

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.

| The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below. | | | | | | | | |
|--|-----------------------------------|--------|-----------|---------------|------------------|------------|-------------|----------|
| Reference Intake (RI) | Energy | Energy | Total Fat | Saturates | Carbohydrate | Sugars | Protein | Salt |
| | kJ | kcal | g | g | g | g | g | g |
| | 8400 | 2000 | 70.0 | 20.0 | 260.0 | 90.0 | 50.0 | 6.0 |
| The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices | | | | | | | | |
| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| PUB BRANDS NON GLUTEN CONTAINING INGREDIENT MENU SPRING SUMMER 2024 | | | | | | | | |
| NGCI STARTERS | | | | | | | | |
| LOADED POTATO DIPPERS | 1790 | 428 | 24.1 | 9.0 | 34.5 | 2.5 | 18.0 | 1.4 |
| CLASSIC PRAWN COCKTAIL | 1542 | 368 | 21.9 | 6.4 | 25.5 | 9.6 | 15.3 | 1.8 |
| TOMATO SOUP | 1245 | 297 | 14.0 | 4.0 | 34.9 | 14.2 | 4.9 | 1.5 |
| LOADED NACHOS | 1972 | 471 | 27.0 | 5.8 | 46.6 | 5.5 | 8.4 | 1.8 |
| ADD CHIPOTLE BEEF CHILLI | 539 | 129 | 5.9 | 3.0 | 7.6 | 3.5 | 9.5 | 0.7 |
| VEGAN LOADED NACHOS | 2208 | 527 | 31.0 | 18.6 | 55.7 | 2.1 | 4.3 | 2.7 |
| NGCI MAINS | | | | | | | | |
| NGCI MAINS - BURGERS | | | | | | | | |
| FRESH MIXED SALAD | 174 | 42 | 1.6 | 0.2 | 4.6 | 3.6 | 1.4 | 0.2 |
| SKIN-ON CHIPS | 1539 | 368 | 14.5 | 2.3 | 52.5 | 0.9 | 4.9 | 0.9 |
| NGCI BURGER BUN | 698 | 167 | 3.6 | 0.4 | 25.9 | 3.2 | 4.2 | 0.7 |
| BIG STACK BURGER WITH CHIPS AND BUN | 5533 | 1322 | 77.8 | 26.4 | 90.8 | 13.7 | 58.9 | 3.9 |
| BIG STACK BURGER WITH CHIPS AND SALAD | 5009 | 1196 | 75.8 | 26.2 | 69.5 | 14.1 | 56.1 | 3.4 |
| SPICY GRILLED CHICKEN BURGER WITH CHIPS AND BUN | 3767 | 900 | 37.7 | 3.9 | 90.5 | 13.4 | 43.3 | 3.5 |
| SPICY GRILLED CHICKEN BURGER WITH CHIPS AND SALAD | 3242 | 774 | 35.7 | 3.7 | 69.3 | 13.8 | 40.5 | 3.0 |
| CHEESE & BACON BURGER WITH CHIPS AND BUN | 4385 | 1047 | 56.6 | 16.2 | 87.6 | 11.1 | 40.8 | 3.6 |
| CHEESE & BACON BURGER WITH CHIPS AND SALAD | 3861 | 922 | 54.6 | 16.0 | 66.3 | 11.5 | 38.1 | 3.1 |
| ADD A 1/4LB* STEAK BURGER | 894 | 214 | 15.3 | 6.9 | 0.1 | 0.1 | 19.0 | 0.2 |
| ADD 2 STREAKY BACON RASHERS | 263 | 63 | 4.0 | 1.3 | 0.2 | 0.1 | 6.5 | 0.9 |
| ADD A CHEESE SLICE | 348 | 83 | 7.0 | 4.3 | 0.0 | 0.0 | 5.1 | 0.4 |

| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
|--|-----------------------------------|------|---------|---------------|------------------|------------|-------------|----------|
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| FRESH MIXED SALAD | 174 | 42 | 1.6 | 0.2 | 4.6 | 3.6 | 1.4 | 0.2 |
| SKIN-ON CHIPS | 1539 | 368 | 14.5 | 2.3 | 52.5 | 0.9 | 4.9 | 0.9 |
| 8OZ* RUMP STEAK WITH PEAS AND TOMATO | 1575 | 376 | 13.7 | 6.3 | 11.4 | 5.2 | 53.9 | 0.2 |
| 8OZ* SIRLOIN STEAK WITH PEAS AND TOMATO | 1575 | 376 | 13.3 | 5.8 | 11.4 | 5.6 | 54.1 | 0.2 |
| SMOTHERED CHICKEN WITH CHIPS | 3439 | 821 | 33.6 | 9.2 | 73.5 | 15.9 | 53.0 | 4.0 |
| UPGRADE TO DOUBLE-SMOTHERED CHICKEN | 1306 | 312 | 9.8 | 5.2 | 15.2 | 10.4 | 40.3 | 1.9 |
| CHICKEN TIKKA CURRY | 2235 | 534 | 20.4 | 5.1 | 54.6 | 7.6 | 29.8 | 2.3 |
| 7OZ* GAMMON STEAK WITH CHIPS | 3146 | 751 | 38.4 | 4.2 | 60.4 | 5.8 | 37.5 | 5.2 |
| ADD 2 FRIED EGGS | 904 | 216 | 17.0 | 3.6 | 0.1 | 0.1 | 15.9 | 0.0 |
| ADD 2 PINEAPPLE RINGS | 182 | 44 | 0.0 | 0.0 | 10.5 | 10.5 | 0.3 | 0.0 |
| ADD ONE EGG & ONE PINEAPPLE | 543 | 130 | 8.5 | 1.8 | 5.3 | 5.3 | 8.1 | 0.0 |
| FRESH MIXED SALAD | 408 | 98 | 2.3 | 0.3 | 12.2 | 10.4 | 4.7 | 0.2 |
| ADD FRENCH DRESSING | 274 | 66 | 5.4 | 0.5 | 4.1 | 3.2 | 0.1 | 0.4 |
| ADD MARIE-ROSE DRESSING | 409 | 98 | 8.0 | 0.6 | 6.1 | 5.6 | 0.3 | 0.4 |
| ADD CHARGRILLED CHICKEN | 649 | 155 | 2.5 | 0.6 | 0.1 | 0.5 | 32.7 | 1.1 |
| NGCI SIDES | | | | | | | | |
| MIXED SIDE SALAD | 174 | 42 | 1.6 | 0.2 | 4.6 | 3.6 | 1.4 | 0.2 |
| SKIN-ON CHIPS | 1539 | 368 | 14.5 | 2.3 | 52.5 | 0.9 | 4.9 | 0.9 |
| COLESLAW | 645 | 154 | 11.7 | 0.9 | 9.0 | 6.4 | 1.5 | 0.8 |
| CHIPOTLE BEEF CHILLI TOPPED CHIPS SINGLE | 2066 | 493 | 22.5 | 5.4 | 58.8 | 4.0 | 11.2 | 1.6 |
| CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER SERVES 2 | 4132 | 987 | 45.0 | 10.7 | 117.6 | 8.0 | 22.3 | 3.1 |
| CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER PER SERVING | 2066 | 493 | 22.5 | 5.4 | 58.8 | 4.0 | 11.2 | 1.6 |
| NGCI DESSERTS | | | | | | | | |
| ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES | 2133 | 509 | 22.0 | 14.1 | 68.4 | 62.4 | 8.3 | 0.4 |
| FRUIT SALAD | 444 | 106 | 0.2 | 0.0 | 22.8 | 22.8 | 1.4 | 0.0 |
| MIXED BERRIES CHEESECAKE | 2566 | 613 | 35.2 | 14.7 | 63.6 | 47.7 | 9.8 | 0.4 |

| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
|--|-----------------------------------|------|---------|---------------|------------------|------------|-------------|----------|
| | KJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| NGCI KIDS MENU | | | | | | | | |
| NGCI KIDS STARTERS | | | | | | | | |
| TORTILLA CHIPS | 682 | 163 | 6.5 | 1.0 | 21.1 | 2.7 | 3.8 | 0.2 |
| VEGAN OPTION AVAILABLE, JUST ASK | 629 | 150 | 6.4 | 0.9 | 20.0 | 1.5 | 2.1 | 0.2 |
| VEGGIE STICKS WITH DIP | 118 | 28 | 0.4 | 0.0 | 3.6 | 3.4 | 2.3 | 0.1 |
| NGCI KIDS MAINS | | | | | | | | |
| 4OZ* RUMP STEAK WITH CHIPS | 1547 | 370 | 14.9 | 4.4 | 31.8 | 0.7 | 28.0 | 0.6 |
| GRILLED CHICKEN BREAST WITH CHIPS | 1204 | 287 | 9.5 | 1.6 | 30.1 | 0.7 | 19.2 | 1.1 |
| NGCI KIDS SIDES | | | | | | | | |
| 2 MINI CORN ON THE COBS | 200 | 48 | 1.1 | 0.2 | 5.7 | 1.5 | 2.2 | 0.0 |
| BAKED BEANS | 174 | 41 | 0.1 | 0.0 | 6.7 | 2.7 | 2.5 | 0.3 |
| PEAS | 197 | 47 | 0.4 | 0.1 | 6.3 | 3.3 | 3.1 | 0.0 |
| VEGGIE STICKS | 65 | 16 | 0.2 | 0.0 | 2.4 | 2.3 | 0.6 | 0.0 |
| MASHED POTATO | 459 | 110 | 3.8 | 2.3 | 15.7 | 1.0 | 2.3 | 0.5 |
| SKIN-ON CHIPS KIDS PORTION | 879 | 210 | 8.3 | 1.3 | 30.0 | 0.5 | 2.8 | 0.5 |
| NGCI KIDS DESSERTS | | | | | | | | |
| STRAWBERRY SMASH SUNDAE | 523 | 125 | 6.9 | 4.7 | 13.3 | 10.7 | 2.3 | 0.1 |
| VANILLA DAIRY ICE CREAM | 580 | 139 | 7.2 | 4.9 | 15.1 | 11.1 | 2.8 | 0.1 |
| FRUIT SALAD | 209 | 50 | 0.1 | 0.0 | 10.8 | 10.8 | 0.6 | 0.0 |
| NGCI SUNDAY ROAST PLATED | | | | | | | | |
| HORSERADISH per portion | 252 | 60 | 4.5 | 0.3 | 3.8 | 3.7 | 1.0 | 1.4 |
| CRANBERRY SAUCE per portion | 222 | 53 | 0.0 | 0.0 | 12.9 | 12.6 | 0.0 | 0.1 |
| APPLE SAUCE per portion | 112 | 27 | 0.0 | 0.0 | 6.4 | 5.3 | 0.1 | 0.0 |
| HAND-CARVED ROAST BEEF | 4866 | 1162 | 68.3 | 11.9 | 88.2 | 16.1 | 42.5 | 2.3 |
| GO LARGE ADD AN EXTRA SLICE OF BEEF AND PIG IN BLANKET | 732 | 175 | 11.6 | 4.5 | 2.3 | 0.4 | 15.1 | 0.6 |
| SUCCULENT TURKEY | 4265 | 1019 | 50.1 | 4.3 | 88.9 | 16.1 | 47.0 | 3.5 |
| GO LARGE ADD AN EXTRA SLICE OF TURKEY AND PIG IN BLANKET | 531 | 127 | 5.6 | 1.9 | 2.5 | 0.4 | 16.6 | 1.1 |
| HAND-CARVED GAMMON | 4587 | 1096 | 61.7 | 8.9 | 89.4 | 16.1 | 39.5 | 4.6 |
| GO LARGE ADD AN EXTRA SLICE OF GAMMON AND PIG IN BLANKET | 639 | 153 | 9.4 | 3.5 | 2.7 | 0.4 | 14.1 | 1.4 |
| TRIO OF ROAST | 4573 | 1092 | 60.0 | 8.4 | 88.8 | 16.1 | 43.0 | 3.5 |
| NGCI SUNDAY KIDS ROAST PLATED | | | | | | | | |
| KIDS ROAST BEEF | 2561 | 612 | 35.2 | 7.5 | 42.3 | 9.1 | 27.2 | 1.0 |
| KIDS ROAST TURKEY | 2160 | 516 | 23.1 | 2.4 | 42.8 | 9.1 | 30.2 | 1.8 |
| KIDS ROAST GAMMON | 2375 | 567 | 30.8 | 5.5 | 43.1 | 9.1 | 25.2 | 2.5 |

