

ALLERGEN MENU

LE MISTRAL SHERWOOD

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 Are Cooked In The Same Deep Fat Fryer And May Contain Traces Of All Allergens; This Is Indicated With **(DEEP FRIED ITEMS)**

STARTERS

FRENCH ONION SOUP

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

SEASONAL VEGETABLE SOUP

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

DUCK & ORANGE PATE

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

(DEEP FRIED ITEMS)

CONTAINS: celery/gluten (wheat, oats, rye, barley)/eggs/fish/milk/mustard/nut traces/peanuts/sesame

GARLIC & HERB MUSHROOM

CONTAINS: milk/nuts (pine nuts)/mustard/ Sulphur dioxide

MAINS

PAN FRIED HADDOCK

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

BOUILLABAISSÉ

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

BOEUF BOURGUIGNON

CONTAINS: celery/ milk/mustard/soya/ Sulphur dioxide

LE MISTRAL BURGER

(DEEP FRIED ITEMS)

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

MOULES MARINIÈRE

(DEEP FRIED ITEMS)

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

CHICKEN & BACON SALAD

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

SMOKED HADDOCK & CELERIAC GRATIN

CONTAINS: gluten (wheat, barley, rye) celery /fish/ traces of sesame /milk

COQ AU VIN

CONTAINS: milk /celery/soya /mustard/Sulphur dioxide

CONFIT DUCK CASSOULET

CONTAINS: gluten(wheat, rye, barley) /celery/milk/mustard/traces of soya/ Sulphur dioxide

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)/soya/egg/milk/ nut traces/ Sulphur dioxide

CHICKEN & HAM PIE

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

CHICKEN & CHORIZO LINGUINE

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

CHICKEN & BACON FRICASÉE

CONTAINS: milk/ Sulphur dioxide

PORK DAUPHINOISE

CONTAINS: celery/milk/soya/ Sulphur dioxide

SLOW COOKED LAMB SHANK

CONTAINS: celery/milk/soya/mustard/sulphur dioxide

RIBEYE STEAK

(DEEP FRIED ITEMS)

CONTAINS: mustard/ milk/ Sulphur dioxide

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)/milk/mustard/egg/sesame/soya/nuts/peanuts/Sulphur dioxide

WILD MUSHROOM LINGUINE

CONTAINS: gluten (wheat)/eggs/milk/nuts (pine nuts) Sulphur dioxide

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/eggs/nut traces/peanuts/ Sulphur dioxide

TARTE AU CITRON

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

CRÈME BRULEE

CONTAINS: milk/egg

BAKED VANILLA CHEESECAKE

CONTAINS: milk/gluten (wheat , wholemeal)/nuts/nut/ Sulphur dioxide

SIDES & SAUCES

GARLIC BREAD

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

LE MISTRAL GARLIC BREAD

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

BLUE CHEESE SAUCE

CONTAINS: milk

MARINATED GREEN &BLACK OLIVES

KIDS

BATTERED FISH GOUJONS & CHIPS

(DEEP FRIED ITEMS)

CONTAINS: gluten (wheat, barley)/fish/milk

BEEF BURGER

(DEEP FRIED ITEMS)

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

PLANT BASED BURGER

(DEEP FRIED ITEMS)

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

BOEUF BOURGUIGNON

CONTAINS: celery/ milk/mustard/soya/ Sulphur dioxide

CHICKEN & BACON FRICASSEE

CONTAINS: milk/ Sulphur dioxide

CHEESE PASTA & GARLIC BREAD

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

SUNDAY ROAST

SLOW ROAST BEEF

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

SLOW ROAST PORK

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

GARLIC & THYME CHICKEN

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

APRICOT & GOATS CHEESE NUT ROAST

CONTAINS: gluten (wheat)/milk/egg/soya/celery/nut (peanut)/nuts (walnuts, almonds)/ Sulphur dioxide

LE MISTRAL-LIGHT LUNCH

CROQUE

CROQUE MONSIEUR

CONTAINS: gluten (wheat) soya/mustard/milk/egg/Sulphur dioxide

CROQUE MISTRAL

CONTAINS: gluten (wheat) soya/mustard/milk/egg/Sulphur dioxide

CROQUE MADAME

CONTAINS: gluten (wheat) soya/mustard/milk/egg/Sulphur dioxide

ROYALE

CONTAINS: gluten (wheat) soya/mustard/milk/egg/Sulphur dioxide

OMELETES

(DEEP FRIED ITEMS)

CONTAINS: milk/eggs/crustaceans/mustard

SALADS

CHICKEN & BACON SALAD

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

SPICED COD & PRAWN FISHCAKES

(DEEP FRIED ITEMS)

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

PINE NUT, WILD MUSHROOM&BLUE CHEESE

CONTAIN: mustard /milk/nuts/sesame/peanuts/traces of soya/ Sulphur dioxide

