

31 below allergen information

Spring Summer 2023 | Version 1

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SHAREABLES & SMALL PLATES	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegans	Vegetarian	Non-Gluten diets
Large Green Olives															Yes	Yes	Yes
Padron Peppers	◊					◊	◊	◊	◊	◊	◊	◊	◊		Yes	Yes	Yes
Buttermilk Fried Chicken Small/large	• wheat barley					◊	◊	•	•	◊	•	◊	◊		No	No	No
Devilled Eggs							•		•				•		No	Yes	Yes
Patatas Bravas	◊					◊	◊	◊	•	◊	◊	◊	◊		No	Yes	Yes
Seared King Prawns & Warm Bread	• wheat, rye, oats				•		•								No	No	No
Warm Heritage Grains, Whipped Date & Sea Salt Butter	• wheat, rye, oats						•	•							No	Yes	No
Crispy Squid, Roasted Garlic Aioli and Lemon	• wheat					•	◊	◊	•	◊	•	•	◊		No	No	No
Pea and Broad Bean Hummus	• wheat						•				•	•	•		Yes	Yes	No

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British Flat Iron Steak	◇					◇	◇	◇	◇	◇	◇	◇	◇		No	No	Yes
Add Chimichurri															Yes	Yes	Yes
Add Peppercorn Sauce								●							No	Yes	Yes
Baked Aubergine, Ricotta, Mix Leaf, Parsley & Shallots	◇					◇	●	●	◇	◇	●	◇	◇		No	Yes	Yes
Plancha Sharer	● wheat barley					●	●	●	●	●	●	◇	●		No	No	No
Plancha Grilled Herb Chicken, Salad of Radish, Mint & Rocket	◇					◇	◇	◇	◇	◇	◇	◇	◇		No	No	Yes
Add Roasted Garlic Mayo								●							No	Yes	Yes

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Coppa Club Beef Burger	• wheat, oats					◊	◊	•	◊	•	•	•	◊		No	No	No
Add Bacon															No	No	Yes
Sea Reared Trout, Rainbow Chard, Chard Grill Lemon and Roasted Garlic Aioli				•					•						No	No	Yes
Vegan Burger	• wheat, oat barley									•	•	•	•		Yes	Yes	No

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SALADS	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Warm Smoked Mackerel and New Potatoes			• walnuts	•					•						No	No	Yes
Super Greens & Grains Salad							•			•					Yes	Yes	Yes
Super Greens & Grains Salad with Halloumi							•	•		•					No	Yes	Yes
Super Greens & Grains Salad with Sea Trout				•			•			•					No	No	Yes
Super Greens & Grains Salad with Chicken							•			•					Nq	No	Yes
Club Caesar Salad	• wheat			•					•	•					No	No	No
Club Caesar Halloumi	• wheat			•					•	•					No	No	No
Club Caesar Chicken	• wheat			•					•	•					No	No	No
Club Caesar Sea Trout	• wheat			•					•	•					No	No	No

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SIDES	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Skinny Fries	◇					◇	◇	◇	◇	◇	◇	◇	◇		Yes	Yes	Yes
House Salad							●			●					Yes	Yes	Yes
Seasonal Greens, Olive Oil & Sea Salt															Yes	Yes	Yes
Steamed New Potatoes, Mint, Parsley, Lemon & Butter								●							No	Yes	Yes
Truffle Pecorino Fries	◇					◇	◇	●	◇	◇	◇	◇	◇		No	Yes	Yes
Sweet Potato Fries, Thyme and Lime	◇					◇	◇	◇	◇	◇	◇	◇	◇		Yes	Yes	Yes

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DESSERTS	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Sticky Toffee Pudding	• wheat							•	•						No	Yes	No
Flourless Chocolate Cake	◊							•	•		•				No	Yes	◊
Roasted Pineapple, Sour Cherry Molasses & Coconut Ice Cream	◊					◊	◊	◊	◊	◊	◊	◊	◊		Yes	Yes	Yes
Ice Cream – Vanilla								•	•						No	Yes	Yes
Ice Cream – Strawberry								•	•						No	Yes	Yes
Ice Cream - Honeycomb								•	•						No	Yes	Yes
Ice Cream – Lemon Sorbet															Yes	Yes	Yes

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BREAKFAST & BRUNCH	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Croissant	• wheat							•							No	Yes	No
Pain Au Chocolat	• wheat							•			•				No	Yes	No
Toasted Breakfast Muffin, Whipped Ricotta & Smashed Avocado	• wheat, rye, barley, oats						•	•	•				•		No	Yes	No
Smashed Avocado on Toast	• wheat								•						No	Yes	No
Smashed Avocado on Toast – Bacon	• wheat								•						No	No	No
Smashed Avocado on Toast – Halloumi	• wheat							•	•						No	Yes	No
Smashed Avocado on Toast – Salmon	• wheat			•					•						No	No	No
Sourdough Toast	• wheat														Yes	Yes	No
Granary Toast & Butter	• wheat, barley							•							No	Yes	No

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Honey Pot															No	Yes	Yes
Jam Apricot/Raspberry/Strawberry															Yes	Yes	Yes
White Toast	• wheat														Yes	Yes	No
Gluten Free Toast															Yes	Yes	Yes
Skillet Breakfast	• wheat, barley							•	•		•		•		No	No	No
Garden Breakfast								•	•						No	Yes	Yes
Buckwheat Pancake, Mulled Berries Compote & Granola Yoghurt	• wheat, rye, oats		• hazelnut, almond				•	•	•						No	Yes	No
Buckwheat, Pancake Bacon & Maple Syrup	• wheat, rye							•	•						No	No	No
Eggs On Toast	• wheat							•	•						No	Yes	No
Coconut Yoghurt and Mulled Berries	• wheat, oats		• hazelnut, almond				•								Yes	Yes	No

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Extra Tomato															Yes	Yes	Yes
Add Egg								•							No	Yes	Yes
Add Black Pudding	• wheat, barley										•				No	No	No
Extra Beans															Yes	Yes	Yes
Add Bacon															No	No	Yes
Add Cumberland Sausage	• wheat												•		No	No	No
Add Smash Avocado															Yes	Yes	Yes
Extra Greens															Yes	Yes	Yes
Add Halloumi								•							No	Yes	Yes

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Add Mushrooms															Yes	Yes	Yes
Add Severn & Wye Salmon				•											No	No	Yes
Add Chicken															No	No	Yes
Add Trout				•											No	No	Yes

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