

## Allergen Information

**Menu Update: Effective October 2026, 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.

|                                                 |                 | Tick = Contains Allergen                                                                                                                                                   |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
|-------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|--------|------|-----|-----------|---------|--------|---------|--------------------------|--------------------|----------|----------|--|--|--|
|                                                 |                 | Tick = May Contain Allergen (stated on supplier product label)                                                                                                             |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
|                                                 |                 | Tick = Deep Fried Item Food items share the same deep-fat fryers. Therefore elements of the 14 allergens are present.<br>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 |  |  |  |
| Starter/Petits Plats                            |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| French Onion Soup (GLUTEN-FREE BREAD AVAILABLE) |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Garlic And Chilli King Prawns                   |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Pate Du Jour                                    |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          | Traces of all nuts |          |          |  |  |  |
| Mushrooms,Spinach and Brie                      |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          | Traces of all nuts |          |          |  |  |  |
| Whitebait & Aioli                               |                 | Wheat                                                                                                                                                                      |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Gressingham Duck Croquettes                     |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Soup Du Jour                                    |                 | Wheat, Rye                                                                                                                                                                 |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Vegetarian & Vegan                              | Deep Fried Item | Cereals containing Gluten, Eg, Wheat                                                                                                                                       | Soya | Lupin | Celery | Milk | Egg | Sulphites | Mustard | Sesame | Peanuts | Nuts Eg, Walnuts, Cashew | Crustaceans        | Fish     | Molluscs |  |  |  |
| Red Pesto and Pine Nut Gnocchi                  |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    | Pine nut |          |  |  |  |
| Beetroot and Lentil Bourguignon                 |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Gourmet Plant-Based Burger                      |                 | Wheat,Barley                                                                                                                                                               |      |       |        |      |     |           |         |        |         |                          | Traces of all nuts |          |          |  |  |  |
| 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 |  |  |  |
| Le Mistral Burger                               |                 | Wheat                                                                                                                                                                      |      |       |        |      |     |           |         |        |         |                          | Traces of all nuts |          |          |  |  |  |
| Chicken and Becon Fricassee                     |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Chicken and Chorizo Linguine                    |                 | Wheat,Rye                                                                                                                                                                  |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Steak and Ale Pie                               |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Boeuf Bourguignon                               |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |
| Burger De Poulet and Becon                      |                 | Wheat                                                                                                                                                                      |      |       |        |      |     |           |         |        |         |                          | Traces of all nuts |          |          |  |  |  |
| Crispy Pork Belly                               |                 |                                                                                                                                                                            |      |       |        |      |     |           |         |        |         |                          |                    |          |          |  |  |  |

|                                                                 |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
|-----------------------------------------------------------------|-----------------|--|--------------------------------------|------|-------|--------|------|-----|-----------|---------|--------|---------|--|----------------------------------------------|-------------|----------|
| 8oz. Rib Eye                                                    |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Garlic and Rosemary Lamb Shank                                  |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| <b>Fish &amp; Seafood</b>                                       | Deep Fried Item |  | Cereals containing Gluten, Eg, Wheat | Soya | Lupin | Celery | Milk | Egg | Sulphites | Mustard | Sesame | Peanuts |  | Nuts Eg, Walnuts, Cashew                     | Crustaceans | Molluscs |
| Moules Mariniere                                                |                 |  | Wheat,Rye                            |      |       |        |      |     |           |         |        |         |  | Tree Nuts                                    |             |          |
| Provençal Seafood Stew                                          |                 |  | Wheat,Rye                            |      |       |        |      |     |           |         |        |         |  | Tree Nuts                                    |             |          |
| Roasted Salmon                                                  |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| <b>Desserts</b>                                                 | Deep Fried Item |  | Cereals containing Gluten, Eg, Wheat | Soya | Lupin | Celery | Milk | Egg | Sulphites | Mustard | Sesame | Peanuts |  | Nuts Eg, Walnuts, Cashew                     | Crustaceans | Molluscs |
| Classic Creme Brulee                                            |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  | Traces of Tree Nuts                          |             |          |
| Chocolate Brawnie                                               |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Tarte Au Citron                                                 |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  | Traces of Tree Nuts                          |             |          |
| Salted Caramel Profiteroles                                     |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  | Traces of Tree Nuts                          |             |          |
| Assiette De Fromage                                             |                 |  | Wheat,Rye                            |      |       |        |      |     |           |         |        |         |  | Traces of Tree Nuts                          |             |          |
| <b>Sunday Roasts</b><br>(including Childrens)                   | Deep Fried Item |  | Cereals containing Gluten, Eg, Wheat | Soya | Lupin | Celery | Milk | Egg | Sulphites | Mustard | Sesame | Peanuts |  | Nuts Eg, Walnuts, Cashew                     | Crustaceans | Molluscs |
| Roast British Beef<br>(GLUTEN-FREE = NO YORKIE & STUFFING)      |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Garlic & Thyme Chicken<br>(GLUTEN-FREE = NO YORKIE & STUFFING)  |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Pork Belly & Crackling<br>(GLUTEN-FREE = NO YORKIE & STUFFING)  |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Slow Roasted Lamb Shank<br>(GLUTEN-FREE = NO YORKIE & STUFFING) |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Cashew Squash and Sage Nut Roast                                |                 |  | Wheat, Oats                          |      |       |        |      |     |           |         |        |         |  | Cashew,Almond also traces of other tree nuts |             |          |
| <b>Sides &amp; Sunday Sides</b>                                 | Deep Fried Item |  | Cereals containing Gluten, Eg, Wheat | Soya | Lupin | Celery | Milk | Egg | Sulphites | Mustard | Sesame | Peanuts |  | Nuts Eg, Walnuts, Cashew                     | Crustaceans | Molluscs |
| Pommes Frites                                                   |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Warm Bread & Butter                                             |                 |  | Wheat,Rye                            |      |       |        |      |     |           |         |        |         |  | Tree Nuts                                    |             |          |
| Marinated Olives                                                |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| House Salad                                                     |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Cauliflower Cheese                                              |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Thyme & Sea Salt Roasted Potatoes                               |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Shallot & Sausage Meat Stuffing                                 |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Seasonal Vegetables                                             |                 |  |                                      |      |       |        |      |     |           |         |        |         |  |                                              |             |          |
| Yorkshire Pudding & Gravy                                       |                 |  | Wheat                                |      |       |        |      |     |           |         |        |         |  |                                              |             |          |

