

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

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

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)

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)

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

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 CRIBBAR - wheat, dairy

ALI BAA BAA - wheat, dairy

THE PRIMROSE PIGGY - 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 FISTRAL FIRE - 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,

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)

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

SIDES

GREAT GREEN SALAD - none

OLD GRENADIER & HERBY CABBAGE - dairy

CHILLI & LEMON COURGETTE SALAD - none

ROSEMARY & THYME POTATO WEDGES - none