# FOOD AND DRINKS ALLERGENS FOR THE STABLE – 19th October 2026

For the Padstow Stable, see page 4

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **GRAZING STATION** | | | | | | | | | | | | | | | | | |
| Garlic Bread | Wheat | | | | | | | | | | | | | | | Y | 734 |
| Cheezy-e Garlic Bread | Wheat | Y | | | | | | | | | | | | | Y | | 943 |
| Plant based Cheezy-e Garlic Bread | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 952 |
| **PIZZAS** | | | | | | | | | | | | | | | | | |
| Marg Simpson | Wheat | Y | | | | | | | | | | | | | Y | | 1199 |
| Hawaii Five-O | Wheat | Y | | | | | | | | | | | | | | | 1175 |
| The Meat Is On | Wheat | Y | | | | | | | | | | | Y | | | | 1128 |
| The Blazing Saddle | Wheat | Y | | | | | | | | | | | Y | | | | 1335 |
| Proper-roni | Wheat | Y | | | | | | | | | | | | | | | 1218 |
| Feelin' Clucky | Wheat | Y | | | | | | | Y | | | | Y | | | | 1104 |
| The G.O.A.T | Wheat | Y | | | | | | | | | | | | | Y | | 1298 |
| Hot Buzz | Wheat | Y | | | | | | | | | | | | | | | 1250 |
| Brisket Case | Wheat | Y | | | | | | | | | | | Y | | | | 1465 |
| The Pony | Wheat | Y | | | | | | | | | | | | | | | 1576 |
| Cheese First | Wheat | Y | | | | | | | | | | | Y | | Y | | 1201 |
| **SPECIAL PIZZAS** | | | | | | | | | | | | | | | | | |
| Billy The Kid | Wheat | Y | | | | | | | | | | | Y | | Y | | 1300 |
| The Proper Coppa | Wheat | Y | | | | | | | | | | | | | | | 1249 |
| Duck, Duck, Orange | Wheat | Y | | | | | | | | | | | Y | | | | 1005 |
| Devon Sent | Wheat | Y | | | | | | | | | | | Y | | | | 1087 |
| Old Wyfes Tale | Wheat | Y | | | | | | | | | | | | | | | 1256 |
| Hampshire Hog | Wheat | Y | Y | | | | | | | | | | | | | | 1289 |
| **CHRISTMAS** | | | | | | | | | | | | | | | | | |
| Pigs in Pillows | Wheat | | | Y | | | | | Y | | | | Y | | | | 1714 |
| Festive Full Monty | Wheat, barley | Y | | Y | | | | Y | | | | | Y | | | | 1193 |
| Xmas day I'm Trufflin' | Wheat, GF Oats | | | | | | | | | | | | | | Y | Y | 1093 |
| NGCI - Xmas day I'm Trufflin' | GF Oats | | | | | | | | | | | | | | Y | Y | 1075 |
| We Brie Kings | Wheat | Y | | | | | | | | | | | | | Y | | 1046 |
| **PLANT BASED PIZZAS** | | | | | | | | | | | | | | | | | |
| Marg Simpson | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 891 |
| The G.O.A.T | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 1273 |
| Over The Veg | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 1212 |
| **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 | | |
| Plant based Cheezy-e Garlic Bread | Wheat, GF Oats | | | | | | | | | | | | | | | Y | |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **NGCI NUDIE BASE, PIZZAS** | | | | | | | | | | | | | | | | | |
| NGCI Nudie Base | | | | | | | | | | | | | | | | Y | |
| Marg Simpson | | Y | | | | | | | | | | | | | Y | | 1102 |
