

**EXTRAS** produced in an environment where nuts, egg, dairy, soya, celery, fish, sulphites and gluten are also used.

CHUTNEY - mustard

GARLIC & HERB OIL - none

HOT CHILLI OIL - none

EXTRA HOT CHILLI OIL - none

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## PIES

THE STEAK OUT - celery, wheat, egg, & dairy,  
the slaw contains mustard

THE WILD ROOSTER - celery, wheat, egg & dairy,  
the slaw contains mustard

THE SQUISH SQUASH - celery, wheat, egg & dairy,  
the slaw contains mustard

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## LUNCH

WEST COUNTRY SMOKED HAM WRAP - wheat, dairy, egg, mustard (in aioli)

PULLED BEEF WRAP - wheat, dairy, egg, mustard (in aioli)

ROASTED CHICKEN WRAP - wheat, dairy, egg, mustard (in aioli)

ROASTED SWEET POTATO WRAP - wheat, dairy, egg, mustard (in aioli)

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## DESSERTS

CHOCOLATE BROWNIE - dairy, egg

VEGAN BROWNIE - nuts (hazelnuts), soya

CIDER POACHED PEAR WITH ALMOND & VANILLA CAKE - nuts, dairy

CIDER POACHED PEARS (VEGAN) - contains coconut (fruit), soya,  
(both ice cream)

BAKED SUMMER CHEESECAKE - dairy, wheat, gluten & egg

HEART OF DORSET - dairy, wheat

CHEESEBOARD - dairy, wheat, soya, fish sauce (chilli jam may  
contain traces of wheat)

# AHH NUTS!



## ALLERGENS

### GLUTEN STATEMENT

**NON-GLUTEN INGREDIENT (NGI) OPTIONS ARE AVAILABLE**

Although these items are made with gluten-free flour, due to the airborne flour in our kitchens we cannot guarantee they are 100% free from traces of gluten.

If you have any concerns, we would be happy to talk you through the steps we take to minimise the risks of cross-contamination with our ingredients that contain gluten.

These include the chocolate brownie & NON-GLUTEN pizza bases.

## **STARTERS**

**STIX & DIPS** - wheat - beetroot hummus (tahini – sesame, may contain traces of nuts, peanuts), the olives within the tapenade contain sulphites and may contain traces of nuts, peanuts and seeds including sesame

**GARLIC BREAD** - wheat, dairy, NGI base available

**THE DORSET SPREAD** - wheat, dairy (whipped garlic butter)

**PURPLE HAZE** - pine nuts (not tree nut)

**SLADESDOWN DUCK** - pine nuts (not tree nut)

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## **SHARERS**

**POT OF GOLD** - wheat, dairy, soya, sulphites

**CAPREOLUS CHARCUTERIE & CHEESE** - wheat, dairy, mustard (the chutney contains mustard and is produced in an environment where nuts, egg, dairy, soya, celery, fish, sulphites and gluten are also used)

**MORE THAN FIVE A DAY** - wheat, beetroot hummus (tahini – sesame, may contain traces of nuts, peanuts), the olives within the tapenade contain sulphites and may contain traces of nuts, peanuts and seeds including sesame

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## **PIZZA** NGI base available for all pizzas

**VEGAN MARGHERITA** - wheat, soya

**MARGHERITA** - wheat, dairy

**FOUR CHEESE SPECIAL** - wheat, dairy

**HEART SKIPPED A BEET** - wheat, soya

**THE GOOD LIFE** - wheat, soya

**HAZELNUTTER** - wheat, soya, nuts (hazelnuts)

**POSH HAWAIIAN** - wheat, dairy

**THE CHELTENHAM CLUCKER** - wheat, dairy

**ALI BAA BAA** - wheat, dairy

**THE DENHAY DELIGHT** - wheat, dairy

**LONGHORN JIM** - wheat, dairy

**WEST COUNTRY PORKER** - wheat, dairy, egg, mustard

**HOOK, LINE & SINKER** - wheat, dairy, fish – cod/coley/pollock (please note the fish may contain bones, traces of shellfish & molluscs due to processing), nuts (romesco contains almonds & hazelnuts)

**THE SPY-CY GCHQ** - wheat, dairy

**THE BLAZING SADDLE** - wheat, dairy, egg, mustard

**ROYALE WITH CHEESE** - wheat, dairy, sesame, mustard, the onions are grilled with Lea & Perrins which contains barley & fish,

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## **SALADS**

**CHICKEN, PEA & RED CHILLI** - coconut (fruit), soya, fish sauce, (chilli jam may contain traces of wheat)

**SMOKED SALMON** - dairy, smoked fish which may contain traces of molluscs due to processing

**THE BIG HAZE** - pine nuts (not tree nut)

**THE MARVEL** - none

**SMOKED DUCK** - pine nuts (not tree nut)

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## **DIPS**

**BUTTERNUT BLITZ** - none

**BEETROOT HUMMUS** - (tahini – sesame, may contain traces of nuts, peanuts)

**MUSHROOM & OLIVE TAPENADE** - the olives within the tapenade contain sulphites and may contain traces of nuts, peanuts and seeds including sesame

**GARLIC AIOLI** - dairy, egg, mustard

**ROMESCO** - nuts (romesco contains almonds & hazelnuts)

**HARISSA YOGHURT** - dairy

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## **SIDES**

**GREAT GREEN SALAD** - none

**OLD GRENADIER & HERBY CABBAGE** - dairy

**CHILLI & LEMON COURGETTE SALAD** - none

**ROSEMARY & THYME POTATO WEDGES** - none