

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, Milk, Mustard*

May Contain: *Milk*

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

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

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

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

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

| 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**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya, 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 |
|--------------|----------------|-------|-----------|---------------|--------|---------|--------|
| | 12 kJ / 3 kcal | 0.3 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 |

MARGHERITA 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 |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
| | 667 kJ / 159 kcal | 7.0 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

CLEMENTINE - **V**

Contains: No major allergens

May Contains: No major allergens

GREEN APPLE - **VE V**

Contains: No major allergens

May Contains: No major allergens