| Hawaii Five-O | | Y | | | | | | | | | | | | | | | 1077 |
| The Meat Is On | | Y | | | | | | | | | | | Y | | | | 1030 |
| The Blazing Saddle | | Y | | | | | | | | | | | Y | | | | 1237 |
| Proper-roni | | Y | | | | | | | | | | | | | | | 1120 |
| Feelin' Clucky | | Y | | | | | | | Y | | | | Y | | | | 1006 |
| The G.O.A.T. | | Y | | | | | | | | | | | | | Y | | 1200 |
| Hot Buzz | | Y | | | | | | | | | | | | | | | 1152 |
| Brisket Case | | Y | | | | | | | | | | | Y | | | | 1367 |
| The Pony | | Y | | | | | | | | | | | | | | | 1478 |
| Cheese First | | Y | | | | | | | | | | | Y | | Y | | 1094 |
| Garlic Bread | | | | | | | | | | | | | | | | Y | 734 |
| Cheezy-e Garlic Bread | | Y | | | | | | | | | | | | | Y | | 922 |
| **SPECIAL PIZZAS NUDIE NGCI** | | | | | | | | | | | | | | | | | |
| Billy The Kid | | Y | | | | | | | | | | | Y | | Y | | 1202 |
| The Proper Coppa | | Y | | | | | | | | | | | | | | | 1151 |
| Duck, Duck, Orange | | Y | | | | | | | | | | | Y | | | | 907 |
| Devon Sent | | Y | | | | | | | | | | | Y | | | | 1069 |
| Old Wyfes Tale | | Y | | | | | | | | | | | | | | | 1238 |
| Hampshire Hog | | Y | Y | | | | | | | | | | | | | | 1271 |
| **NGCI NUDIE BASE, KIDS' PIZZAS** | | | | | | | | | | | | | | | | | |
| Margherita | | Y | | | | | | | | | | | | | Y | | |
| The Fresh Hawaiian | | Y | | | | | | | | | | | | | | | |
| The Cheeky Chicken | | Y | | | | | | | | | | | | | | | |
| Garlic Bread | | | | | | | | | | | | | | | | Y | |
| Kids Cheesy Garlic Bread | GF Oats | Y | | | | | | | | | | | | | Y | | |
| **NGCI NUDIE BASE, PLANT BASED PIZZAS** | | | | | | | | | | | | | | | | | |
| Plant based Marg Simpson | GF Oats | | | | | | | | | | | | | | | Y | 793 |
| Plant based The G.O.A.T | GF Oats | | | | | | | | | | | | | | | Y | 1175 |
| Plant based Over The Veg | GF Oats | | | | | | | | | | | | | | | Y | 1114 |
| Plant based Cheezy-e Garlic Bread | GF Oats | | | | | | | | | | | | | | | Y | 855 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **SALADS** | | | | | | | | | | | | | | | | | |
| Green Goat Salad | | Y | | | | | | | Y | | | | Y | | Y | | 427 |
| Plant Based Green Goat Salad | | | | | | | | | Y | | | | Y | | | | 378 |
| Hail Ceasar Salad | | Y | Y | | | | | | | | | Y | | | | | 621 |
| **SIDES, MACS & FLATBREADS** | | | | | | | | | | | | | | | | | |
| Tater Tots - Nearly Naked | | | | | | | | | | | | | | | | Y | 351 |
| Tater Tots – Cajun Persuasion | | | | | | | | | | | | | | | | Y | 440 |
| Tater Tots – Aioli Wanna Be With You | | | | | | | | | | | | | | | | Y | 448 |
| Tater Tots – Hot Stepper | | | | | | | | | | | | | Y | | | Y | 375 |
| Stablehand's Mac N Cheese | Wheat | Y | | | | | | | | | | | | | Y | | 814 |
| Stablehand's Mac N Cheese with N'duja | Wheat | Y | | | | | | | | | | | | | | | 981 |
| Rule The Roost (new recipe) | Wheat | | | | | | Y | | Y | | | | Y | | | | 1248 |
