

# ALLERGEN MENU

## STARTERS

### FRENCH ONION SOUP

CONTAINS: celery/gluten (wheat, rye, barley)lupin/milk/sesame/soya/Sulphur dioxide

### DUCK & ORANGE PATE

CONTAINS: celery/gluten (wheat, rye, barley)/eggs/lupin/milk/mustard/nut traces/peanuts/sesame/soya/Sulphur dioxide

### SPICED COD & PRAWN FISHCAKES (DEEP FRIED ITEMS)

CONTAINS :gluten (wheat, oats rye ,barley)/crustaceans/fish/mustard/sesame/Sulphur dioxide

### GARLIC BREAD

CONTAINS: gluten(wheat,rye,barley)lupin/milk/sesame/mustard

### LE MISTRAL GARLIC BREAD

CONTAINS: gluten(wheat,rye,barley)lupin/milk/sesame/mustard

## MAINS

### BOUILLABAISSSE

CONTAINS: celery/gluten (wheat,rye, barley)lupin/crustaceans/fish/milk/mollusc/traces of sesame/Sulphur dioxide

### BOEUF BOURGUIGNON

CONTAINS: celery/milk/soya/Sulphur dioxide

### LE MISTRAL BURGER (DEEP FRIED ITEMS)

CONTAINS: gluten (wheat ,oats, rye, barley)/lupin/milk/mustard/sesame/traces of soya/nuts/sulphur dioxide

### MOULES MARINIERE (DEEP FRIED ITEMS)

CONTAINS: gluten (wheat ,rye, barley)lupin/milk/mollusc/sesame/Sulphur dioxide

### ÉGLEFIN

CONTAINS: celery/crustaceans/fish/milk/soya/Sulphur dioxide

### POULET ET BACON SALADE

CONTAINS: gluten (wheat,rye,barley)lupin/eggs/mustard/nuts/sesame/peanuts/traces of soya

### SPICED COD & PRAWN FISHCAKES (DEEP FRIED ITEMS)

CONTAINS: gluten (wheat, oats,rye ,barley)/crustaceans/fish/mustard/sesame/Sulphur dioxide

### STEAK PIE

CONTAINS:celery, gluten (wheat, barley)lupin/soya/egg/milk/Sulphur dioxide

### CHICKEN & HAM PIE

CONTAINS: celery/gluten (wheat, barley)lupin/soya/egg/milk/Sulphur dioxide

### CHICKEN & CHORIZO RIGATONI

CONTAINS: gluten (wheat)/eggs/milk/sulphur dioxide

### CHICKEN & BACON FRICASSEE

CONTAINS: milk/sulphur dioxide

### PORK DAUPHINOISE

CONTAINS: celery/milk/soya/sulphur dioxide

### SLOW COOKED LAMB SHANK

CONTAINS: celery/milk/soya/sulphur dioxide

### ENTRECÔTE (DEEP FRIED ITEMS)

CONTAINS: milk/mustard

## PLANT BASED & VEGETARIAN

### MOROCCAN TAJINE

CONTAINS: celery/gluten(wheat ,oats, rye, barley)/nut traces/peanuts/sesame/mustard/soya/Sulphur dioxide

### MOVING MOUNTAIN BURGER (DEEP FRIED ITEMS)

CONTAINS: gluten (wheat, oats,rye,barley)/lupin/milk/mustard/egg/sesame/soya/nuts/peanuts/Sulphur dioxide

### WILD MUSHROOM RIGATONI

CONTAINS: gluten (wheat)/eggs/milk/nuts/sesame

## DESSERTS

### SWEET CHERRY LATTICE

CONTAINS: gluten(wheat,oats,rye,barley)/lupin/nut traces/milk/egg

### DOUBLE CHOCOLATE BROWNIE

CONTAINS: gluten (wheat, barley)/eggs/lupin/milk/nut traces/peanuts/soya

### STICKY TOFFEE PUDDING

CONTAINS: gluten(wheat,rye,barley)/eggs/lupin/milk/nut traces/peanuts/soya

### TARTA AU CITRON

CONTAINS:gluten(wheat,rye,barley)egg/Sulphur dioxide/nuts/

### CRÈME BRULEE

CONTAINS: milk,egg

### CHEESECAKE DU JOUR

CONTAINS:gluten(wheat,rye,barley)lupin/milk/egg/nuts/Sulphur dioxide

## SIDES & SAUCES

### RUSTIC SEASONED CHIPS(DEEP FRIED ITEMS)

### SALADE MAISON

CONTAINS: mustard

### DAUPHINOISE POTATOES

CONTAINS: milk

### ONION RINGS(DEEP FRIED ITEMS)

CONTAINS: gluten(wheat,oats,rye,barley)

### SEASONAL VEGETABLES

CONTAINS: milk/celery/soya

### PEPPERCORN SAUCE

CONTAINS: milk/Sulphur dioxide/celery/soya

### BLUE CHEESE SAUCE

CONTAINS: milk/Sulphur dioxide

## KIDS

### BATTERED FISH GOUJONS& CHIPS((DEEP FRIED ITEMS)

CONTAINS: celery/gluten(wheat, barley)/fish/lupin

### BEEF BURGER(DEEP FRIED ITEMS)

CONTAINS: gluten(wheat,oats,rye,barley)/lupin/milk/mustard/sesame/traces of soya/nuts/Sulphur dioxide

### PLANT BASED BURGER((DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats,rye,barley)/lupin/milk/mustard/egg/sesame/soya/nuts/peanuts/Sulphur dioxide

### BOEUF BOURGUIGNON

CONTAINS: celery/milk/soya/Sulphur dioxide

### CHICKEN & BACON FRICASSEE

CONTAINS: milk/Sulphur dioxide

### CHEESE PASTA & GARLIC BREAD

CONTAINS: gluten(wheat,rye,barley)/eggs/milk)

OUR ALLERGEN MENU PROVIDES PRODUCT INFORMATION REGARDING ALLERGENS IN EACH DISH, OUR KITCHEN TEAMS ARE TRAINED TO ADHERE TO THIS ALLERGEN INFORMATION. DUE TO THE NATURE OF OUR FOOD PRODUCTION ENVIRONMENT, WE CANNOT GUARANTEE WITH 100% CERTAINTY THAT TRACES OF THE MAJOR 14 ALLERGENS MAY NOT BE PRESENT IN YOUR DISH. HOWEVER, WE TRY TO ENSURE LEVELS ARE ADEQUATELY CONTROLLED TO THE BEST OF OUR ABILITY.

\*SOME ITEMS USE THE SAME DEEP FAT FRYER AND MAY CONTAIN TRACES OF ALL ALLERGENS; THIS IS SHOWN WITH (DEEP FRIED ITEMS)