

Allergen Matrix

For dishes containing nuts, the type of nut needs to be specified.



= Cereals containing gluten (V) = Vegetarian (VE) = Vegan (GF) = Gluten Free ✓ = Contains MC = May contain traces

	Barley Gluten	Khorasan Gluten	Oats Gluten	Rye Gluten	Spelt Gluten	Wheat Gluten	Celery	Crus- taceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Halloumi Fries						✓						✓					MC		
Salt & Pepper Squid						✓		MC	✓	MC		MC	✓					✓	MC
Corn Nachos (V) (GF)												✓						✓	
Hummus, Flatbread (VE)						✓	MC							MC			✓		MC
Chicken Tenders						✓						✓							
Chicken Wings Soy & Sesame Glaze						✓											✓	✓	
Chicken Wings Hot Sauce						✓						✓			MC	MC	MC		
Chicken Wings BBQ						✓						✓							
Marinated Olives (VE) (GF)												MC		MC	MC				
Mac 'n' Cheese Croquettes (V)						✓						✓							
The Pug Burger						✓			✓			✓		✓			MC	MC	✓
The PFC Burger						✓			✓			✓					MC	MC	
Shroom Burger (V)						✓			✓			✓					MC	✓	✓
Bangers & Mash						✓						✓							✓
Maple Glazed Bacon Chop (GF)									✓			✓							
Fish & Chips	✓					✓			✓	✓									
Steak & Ale Pie	✓					✓	✓		✓			✓							
Spiced Sweet Potato Pie (VE)			✓			✓	✓											✓	
Pug Chicken Caesar				✓		✓			✓			✓					MC		
Nourish Bowl Chicken Kebab (GF)							✓							✓			✓		MC
Nourish Bowl Halloumi (V) (GF)												✓		✓			✓		
Nourish Bowl Falafel (VE) (GF)														✓			✓		
Nourish Bowl Crispy Squid						✓		MC		MC		MC	✓	✓			✓	MC	

																			
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Marg & Rita Pizza (V)						✓					MC	✓		MC				✓	
Papa-Roni Pizza						✓					MC	✓		MC				✓	
Brisket Case Pizza						✓					MC	✓		MC				✓	
Truffle Shuffle Pizza (V)						✓					MC	✓		MC				✓	
The G.O.A.T Pizza						✓					MC	✓		MC				✓	
Veg Out Pizza (VE)						✓					MC			MC				✓	✓
Garlic Pizza Bread (V)						✓					MC	✓		MC				✓	
Smoked Chilli Crust Dip (VE) (GF)																			
Ranch Crust Dip (VE) (GF)																			
Hot Honey Crust Dip (V) (GF)																			
Pesto Crust Dip (VE) (GF)																			
Charred Halloumi Phat-Bread (V)						✓											✓		
Sweet Potato Falafel Phat-Bread (VE)						✓											✓		
Moroccan Chicken Phat-Bread	MC				MC	✓	✓							MC			✓	MC	MC
Balsamic Tomato & Parmesan Salad (V) (GF)												✓							✓
Triple Cooked Fries (VE) (GF)																			
Filthy Chips *						✓						✓						✓	
Beer Battered Onion Rings (V)	✓					✓						✓							
Tater Tots, Truffle, Parmesan (V) (GF)									✓			✓							
Tater Tots, Brisket (GF)												✓						✓	
Tater Tots, Bacon, Cheese sauce *						✓						✓						✓	
Cookie Dough, Marshmallows (V)						✓			✓			✓			MC			✓	
Candy Floss Ice Cream (V) (GF)												✓			MC				
Triple B Cheesecake (VE)						✓						MC			MC			✓	
Vanilla Ice Cream (VE) (GF)												MC			MC			✓	
Honeycomb Ice Cream (V) (GF)												✓			MC				
Eton Mess Ice Cream (V)						✓			✓			✓			MC				

																			
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Cookies & Cream Ice Cream (V)						✓						✓			MC			✓	
Sunday Roast Beef *						✓			✓			✓							
Sunday Roast Pork						✓			✓			✓							✓
Sunday Roast Chicken *						✓			✓			✓							
Sunday Sides Stuffing						✓													✓
Sunday Sides Pigs In Blankets						✓													✓
Sunday Sides Extra Yorkie (V)						✓			✓			✓							
Sunday Sides Extra Roasties (VE) (GF)																			
Sunday Sides Cauliflower Cheese (V)						✓						✓							
The Captain Lunch Menu				✓		✓		MC	✓	✓			MC						
Hot Chick Lunch Menu				✓		✓						✓							
Italian Stallion Lunch Menu						✓					MC	✓		MC				✓	
Green Goddess Lunch Menu (VE)				✓		✓											✓		
Little Squidders Kids						✓		MC	✓	MC		MC	✓					MC	
Little Dough Bites Kids (V)				✓		✓					MC	✓		MC				✓	
Dip & Dunk Kids (VE) (GF)																	✓		
Halloumi Paws Kids (V)						✓						✓							
Master allergen matrix																			
Pretzel (V)	✓			✓		✓			MC			✓		✓			MC	MC	
Curry tots *						✓	MC							✓					
Chicken bites						✓			✓			✓		✓					
Pork bratwurst						✓	MC		✓			✓		✓	MC		MC	✓	
Beef bratwurst						✓			✓			MC		✓	MC	MC	MC	✓	
Chicken schnitzel						✓			✓			✓		✓			MC		✓
Mac and cheese	✓					✓			MC			✓		✓			MC	MC	
Pork belly *						✓	✓					✓		✓					✓
Apple pie (V)						✓			✓			✓			MC			MC	
Brownie sundae cherry (V)						✓			✓			✓						✓	

- *Filthy Chips - Remove Onion For Gluten Free Option
- *Tater Tots, Bacon, Cheese sauce - Remove Crispy Onion For Gluten Free Option
- *Sunday Roast Beef - Remove Yorkie For Gluten Free Option
- *Sunday Roast Chicken - Remove Yorkie For Gluten Free Option
- *Curry tots - Remove crispy onion for gluten free
- *Pork belly - Remove crispy onion for gluten free