

COOKHOUSE♦PUB

Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans

PUB BRANDS MEETING ROOMS

NIBBLES

Coleslaw (per portion) - **V**

Contains: *Egg, Mustard*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	3.9 g	0.3 g	3.0 g	2.1 g	0.5 g	0.27 g

Skin-on Chips (per 100g) - **VE V**

Contains: *No major allergens*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Side Salad (per portion) - **VE V**

Contains: *Mustard, Sulphite*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Breaded Mushrooms with Dip (per 3 pieces)

Contains: *Cereals containing Gluten (Wheat)*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	564 kJ / 134 kcal	5.2 g	0.6 g	18.3 g	3.8 g	2.9 g	0.36 g

Veggie Caesar Salad (per portion) - **V**

Contains: *Cereals containing Gluten (Wheat), Egg, Fish, Milk, Mustard*

May Contain: *Milk, Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	274 kJ / 66 kcal	4.6 g	1.3 g	3.7 g	1.8 g	2.0 g	0.23 g

Beer-Battered Onion Rings (per 3 rings)

Contains: *Cereals containing Gluten (Barley, Wheat)*

May Contain: *Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	439 kJ / 105 kcal	5.6 g	0.5 g	11.7 g	1.6 g	1.4 g	0.25 g

Chicken Goujons with Dip (per 2 pieces)

Contains: *Cereals containing Gluten (Wheat)*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	856 kJ / 205 kcal	10.0 g	1.2 g	17.3 g	3.7 g	11.2 g	0.83 g

Chicken Wings with Dip (per 2 wings)

Contains: *No major allergens*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	632 kJ / 151 kcal	7.5 g	1.8 g	5.9 g	3.3 g	14.9 g	0.65 g

Mini Jacket Potatoes (per 2 potatoes) - **V**

Contains: *Milk*

May Contains: *No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	670 kJ / 160 kcal	0.7 g	0.4 g	32.9 g	3.9 g	4.3 g	0.00 g

Nachos (per portion) - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	833 kJ / 199 kcal	10.9 g	2.2 g	21.2 g	1.6 g	3.2 g	0.52 g

Pollock Bites with Dip (per 3 bites)*Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	878 kJ / 210 kcal	11.2 g	0.9 g	16.8 g	2.0 g	10.4 g	0.68 g

Potato Salad (per portion) - V*Contains: Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 168 kcal	10.5 g	0.9 g	16.0 g	4.7 g	2.2 g	0.69 g

Tortillas Crisps with Dip (per portion) - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	652 kJ / 156 kcal	7.3 g	1.5 g	19.3 g	0.9 g	2.2 g	0.22 g

ASSORTED CRISPS (per pack)**Prawn Cocktail Crisps - V***Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	960 kJ / 230 kcal	13.1 g	1.1 g	24.3 g	0.9 g	2.8 g	0.54 g

Salt & Vinegar Crisps - V*Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

Salted Crisps - V*Contains: No major allergens**May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

Cheese & Onion Crisps - V*Contains: Milk**May Contain: Other Cereals containing (Barley, Wheat), Celery, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	932 kJ / 223 kcal	12.0 g	0.9 g	25.2 g	1.2 g	2.5 g	0.54 g

SANDWICHES (per triangle portion)

BLT SANDWICH*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard, Soya**May Contain: Other Cereals containing (Barley, Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	386 kJ / 92 kcal	3.6 g	1.2 g	10.2 g	1.4 g	4.2 g	0.57 g

CHEESE & TOMATO SANDWICH - V

Contains: Cereals containing Gluten (Barley, Wheat), Milk, Soya

May Contain: Other Cereals containing (Barley, Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	378 kJ / 90 kcal	3.8 g	2.3 g	9.8 g	1.2 g	3.6 g	0.31 g

EGG MAYO SANDWICH - V

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard, Soya

May Contain: Other Cereals containing (Barley, Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	303 kJ / 72 kcal	2.5 g	0.9 g	9.5 g	0.6 g	2.5 g	0.24 g

GRILLED CHICKEN MAYO SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard, Soya

