English Muffin		\					/							
Lemon														
Cress														

Review date: Reviewed by:



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(Note - Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES						Lupin	Milk		MUSTARD			SSEAMS		Beer WNE
Veggie Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Forest Mushroom														
Poached Eggs				/										
English Muffin		/					/							
Hollandaise				/			/							
Cress														



Sides

(Note - Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES						Jupin Flour	Milk		MUSTARD			SSEAM		WNE
Jalapeno Poppers	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Jalapeno Poppers		√					/						√	
Chipotle Ketchup							/							



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DISHES						Lupin Flour	Milk		MUSTARD			MSAM ON		WNE
Potato Rosti	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Potato Rosti														
1000 Island				√										



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DISHES						Jupin Flour	Milk		MUSTARD			SSEAM		Boer WNE
Taco Truck Fries	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Fries														
Chipotle Mayo				/										
Red Salsa														
Cheese							/							



Gluten Free

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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer WNE
GF Full English	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Bacon														/
Veggie Sausages														
Poached Egg				/										
Beans														
Tomato														
Buttered Mushrooms														
GF toast				/			/							
Hash Brown														



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer WNE
Ham Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Ham														/
Streaky Bacon														/
Fried Egg				/										
Hollandaise				/			/							
GF Bread				/										
Cress														



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DISHES						Tupin Flour	Milk		MUSTARD			SSEAM		Beer
Reuben Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Salt Beef														/
Poached Eggs				√										
Hollandaise				/			/							
Swiss Cheese							/							
Pickle Relish									/					
Paprika														
Cress														
GF Bread				√										



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DISHES						Lupin Flour	Milk		MUSTARD			SSEAM		Beer WNE
Salmon Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Smoked salmon														/
Poached Egg				/										
Hollandaise				/			/							
GF Bread				/										
Lemon														
Cress														



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Beer
Vegan Breakfast	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veg Sausages														
Hash Brown														
Tomato														
Mushrooms														
Tofu Scramble									/				/	
Roasted Peppers														
Beans														
GF Toast				/			/							

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DISHES						Lupin Flour	Milk		MUSTARD			SSEAMS		Beer WNE
Veggie Benedict	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Forest Mushroom														
Poached Eggs				/										
GF Bread				/										
Hollandaise				/			/							
Cress														



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DISHES						Jupin Flour	Milk		MUSTARD			SSAM		Boer
Vegetarian Breakfast	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veg Sausage														
Hash Brown														
Roasted Peppers														
Tomato														
Buttered Mushrooms							/							
Beans														
Poached Egg				/										
GF Toast				/										
Buttered Toast		/					√							

