

ALLERGEN MENU

STARTERS

FRENCH ONION SOUP

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

WINTER VEGETABLE SOUP

CONTAINS:celery,gluten(wheat,barley,rye),milk,sulphites,traces of sesame,lupin

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

WHITEBAIT& AIOLI

CONTAINS: fish, mustard ,egg, gluten(wheat)

GARLIC & HERB MUSHROOM

CONTAINS: sulphites, milk ,nuts(pine nuts)

MAINS

BOUILLABAISS

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,eggs

MOULES MARINIERE (DEEP FRIED ITEMS)

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

PAN FRIED HADDOCK

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

CHICKEN & BACON SALAD

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

SMOKED HADDOCK & CELERIAC GRATIN

CONTAINS: milk, gluten(wheat, barley ,rye)fish, crustaceans,traces of sesame ,lupin

COQ AU VIN

CONTAINS:milk,sulphites,celery,soya

CONFIT DUCK CASSOULET

CONTAINS: gluten(wheat)/ mustard/traces of nuts/traces of soya/sulphites

SPICED COD & PRAWN FISHCAKES (DEEP FRIED ITEMS)

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

STEAK PIE

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

CHICKEN & HAM PIE

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

CHICKEN & CHORIZO LINGUINE

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

RIBEYE STEAK(DEEP FRIED ITEMS)

CONTAINS: milk/sulphites

PLANT BASED & VEGETARIAN

MOROCCAN TAJINE

CONTAINS: celery/gluten(wheat ,oats,rye,barley,spelt,kamut)/nut traces/sesame/soya/

MOVING MOUNTAIN BURGER (DEEP FRIED ITEMS)

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

WILD MUSHROOM LINGUINE

CONTAINS: gluten(wheat)/eggs/milk/nuts(pine nuts)/lupin

DESSERTS

CARAMELISED APPLE TART

CONTAINS: milk, gluten(wheat),egg, nuts, nut

DOUBLE CHOCOLATE BROWNIE

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

STICKY TOFFEE PUDDING

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

TARTA AU CITRON

CONTAINS:gluten(wheat,rye,barley)egg/nuts/milk, traces of nuts

CRÈME BRULÉE

CONTAINS: milk,egg

BAKED VANILLA CHEESECAKE

CONTAINS:milk ,gluten (wheat ,wholemeal) lupin, sulphites ,nuts, nut

SIDES & SAUCES

GARLIC BREAD

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

LE MISTRAL GARLIC BREAD

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

POMMES FRITES (DEEP FRIED ITEMS)

HOUSE SALADE

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

KIDS

BATTERED FISH GOUJONS& CHIPS(DEEP FRIED ITEMS)

CONTAINS: 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, egg

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)