May Contain: Other Cereals containing (Barley, Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	384 kJ / 91 kcal	3.1 g	0.9 g	9.8 g	0.9 g	5.6 g	0.41 g

HAM & TOMATO SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Milk, Soya

May Contain: Other Cereals containing (Barley, Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 76 kcal	1.7 g	0.8 g	9.9 g	1.3 g	4.8 g	0.44 g

PRAWN COCKTAIL SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard, Soya

May Contain: Other Cereals containing (Barley, Oats, Rye), Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	301 kJ / 71 kcal	1.9 g	0.8 g	9.9 g	1.1 g	3.2 g	0.30 g

PIZZAS AND FLATBREAD PIZZAS (per slice)

CHEESY GARLIC FLATBREAD PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	669 kJ / 160 kcal	9.4 g	4.3 g	14.1 g	0.2 g	4.5 g	0.43 g

CREATE YOUR OWN PIZZA - PIZZA BASE - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	458 kJ / 109 kcal	3.3 g	1.6 g	14.8 g	0.7 g	4.5 g	0.58 g

Add Red Onion - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4 kJ / 1 kcal	0.0 g	0.0 g	0.2 g	0.1 g	0.0 g	0.00 g

Add Red Pepper - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4 kJ / 1 kcal	0.0 g	0.0 g	0.2 g	0.2 g	0.0 g	0.00 g

Add Fried Mushroom - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3 kJ / 1 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.1 g	0.00 g

Add Chicken Breast*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	39 kJ / 9 kcal	0.1 g	0.0 g	0.0 g	0.0 g	2.0 g	0.07 g

Add Tomato - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6 kJ / 2 kcal	0.0 g	0.0 g	0.2 g	0.2 g	0.1 g	0.00 g

Add Red Chilli - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	0 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

Add Pineapple - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	12 kJ / 3 kcal	0.0 g	0.0 g	0.7 g	0.7 g	0.0 g	0.00 g

Add Pepperoni*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	1.6 g	0.5 g	0.0 g	0.0 g	0.7 g	0.16 g

Add Ham*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.1 g	0.0 g	0.0 g	0.0 g	0.9 g	0.08 g

GARLIC FLATBREAD PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	484 kJ / 116 kcal	5.8 g	2.1 g	13.6 g	0.1 g	2.0 g	0.23 g

MARGHERTIA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	631 kJ / 151 kcal	6.7 g	3.7 g	15.3 g	0.7 g	6.9 g	0.77 g

MIXED VEGETABLE PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	658 kJ / 157 kcal	6.8 g	3.7 g	16.3 g	1.6 g	7.2 g	0.78 g

PEPPERONI PIZZA*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	811 kJ / 194 kcal	10.7 g	4.9 g	15.4 g	0.8 g	8.7 g	1.17 g

SPICY SAUSAGE PIZZA

Contains: Cereals containing Gluten (Wheat), Milk, Sulphite

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	790 kJ / 189 kcal	9.4 g	4.7 g	16.7 g	1.1 g	8.8 g	0.92 g

Desserts Allergens

BLUEBERRY MUFFIN (per piece) - V

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	983 kJ / 234 kcal	9.3 g	1.1 g	34.0 g	18.9 g	3.4 g	0.15 g

BROWNIE (per 2 pieces) - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

CHOCOLATE TORTE (per 2 pieces) - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	505 kJ / 121 kcal	6.5 g	3.7 g	14.4 g	9.2 g	0.6 g	0.16 g

LEMON DRIZZLE CAKE (per 2 pieces) - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1176 kJ / 280 kcal	11.0 g	1.1 g	42.1 g	25.1 g	2.9 g	0.54 g

WHOLE FRUIT (per piece)

BANANA - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	598 kJ / 141 kcal	0.4 g	0.1 g	31.9 g	28.7 g	1.6 g	0.04 g

CLEMENTINE - V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.00 g

GREEN APPLE - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	305 kJ / 73 kcal	0.1 g	0.0 g	16.1 g	16.1 g	0.4 g	0.01 g