| The Forager | Wheat | | | | | | Y | | Y | | | | Y | | | Y | 1286 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Stableslaw | | | | | | | | | | | | | | | | Y | 171 |
| House Salad | | Y | | | | | | | Y | | | | Y | | Y | | 111 |
| Ceasar Salad (side) | | Y | Y | | | | | | | | | | | | | | 208 |
| Smash'd Cucumber | | | | | | | | | | | | | | | | Y | 28 |
| **NACHOS (GRAZING STATION)** | | | | | | | | | | | | | | | | | |
| The OG Stable Nachos | | Y | | Y | | | | | | | | | | | Y | | 1157 |
| Chipotle Chicken Nachos | | Y | | Y | | | | | | | | | | | | | 1269 |
| Pulled Beef Nachos | | Y | | Y | | | | | | | | | Y | | | | 1318 |
| **DIPS** | | | | | | | | | | | | | | | | | |
| Garlic & Herb Dip | | | | | | | | | | | | | | | | Y | 223 |
| Chipotle Mayo Dip | | | | | | | | | | | | | | | | Y | 202 |
| Hot Honey Dip | | | | | | | | | | | | | | | Y | | 136 |
| Hot Chilli Sauce Dip | | | | | | | | | | | | | | | | Y | 62 |
| BBQ Dip | | | | | | | | | Y | | | | Y | | | Y | 19 |
| Basil & Lemon Dip | | | | | | | | | | | | | | | | Y | 284 |
| **DESSERTS** | | | | | | | | | | | | | | | | | |
| Chocolate Brownie & Ice Cream | | Y | Y | Y | | | | | | | | | | | Y | | 667 |
| Kids Brownie & Ice Cream | | Y | Y | Y | | | | | | | | | | | Y | | 407 |
| Plant based Chocolate Brownie & Ice Cream | | | | Y | | | | | | | | | | | | Y | 557 |
| Baileys Cheesecake | Wheat | Y | | Y | | | | | | | | | | | | | 653 |
| Biscoff Cheesecake | Wheat | Y | | Y | | | | | | | | | | | Y | | 954 |
| Vanilla bean Ice Cream | | Y | | | | | | | | | | | | | Y | | 203 |
| Chocolate Ice Cream | | Y | | | | | | | | | | | | | Y | | 258 |
| Strawberry Ice Cream | | Y | | | | | | | | | | | | | Y | | 295 |
| Vegan Ice Cream | | | | Y | | | | | | | | | | | | Y | 252 |

# The Stable Padstow

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | | | | | | | | | |
| Bacon brioche roll | Wheat | Y | Y | | | | | | | | | | | | | | 428 |
| Plant based sausage brioche roll | Wheat, Barley, Oats | | | Y | | | | | | | | | | | | Y | 471 |
| Sausage brioche roll | Wheat | Y | Y | | | | | | | | | | Y | | | | 679 |
| Sourdough toast and jam | Wheat, Rye | Y | | | | | | | | | | | | | Y | | 585 |
| Sourdough toast and marmalade | Wheat, Rye | Y | | | | | | | | | | | | | Y | | 586 |
| Whole Hog Brekkie | Wheat, Rye | Y | Y | Y | | | | | | | | | Y | | | | 802 |
| Whole Hog Brekkie (go large) | Wheat, Rye | Y | Y | Y | | | | | | | | | Y | | | | 1449 |
| Farmhand Brekkie | Wheat, Rye, Barley, Oats | | | Y | | | | | | | | | | | | Y | 744 |
| Desperado avocado | Wheat, Rye | | Y | | | | | | | | | | | | Y | | 487 |
| Verry Berry Pancakes | Wheat | Y | Y | | | | | | | | | | | | Y | | 564 |
| The Stable Stack | Wheat | Y | Y | | | | | | | | | | | | | | 751 |
| Top Banana | Wheat | Y | Y | Y | | | | | | | | | | | Y | | 942 |
