

# ALLERGEN MENU

## LE MISTRAL WIRKSWORTH

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

## 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

