



Allergens Matrix - GLP

Name	Celery	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame seeds	Soybeans	Sulphur	Nuts	Almond	Brazil	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Cereals (Gluten)	Barley	Oats	Rye	Wheat	
Small Dishes																											
Frickles with Dijon mustard mayo	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Korean BBQ crispy buttermilk chicken wings, spring onion & coriander	N	N	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Sweet potato curry bites with coriander soya yoghurt, tomato and red onion salad	N	N	N	N	N	N	N	Y	N	N	Y	Y	M	M	M	M	M	M	M	M	M	Y	N	N	N	Y	
Breaded Halloumi fries, sweet chilli jam	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Crispy calamari, lemon mayonnaise	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Soup (Please ask server for todays soup)																											
Broccoli and stilton soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Butternut squash, chilli and coconut soup	Y	N	N	N	N	Y	N	N	N	M	N	Y	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Carrot and coriander soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Cauliflower and cumin soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Chunky courgette, potato and white bean soup	Y	N	N	N	M	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	Y	Y	M	Y	Y	Y
Cream of leek and potato soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Cream of mushroom soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Cream of spinach and watercress soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Pea and mint soup	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Roasted tomato and basil soup SS	Y	N	N	N	N	Y	N	N	N	M	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	Y
Sharers																											
Nachos topped with cheese, salsa, sour cream and guacamole SS	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Burgers																											
The Henry Burger, double cheese, baby gem & tomato, onion relish and our burger sauce, fries and coleslaw	Y	N	Y	N	N	Y	N	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Add Smoked streaky bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Add an extra burger	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
GF The Henry Burger, double cheese, baby gem & tomato, onion relish and our burger sauce, fries and coleslaw	Y	N	Y	N	N	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Crispy buttermilk BBQ chicken burger, hash brown, sour cream, Monterey Jack and pickles served with fries and coleslaw	N	N	Y	N	N	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Add Guacamole	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Meatless farm burger, pickles & double cheese, our burger sauce, fries and moioslaw	Y	N	Y	N	N	Y	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Pub Classics																											
6X Gold ale battered fish of the day with chunky chips, garden peas, tartare sauce, lemon	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
6X Gold ale battered fish of the day with chunky chips, garden peas, tartare sauce, lemon - Small	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Honey glazed ham, free-range hens eggs, grilled tomato and chips	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Honey glazed ham, free-range hens eggs, grilled tomato and chips - Small	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caesar salad with grilled chicken, crispy bacon, shaved parmesan, anchovies and croutons	N	N	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	M	M	M	Y
Caesar salad with grilled halloumi, olives and croutons	N	N	Y	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	M	M	M	Y
Sides																											
Garlic bread	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Cheesy garlic bread	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
6X Gold battered onion rings	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Coleslaw	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheesy Chips	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chips	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mediterranean Giant Couscous	N	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Moioslaw	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Skinny fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Desserts and Mini Puds																											
1 Scoop Ice cream	N	N	Y	N	N	Y	N	N	M	N	Y	N	M	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
2 Scoop Ice Cream	N	N	Y	N	N	Y	N	N	M	N	Y	N	M	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
3 Scoop Ice Cream	N	N	Y	N	N	Y	N	N	M	N	Y	N	M	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
Caramel filled mini churros, salted caramel sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Mini Lotus Biscoff vegan cheesecake	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y