| Extras – Brown Sauce | Barley, Rye | | | | | | | | | | | | | | | | |
| Extras – Ketchup | | | | | | | | Y | | | | | | | | | |
| Extras – Smoked Salmon | | | | | | | | | | | | Y | | | | | |
| Extras – Egg | | | Y | | | | | | | | | | | | | | |
| Extras – Bacon | | | | | | | | | | | | | Y | | | | |
| **GRAZING STATION** | | | | | | | | | | | | | | | | | |
| Garlic Bread | Wheat | | | | | | | | | | | | | | | Y | 734 |
| Cheesy Garlic Bread | Wheat | Y | | | | | | | | | | | | | Y | | 943 |
| Plant based Cheezy-e Garlic Bread | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 952 |
| Squid's in | | Y | | Y | | | | | | Y | | | | | | | 425 |
| **NOT PIZZA** | | | | | | | | | | | | | | | | | |
| Stable Fish 'n' Chips | | | Y | Y | | | | | Y | | | Y | Y | | | | 1464 |
| The Bronco | Wheat | Y | Y | Y | | | | | Y | | | | | | | | 1443 |
| The Bronco with bacon | Wheat | Y | Y | Y | | | | | Y | | | | | | | | 1489 |
| Farm Shawarma | Wheat | Y | | Y | | | Y | | | | | | Y | | | | 1207 |
| Hail Caesar Salad | | Y | Y | | | | | | | | | Y | | | | | 621 |
| Green Goat Salad | | Y | | | | | | | Y | | | | Y | | Y | | 427 |
| Plant Based Green Goat Salad | | | | | | | | | Y | | | | Y | | | | 378 |
| **STABLE WRAPS** | | | | | | | | | | | | | | | | | |
| Wrapper's delight | Wheat | Y | | Y | | | | | | | | | | | | | 1119 |
| Big Fat Greek (vegan) | Wheat | | | Y | | | | | | | | | | | | Y | 1093 |
| **ON THE SIDE** | | | | | | | | | | | | | | | | | |
| The Stable Slaw | | | | | | | | | | | | | | | | Y | 252 |
| House Salad | | Y | | | | | | | Y | | | | Y | | Y | | 111 |
| Fries | | | | Y | | | | | | | | | | | | Y | 468 |
| Parm Fries | | Y | | Y | | | | | | | | | | | Y | | 534 |
| Rancher's Fries | Wheat | Y | | Y | | | | | Y | | | | Y | | | | 1698 |
| Parm Fries with truffle oil | | Y | | Y | | | | | | | | | | | Y | | 624 |
| **CRUST DIPS** | | | | | | | | | | | | | | | | | |
| Hot Honey | | | | | | | | | | | | | | | Y | | 136 |
| Garlic & Herb Dip | | | | | | | | | | | | | | | | Y | 223 |
| Chipotle Mayo Dip | | | | | | | | | | | | | | | | Y | 202 |
| BBQ Dip | | | | | | | | | Y | | | | Y | | | Y | 19 |
| **PIZZAS** | | | | | | | | | | | | | | | | | |
| Marg Simpson | Wheat | Y | | | | | | | | | | | | | Y | | 1199 |
| Hawaii Five-0 | Wheat | Y | | | | | | | | | | | | | | | 1175 |
| The Meat is On | Wheat | Y | | | | | | | | | | | Y | | | | 1128 |
| The Blazing Saddle | Wheat | Y | | | | | | | | | | | Y | | | | 1335 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Proper-Roni | Wheat | Y | | | | | | | | | | | | | | | 1218 |
| Feelin' Clucky | Wheat | Y | | | | | | | Y | | | | Y | | | | 1104 |
| The G.O.A.T | Wheat | Y | | | | | | | | | | | | | Y | | 1298 |
| The Harbour Master | Wheat | Y | | | | | | | | | | | | | | | 1445 |
