

## **DIPS**

**CURRIED CARROT PUREE** - none

**GREEN PESTO** - nuts

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

**GARLIC AIOLI** - milk, egg, mustard

**BLUE CHEESE** - milk, egg, mustard

**NAGA HARISSA YOGHURT** - milk

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## **WRAPS**

**WEST COUNTRY SMOKED HAM** - wheat, milk, egg and mustard (in aioli)

**ROASTED CHICKEN** - wheat, milk, egg and mustard (in aioli)

**ROASTED SWEET POTATO** - wheat, milk, egg and mustard (in aioli)

**PULLED BEEF** - wheat, milk, egg and mustard (in aioli), sulphites

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## **FUDDINGS**

**CHOCOLATE BROWNIE** - milk, egg

**VEGAN BROWNIE** - nuts, soya

**APPLE AND CHERRY CRUMBLE** - cooked with cider that contains sulphites

**CHEESEBOARD** - milk, wheat, served with chutney (see allergen)

**THE MELTY CHOCMALLOW** - milk, wheat

**ICE CREAM** - milk, may contain nuts, peanuts, egg and soya due to processing

**CIDER SORBET** - sulphites, may contain milk, nuts, egg, soya and gluten due to processing

**VEGAN ICE CREAM** - soya

# **AHH NUTS!**

IT MUST BE A BUMMER HAVING TO READ ALL THE FINE PRINT. WE PREPARE OUR INGREDIENTS OURSELVES, SO WE KNOW WHAT GOES INTO EVERY DISH. WE CAREFULLY SOURCE OUR PRODUCE AND TAKE OUR INGREDIENTS SERIOUSLY, MEANING YOU CAN DINE WITH PEACE OF MIND.

FEEL FREE TO ASK AS MANY QUESTIONS AS YOU LIKE.



# **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, apple crumble and NON-GLUTEN pizza bases.

## **SHARERS**

**STIX AND DIPS** - wheat, garlic aioli - milk, egg and mustard

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

**GARLIC BREAD WITH CHEESE** - wheat, milk, NGI base available

**POT OF GOLD** - wheat, milk, soya, sulphites, NGI base available

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

**VEGAN SHARING BOARD** - wheat, nuts, peanuts, chutney (see allergen), the olives and the tapenade contain sulphites and may contain traces of nuts, peanuts and seeds including sesame

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## **SIDES**

**HOUSE SALAD** - none

**WINTER SLAW** - egg, mustard, celery

**ROSEMARY AND THYME POTATO WEDGES** - none

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

**VEGAN MARGHERITA** - wheat, NGI base available

**MARGHERITA** - wheat, milk, NGI base available

**FOUR CHEESE SPECIAL** - wheat, milk, NGI base available

**THE HEADLAND HERBIVORE** - wheat, milk, NGI base available

**THE GOOD LIFE** - wheat, soya, NGI base available

**BILLY THE KID** - wheat, milk, nuts, sulphites, NGI base available

**THE POSH HAWAIIAN** - wheat, milk, NGI base available

**THE CRIBBAR** - wheat, milk, NGI base available

**THE LAMB ROAST** - wheat, milk, NGI base available

**THE PRIMROSE PIGGY** - wheat, egg, milk, NGI base available

**LONGHORN JIM** - wheat, milk, NGI base available

**WEST COUNTRY PORKER** - wheat, milk, egg, mustard, NGI base available

**THE HUE'S HOPE** - wheat, milk, fish -salmon (please note the fish may contain traces of shellfish and molluscs due to processing), NGI base available

**THE FISTRAL FIRE** - wheat, milk, NGI base available

**THE BLAZING SADDLE** - wheat, milk, egg, mustard, sulphites, NGI base available

**THE PENTIRE PECKER** - wheat, milk, NGI base available

**THE PRETTY GREEN** - wheat, soya, nuts, NGI base available

**HAZELNUTTER** - wheat, soya, nuts (hazelnuts), sulphites, NGI base available

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## **PIES**

**THE STEAK OUT** - celery, wheat, egg, and milk, the slaw contains egg, celery and mustard

**THE ROOSTER** - celery, wheat, egg, and milk, the slaw contains egg, celery and mustard

**THE WILD THYME** - celery, wheat

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## **SALADS**

**CHICKEN, PEA AND RED CHILLI** - soya (soy sauce may contain traces of wheat), fish (please note the fish sauce may contain traces of shellfish and molluscs due to processing)

**HEADLANDS CATCH** - egg, milk and smoked fish which may contain traces of molluscs due to processing.

**WARM WINTER VEG REMIX** - wheat

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

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**CHUTNEY** - please note: our chutney contains mustard and is produced in an environment where nuts, egg, milk, soya, celery, fish, sulphites and gluten are also used.