

Allergens for The Stable March 23 Menu

*= May contain

Product	Gluten cereals	Milk	Eggs	Soya	Peanuts	Nuts	Sesame	Celery	Mustard	Molluscs	Crustaceans	Fish	SO2 Sulphites	Lupin	Vegetarian	Vegan	Calories
SHARERS																	
Garlic Bread	Wheat															Y	654
Cheesy Garlic Bread	Wheat	Y													Y		833
Vegan Cheesy Garlic Bread	Wheat, GF Oats															Y	841
PIZZAS																	
Proper Margherita	Wheat	Y													Y		969
Hawaiian Five-Oh	Wheat	Y															930
The Meat is On	Wheat	Y											Y				987
The Blazing Saddle	Wheat	Y											Y				1198
Aubergine Kenobi	Wheat	Y													Y		1170
Boss Pepperoni	Wheat	Y															1089
Hen Party	Wheat	Y											Y				937
Burger on The Dancefloor	Wheat	Y							Y				Y				1200
Mushroom Magic	Wheat	Y													Y		1064
Pesto La Pizza, Baby	Wheat	Y															983
Shreddy or Not	Wheat	Y											Y				1193
VEGAN PIZZAS																	
Vegan Margherita	Wheat GF Oats															Y	807
Vegan Mushroom Magic	Wheat GF Oats															Y	1095
No Porkies	Wheat GF Oats			Y					Y							Y	963
KIDS PIZZAS																	
Margherita	Wheat	Y													Y		
The Fresh Hawaiian	Wheat	Y															
The Cheeky Chicken	Wheat	Y															
Kids Salad Bites																Y	
Mac N Cheese	Wheat	Y													Y		
Garlic Bread	Wheat															Y	
Cheesy Garlic Bread	Wheat	Y													Y		
Vegan Cheesy Garlic Bread	Wheat GF Oats															Y	

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GF NUDIE BASE PIZZAS																		
GF Nudie Base		*														Y		
Proper Margherita		Y													Y			951
Hawaiian Five-Oh		Y																894
The Meat is on		Y											Y					969
The Blazing Saddle		Y											Y					1180
Aubergine Kenobi		Y													Y			1095
Boss Pepperoni		Y																1071
Hen Party		Y											Y					919
Burger on The Dancefloor		Y							Y				Y					1182
Mushroom Magic		Y													Y			1046
Pesto La Pizza, Baby		Y																965
Shredd-y or Not	Wheat (In onions)	Y											Y					1177
Garlic Bread		*														Y		654
Cheesy Garlic Bread		Y													Y			815
GF NUDIE BASE KIDS PIZZAS																		
Margherita		Y													Y			
The Fresh Hawaiian		Y																
The Cheeky Chicken		Y																
Garlic Bread		*														Y		
Kids Cheesy Garlic Bread		Y													Y			
GF Nudie base VEGAN PIZZAS																		
Vegan Margherita	GF Oats	*														Y		789
Vegan Mushroom Magic	GF Oats	*														Y		1077
No Porkies	Wheat * GF Oats	*		Y					Y							Y		936
Vegan Cheesy Garlic Bread	GF Oats	*														Y		841

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LOCAL PIZZAS																	
Bath	Wheat	Y															1256
Birmingham	Wheat	Y											Y				936
Bournemouth	Wheat, barley	Y															979
Bristol	Wheat, Barley	Y	Y						Y				Y				1112
Cardiff	Wheat	Y															1204
Falmouth	Wheat	Y	Y										Y				1111
Fistral	Wheat	Y	Y										Y				1222
Plymouth	Wheat	Y					Y										1158
Winchester	Wheat	Y	Y	*			*	*	*			*	*				1289
LOCAL PIZZAS NUDIE NGI																	
Bath		Y															1238
Birmingham		Y											Y				918
Bournemouth (GF not available)	Wheat, Barley	Y															961
Bristol (GF not available)	Wheat, Barley	Y	Y						Y				Y				1094
Cardiff (GF not available)	Wheat	Y															1186
Falmouth		Y	Y										Y				1093
Fistral		Y	Y										Y				1204
Plymouth		Y					Y										1140
Winchester		Y	Y	*			*	*	*			*	*				1271

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SALADS																	
Goats Cheese & Roasted Squash		Y							Y				Y		Y		348
Vegan Feta & Roasted Squash									Y				Y			Y	361
Miso chicken noodle salad				Y			Y										470
SIDES																	
Tater Tots - Nearly Naked																Y	351
Tater Tots - Kickin' Cajun																Y	491
Tater Tots – Aioli Wanna Be With You																Y	503
Mac N Cheese Classic	Wheat	Y													Y		814
Mac N Cheese Green light	Wheat	Y													Y		939
Mac N Cheese Chicken & pesto	Wheat	Y	*	*			*	*	*			*	*				1066
Homeslaw																Y	252
House Salad		Y							Y				Y		Y		163
DIP																	
Garlic & Herb Dip																Y	353
Chipotle Mayo Dip																Y	320
BBQ Dip													Y			Y	19
Burger sauce Dip									Y							Y	222
DESSERTS																	
Chocolate Brownie & Ice cream		Y	Y	Y		*									Y		686
Kids Brownie & Ice cream		Y	Y	Y		*									Y		423
Vegan Chocolate Brownie & Ice Cream		*	*	Y		*										Y	478
Ice Cream		Y				*									Y		203
Chocolate Ice cream		Y				*									Y		258
Strawberry Ice cream		Y				*									Y		295
Vegan Ice Cream		*	*	Y		*										Y	252
Biscoff cheese cake	Wheat	Y		Y											Y		954

Hot drinks	Calories	Allergens	Soft drinks	Calories
Americano	5		Britvic soft drinks	8
Cappuccino Oat milk	135	Oat	Britvic Lime	6
Cappuccino semi-skimmed	101	Milk	Britvic Orange	8
Cappuccino Soya	93	Soybeans	Coca Cola half pint	119
Flat white Oat Milk	101	Oat	Coke zero half pint	1
Flat white semi-skimmed	76	Milk	Diet Coke half pint	1
Flat white Soya	70	Soybeans		
Hot chocolate Oat milk	225	Oat, Soybeans		
Hot chocolate simi-skimmed	186	Milk, Soybeans		
Hot chocolate Soya	176	Soybeans		
Latte white Oat milk	156	Oat		
Latte white semi-skimmed	117	Milk		
Latte white Soya	107	Soybeans		
TS Espresso	5			