| Hot Buzz | Wheat | Y | | | | | | | | | | | | | | | 1250 |
| The Pony | Wheat | Y | | | | | | | | | | | | | | | 1576 |
| Cheese First | Wheat | Y | | | | | | | | | | | Y | | Y | | 1201 |
| **PLANT BASED PIZZAS** | | | | | | | | | | | | | | | | | |
| Plant based Plant A Rita | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 891 |
| Plant based The G.O.A.T | Wheat, GF Oats | | | | | | | | | | | | | | | Y | 1273 |
| **KIDS' MEALS** | | | | | | | | | | | | | | | | | |
| Garlic Bread | Wheat | | | | | | | | | | | | | | | Y | |
| Garlic Bread with cheese | Wheat | Y | | | | | | | | | | | | | Y | | |
| Plant based Cheezy-e Garlic Bread | Wheat, GF Oats | | | | | | | | | | | | | | | Y | |
| Chicken Nuggets and chips | Wheat | | | | | | | Y | | | | | | | | | |
| Mini Burger and fries | Wheat | Y | Y | Y | | | | | | | | | | | | | |
| Margherita pizza | Wheat | Y | | | | | | | | | | | | | Y | | |
| Pepperoni pizza | Wheat | Y | | | | | | | | | | | | | | | |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **SPECIAL PIZZAS** | | | | | | | | | | | | | | | | | |
| Billy The Kid | Wheat | Y | | | | | | | | | | | Y | | Y | | 1300 |
| The Proper Coppa | Wheat | Y | | | | | | | | | | | | | | | 1249 |
| Duck, Duck, Orange | Wheat | Y | | | | | | | | | | | Y | | | | 1005 |
| Devon Sent | Wheat | Y | | | | | | | | | | | Y | | | | 1087 |
| Old Wyfes Tale | Wheat | Y | | | | | | | | | | | | | | | 1256 |
| Hampshire Hog | Wheat | Y | Y | | | | | | | | | | | | | | 1289 |
| **CHRISTMAS** | | | | | | | | | | | | | | | | | |
| Pigs in Pillows | Wheat | | | Y | | | | | Y | | | | Y | | | | 1714 |
| Festive Full Monty | Wheat, barley | Y | | Y | | | | Y | | | | | Y | | | | 1193 |
| Xmas day I'm Trufflin' | Wheat, GF Oats | | | | | | | | | | | | | | Y | Y | 1093 |
| NGCI - Xmas day I'm Trufflin' | GF Oats | | | | | | | | | | | | | | Y | Y | 1075 |
| We Brie Kings | Wheat | Y | | | | | | | | | | | | | Y | | 1046 |
| **NGCI NUDIE BASE PIZZAS** | | | | | | | | | | | | | | | | | |
| NGCI Nudie Base | | | | | | | | | | | | | | | | Y | |
| Marg Simpson | | Y | | | | | | | | | | | | | Y | | 1102 |
| Hawaii Five-0 | | Y | | | | | | | | | | | | | | | 1077 |
| The Meat is On | | Y | | | | | | | | | | | Y | | | | 1030 |
| The Blazing Saddle | | Y | | | | | | | | | | | Y | | | | 1354 |
| Proper-Roni | | Y | | | | | | | | | | | | | | | 1120 |
| Feelin' Clucky | | Y | | | | | | | Y | | | | Y | | | | 1006 |
| The G.O.A.T | | Y | | | | | | | | | | | | | Y | | 1200 |
| The Harbour Master | | Y | | | | | | | | | | | | | | | 1347 |
| Hot Buzz | | Y | | | | | | | | | | | | | | | 1252 |
| The Pony | | Y | | | | | | | | | | | | | | | 1478 |
| Cheese First | | Y | | | | | | | | | | | Y | | Y | | 1094 |
| Garlic Bread | | | | | | | | | | | | | | | | Y | 734 |