COOKHOUSE + PUB

Starters

LOADED NACHOS -

Contains: Milk

May Contains: No major allergens

LOADED NACHOS NGCI -

Contains: No major allergens

May Contains: No major allergens

POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

PRAWN COCKTAIL NGCI

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Sulphite

TOMATO SOUP NGCI -

Contains: Egg

May Contains: No major allergens

Mains

8OZ RUMP

Contains: No major allergens

May Contains: No major allergens

8OZ SIRLOIN

Contains: No major allergens

May Contains: No major allergens

BIG STACK BURGER NGCI

Contains: Egg, Milk, Mustard

May Contains: No major allergens

CHEESE AND BACON BURGER NGCI

Contains: Egg, Milk, Mustard

May Contains: No major allergens

CHICKEN TIKKA CURRY NGCI

Contains: Milk

May Contains: No major allergens

FRESH MIXED SALAD -

Contains: Mustard, Sulphite

May Contains: No major allergens

GAMMON STEAK

Contains: Egg

May Contains: No major allergens

SMOTHERED CHICKEN NGCI

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

SPICY CHICKEN BURGER

Contains: Egg, Mustard

May Contains: No major allergens

Sides

CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

CHIPOTLE CHILLI CHIPS

Contains: Celery, Milk, Soya

May Contains: No major allergens

COLESLAW -

Contains: Egg, Mustard

May Contains: No major allergens

SIDE SALAD - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

SKIN ON CHIPS - VE V

Contains: No major allergens

May Contains: No major allergens

Desserts

CADBURY'S CARAMEL SUNDAE - V

Contains: Milk, Soya

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

CHEESECAKE WITH BERRIES NGCI - V

Contains: Egg, Milk

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

FRUIT SALAD - VE V

Contains: No major allergens

May Contains: No major allergens

Sunday Roast

BEEF TOPSIDE SUNDAY ROAST NGCI

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

GAMMON SUNDAY ROAST NGCI

Contains: Sulphite

May Contains: No major allergens

TRIO OF ROAST NGCI

Contains: No major allergens

May Contains: No major allergens

TURKEY SUNDAY ROAST NGCI

Contains: No major allergens

May Contains: No major allergens

Kids Sunday Roast

KIDS ROAST BEEF SUNDAY NGCI

Contains: Milk

May Contains: No major allergens

KIDS ROAST GAMMON SUNDAY NGCI

Contains: Milk

May Contains: No major allergens

KIDS ROAST TURKEY SUNDAY NGCI

Contains: Milk

May Contains: No major allergens

Kids Starters

KIDS TORTILLA CHIPS - V

Contains: Milk

May Contains: No major allergens

KIDS TORTILLA CHIPS - VE V

Contains: No major allergens

May Contains: No major allergens

KIDS VEGGIE STICKS - V

Contains: Milk

May Contains: No major allergens

Kids Mains

KIDS CHICKEN BREAST

Contains: No major allergens

May Contains: No major allergens

KIDS STEAK AND CHIPS

Contains: No major allergens

May Contains: No major allergens

Kids Desserts

KIDS ETON MESS SUNDAE - V

Contains: Egg, Milk

May Contain: Tree Nuts (Hazelnut)

KIDS FRUIT SALAD - VE V

Contains: No major allergens

May Contains: No major allergens

KIDS ICE CREAM - V

Contains: Milk, Soya

May Contains: No major allergens

Guest Choice

Pineapple Ring - VE V

Contains: No major allergens

May Contains: No major allergens

Baked Beans - VE V

Contains: No major allergens

May Contains: No major allergens

Chipotle Chilli Chips

Contains: Celery, Milk, Soya

May Contains: No major allergens

French Dressing - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Fried Egg - V

Contains: Egg

May Contains: No major allergens

Fried Egg & Pineapple - V

Contains: Egg

May Contains: No major allergens

Katsu Chicken Loaded Chips

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Kids Mashed Potato - V

Contains: Milk

May Contains: No major allergens

Kids Peas - VE V

Contains: No major allergens

May Contains: No major allergens

Kids Sweetcorn - VE V

Contains: No major allergens

May Contains: No major allergens

Mini Jacket Potatoes - VE V

Contains: No major allergens

May Contains: No major allergens

NGCI Burger Bun - V

Contains: Egg

May Contains: No major allergens

Salad Garnish - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Seafood Dressing - V

Contains: Egg, Mustard

May Contain: Sulphite

Skin on Chips - VE V

Contains: No major allergens

May Contains: No major allergens

Skin on Chips - VE V

Contains: No major allergens

May Contains: No major allergens

Vegetable Batons - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Upgrade

4oz Burger

Contains: No major allergens

May Contains: No major allergens

Beef Topside & Pig in Blanket

Contains: Milk, Sulphite

May Contains: No major allergens

Cheese Slice - **V**

Contains: Milk

May Contains: No major allergens

Chicken Breast

Contains: No major allergens

May Contains: No major allergens

Chipotle Chilli

Contains: Celery, Milk, Soya

May Contains: No major allergens

Double Smothered Chicken

Contains: Milk

May Contains: No major allergens

Gammon & Pig in Blanket

Contains: Sulphite

May Contains: No major allergens

Streaky Bacon

Contains: No major allergens

May Contains: No major allergens

Turkey & Pig in Blanket

Contains: Sulphite

May Contains: No major allergens