

Matrix Updated: 26TH SEPTEMBER 2025,with subsequent in-house reviews every four weeks.

Please read our allergen disclaimer below:

This table highlights the food items we sell that contain allergens. Our ingredients and product specifications can change. Even if you have dined with us before, you must inform our staff of your allergen or intolerance needs before placing any orders. Information in this document identifies the 14 major allergens, which relate only to the menu's ingredients, and does not consider any customisation or requests made.

Please remember that our staff are trained to adhere to this document. Any changes the customer makes will be done so at their own risk.

Unfortunately we cannot guarantee an allergen-free kitchen environment because our internal food production processes and source ingredients may have been produced in environments that handle additional allergens. While we have strong procedures for separating our food during it's preparation & cooking, sometimes this may involve shared equipment - such as deep-fat fryers and food preparation/cooking areas.

STARTERS		Tick = Contains Allergen														
		Tick = May Contain Allergen (stated by supplier)														
		Tick = Deep Fried Item Food items share the same deep-fat fryers. Therefore elements of the 14 allergens are present. Please ask a member of staff for more information														
	Deep Fried Item	Cereals containing Gluten, Eg, Wheat	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs	
FRENCH ONION SOUP			WHEAT, RYE, BARLEY										TRACES OF ALL TREE NUTS			
PATE DU JOUR			WHEAT													
SALMON ROULADE			WHEAT													

MINI MOULES	<div></div>	<div>✓</div>	WHEAT	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>✓</div>
GOATS CHEESE	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>		<div></div>	<div></div>	<div></div>	<div></div>
CAMEMBERT	<div></div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div></div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
MAINS	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
TAGINE	<div></div>	<div></div>		<div>✓</div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
LE MISTRAL BURGER	<div>✓</div>	<div>✓</div>	WHEAT, BARLEY	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	TRACES OF ALL TREE NUTS	<div></div>	<div></div>	<div></div>
LINGUINE	<div></div>	<div>✓</div>	WHEAT	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
FISH BAKE	<div></div>	<div>✓</div>	WHEAT	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div>✓</div>	<div></div>
MOULES MARINIERE	<div>✓</div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div>✓</div>
SEA BASS	<div></div>	<div>✓</div>	WHEAT	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div>✓</div>	<div></div>
BOEUF BOURGUIGNON	<div></div>	<div></div>		<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
TOULOUSE SAUSAGE	<div>✓</div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
THE HELIBURGER	<div>✓</div>	<div>✓</div>	WHEAT	<div></div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	TRACES OF ALL TREE NUTS	<div></div>	<div></div>	<div></div>
POT ROAST CHICKEN	<div></div>	<div></div>		<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>

TOMOHAWK	<div><div></div><div>✓</div></div>	<div><div>✓</div><div></div></div>		<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
RIBEYE STEAK	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
LAMB RUMP	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
DESSERTS	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
CREME BRULEE	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
TART AU CITRON	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
BAKEWELL TART	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	ALMONDS	<div><div></div><div></div></div>	<div><div></div><div></div></div>
SALTED CARAMEL PROFITEROLES	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
ASSIETTE DE FROMAGE	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT, RYE, BARLEY	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
LIGHT BITES AND SIDES	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew	Crustaceans	Fish	Molluscs
POMMES FRITES	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
WARM BREAD AND BUTTER	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>
MEDITERRANEAN OLIVES	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div>✓</div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>

HOUSE SALAD	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
MARKET VEG	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
GARLIC BREAD	<div></div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
CHEESY GARLIC BREAD	<div></div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
LE MISTRAL GARLIC BREAD	<div></div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div>✓</div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
PARMENTIER	<div></div>	<div></div>		<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
RATATOUILLE	<div></div>	<div></div>		<div>✓</div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
PEPPER SAUCE	<div></div>	<div></div>		<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
BLUE CHEESE SAUCE	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
VEG GRAVY	<div></div>	<div></div>		<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
KIDS	Deep Fried Item	Cereals containing Gluten, Egg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
RATATOUILLE VEG RICE	<div></div>	<div></div>	WHEAT	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
TOULOUSE SAUSAGE AND MASH	<div></div>	<div>✓</div>	WHEAT, RYE, BARLEY	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div>✓</div>	<div></div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
CHEESEBURGER AND CHIPS	<div>✓</div>	<div>✓</div>	WHEAT	<div></div>	<div></div>	<div></div>	<div>✓</div>	<div></div>	<div>✓</div>	<div>✓</div>	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>

HAM EGG CHIPS	<div><div></div></div>	<div><div></div></div>	WHEAT	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	ALMONDS (Veggie Wellington Only)	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
FISH GOUJON	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
MINI MOULES MARINIERE	<div><div></div></div>	<div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
CROQUES & BAGUETTES	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs
CROQUE MONSIEUR	<div><div></div></div>	<div><div></div></div>	WHEAT	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
CROQUE MISTRAL	<div><div></div></div>	<div><div></div></div>	WHEAT	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
CROQUE MADAME	<div><div></div></div>	<div><div></div></div>	WHEAT	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
CROQUE ROYAL	<div><div></div></div>	<div><div></div></div>	WHEAT	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
CHEDDAR CHEESE & ONION BAGUETTE	<div><div></div></div>	<div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
TOULOUSE SAUSAGE BAGUETTE	<div><div></div></div>	<div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
FISH GOUJON BAGUETTE	<div><div></div></div>	<div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
LE MISTRAL CLUB	<div><div></div></div>	<div><div></div></div>	WHEAT, RYE, BARLEY	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>		<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
SUNDAY ROASTS	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew		Crustaceans	Fish	Molluscs

BRITISH BEEF	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PORK BELLY	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LAMB SHANK	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GARLIC & THYME CHICKEN	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEGETARIAN WELLINGTON	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALMONDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY SIDES	Deep Fried Item	Cereals containing Gluten, Eg, Wheat		Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts Eg, Walnuts, Cashew			Crustaceans	Fish	Molluscs
CREAMY COULIFLOWER CHEESE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAGE AND ONION STUFFING	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GARLIC GREEN BEANS	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YORKSHIRE PUDDINGS AND GRAVY	<input type="checkbox"/>	<input checked="" type="checkbox"/>	WHEAT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THYME AND SEA SALTROAST POTATOES	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>