| Garlic Bread with cheese | | Y | | | | | | | | | | | | | Y | | 922 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **NGCI NUDIE BASE KIDS PIZZAS** | | | | | | | | | | | | | | | | | |
| Kids Margherita | | Y | | | | | | | | | | | | | Y | | |
| Kids Pepperoni | | Y | | | | | | | | | | | | | | | |
| Garlic Bread | | | | | | | | | | | | | | | | Y | |
| Garlic Bread with cheese | | Y | | | | | | | | | | | | | Y | | |
| Plant based Cheezy-e Garlic Bread | GF Oats | | | | | | | | | | | | | | | Y | |
| **NGCI NUDIE BASE, PLANT BASED PIZZAS** | | | | | | | | | | | | | | | | | |
| Plant A Rita (PB) | GF Oats | | | | | | | | | | | | | | | Y | 792 |
| The G.O.A.T (PB) | GF Oats | | | | | | | | | | | | | | | Y | 1093 |
| Plant based Cheezy-e Garlic Bread | GF Oats | | | | | | | | | | | | | | | Y | 792 |
| Garlic Bread (PB) | | | | | | | | | | | | | | | | Y | 636 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphates | Lupin | Vegetarian | Vegan | Calories |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **SPECIAL PIZZAS NUDIE NGCI** | | | | | | | | | | | | | | | | | |
| Billy The Kid | | Y | | | | | | | | | | | Y | | Y | | 1202 |
| The Proper Coppa | | Y | | | | | | | | | | | | | | | 1151 |
| Duck, Duck, Orange | | Y | | | | | | | | | | | Y | | | | 907 |
| Devon Sent | | Y | | | | | | | | | | | Y | | | | 1069 |
| Old Wyfes Tale | | Y | | | | | | | | | | | | | | | 1238 |
| Hampshire Hog | | Y | Y | | | | | | | | | | | | | | 1271 |
| **Desserts** | | | | | | | | | | | | | | | | | |
| Chocolate Brownie & Ice Cream | | Y | Y | Y | | | | | | | | | | | Y | | 667 |
| Kids' Brownie & Ice Cream | | Y | Y | Y | | | | | | | | | | | Y | | 407 |
| Plant based Chocolate Brownie & Ice Cream | | | | Y | | | | | | | | | | | | Y | 557 |
| Biscoff Cheesecake | Wheat | Y | | Y | | | | | | | | | | | Y | | 954 |
| Vanilla bean Ice Cream | | Y | | | | | | | | | | | | | Y | | 203 |
| Chocolate Ice Cream | | Y | | | | | | | | | | | | | Y | | 258 |
| Strawberry Ice Cream | | Y | | | | | | | | | | | | | Y | | 295 |
| Vegan Ice Cream | | | | Y | | | | | | | | | | | | Y | 252 |
| **CAKES** | | | | | | | | | | | | | | | | | |
| Victoria Sponge | Wheat | Y | Y | | | | | | | | | | | Y | Y | | 516 |
| Carrot Cake | Wheat | Y | Y | | | | | | Y | | | | | | Y | | 509 |
| Salted Caramel Cake | Wheat | Y | Y | | | | | | | | | | | | Y | | 637 |
| Apple and Cinnamon Crumble Cake | Wheat | Y | Y | | | | | | | | | | | | Y | | 711 |
| Lemon and Blueberry Drizzle Cake | Wheat | Y | Y | | | | | | | | | | | | Y | | 652 |
| White Chocolate and Rasberry Cake | Wheat | Y | Y | Y | | | | | | | | | | | Y | | 683 |

| Hot drinks | Calories | Allergens |
|---|---|---|
| Americano | 5 | |
| Cappuccino Oat milk | 135 | Oat |
| Cappuccino semi-skimmed | 101 | Milk |
| Cappuccino Soya | 93 | Soybeans |
| Flat white Oat Milk | 101 | Oat |
| Flat white semi-skimmed | 76 | Milk |
