

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

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

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

SIDES

HOUSE SALAD - none

WINTER SLAW - egg, mustard, celery

ROSEMARY AND THYME POTATO WEDGES - none

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 SIR FRANCIS DRAKE - 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 PLYMPTON PECKER - wheat, milk, NGI base available

THE LAMB ROAST - wheat, milk, NGI base available

THE DENHAY DELIGHT - wheat, egg, milk, NGI base available

LONGHORN JIM - wheat, milk, NGI base available

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

THE CATTLEDOWN CATCH - wheat, milk, fish -salmon (please note the fish may contain traces of shellfish and molluscs due to processing), NGI base available

THE BARBICAN BLASTER - wheat, milk, NGI base available

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

GEDDON BIRD - wheat, milk, NGI base available

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

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

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

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)

MEATON'S SMOKED SALAD - 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)

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.