| Flat white Soya | 70 | Soybeans |
| Hot chocolate Oat milk | 225 | Oat, Milk |
| Hot chocolate semi-skimmed | 186 | Milk |
| Hot chocolate Soya | 176 | Soybeans |
| Latte white Oat milk | 156 | Oat, Milk |
| Latte white semi-skimmed | 117 | Milk |
| Latte white Soya | 107 | Soybeans |
| Espresso | 5 | |

| Soft drinks | Allergens | Calories |
|---|---|---|
| Britvic soft drinks | | 8 |
| Britvic Lime | Sulphites | 6 |
| Britvic Orange | | 8 |
| Coca Cola half pint | | 119 |
| Coke zero half pint | | 1 |
| Diet Coke half pint | | 1 |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **CIDERS ON TAP** | | | | | | | | | | | | | | | | |
| The Stable, Rapscallion | | | | | | | | | | | | | | | Y | Y |
| Sandford Orchards, Devon Red | | | | | | | | | | | | | | | Y | Y |
| Lilley's, Bee Sting | | | | | | | | | | | | | Y | | Y | Y |
| Healeys, Rattler Original Cornish | | | | | | | | | | | | | | | Y | Y |
| Sheppy's, Raspberry | | | | | | | | | | | | | Y | | Y | Y |
| Cockeyed Cider Co, Monkey Mango | | | | | | | | | | | | | Y | | Y | Y |
| Snails Bank, Very Perry | | | | | | | | | | | | | Y | | Y | Y |
| Dudda's Tun, Rhubarb Bob | | | | | | | | | | | | | Y | | Y | Y |
| Dunkertons, Black Fox | | | | | | | | | | | | | Y | | Y | Y |
| Gwynt Y Ddraig, Black Dragon | | | | | | | | | | | | | Y | | Y | Y |
| Barbourne Cide Co, Old Cask | | | | | | | | | | | | | Y | | Y | Y |
| Sheppy's Backberry and Elderflower | | | | | | | | | | | | | Y | | Y | Y |
| Sheppy's, Winter Spiced Cider | | | | | | | | | | | | | Y | | Y | Y |
| **BOTTLED CIDER** | | | | | | | | | | | | | | | | |
| The Cotswold Cider Co, No Brainer | | | | | | | | | | | | | Y | | Y | Y |
| Sandford Orchards, The General | | | | | | | | | | | | | Y | | Y | Y |
| Dorset Nectar, Jurassic | | | | | | | | | | | | | Y | | Y | Y |
| Thistly Cross, Whisky Cask | | | | | | | | | | | | | Y | | Y | Y |
| Ambleforth Abby, Premium Cider | | | | | | | | | | | | | Y | | Y | Y |
| Annings, Pink Grapefruit and Pineapple | | | | | | | | | | | | | Y | | Y | Y |
| Annings, Mixed Berries | | | | | | | | | | | | | Y | | Y | Y |
| Celtic Marshes, Strawberry and Lime | | | | | | | | | | | | | Y | | Y | Y |
| Pulp, Pear | | | | | | | | | | | | | Y | | Y | Y |
| Pulp, Rhubarb and Mango | | | | | | | | | | | | | Y | | Y | Y |
| New Forest Cider, Cidre Bouché | | | | | | | | | | | | | Y | | Y | Y |
| **BRITISH BEERS ON TAP** | | | | | | | | | | | | | | | | |
| Harbour, Single Fin Lager | Barley, Wheat | | | | | | | | | | | | | | Y | |
| Stable, Pale Ale | Rye, Barley | | | | | | | | | | | | | | Y | Y |
| Korev, Lager | Barley | | | | | | | | | | | | | | Y | Y |
| Camden Town, Hells Lager | Barley, Wheat | | | | | | | | | | | | | | Y | Y |
| Harbour, Big Wednesday IPA | Wheat | | | | | | | | | | | | | | Y | Y |
| **BOTTLES AND CANS** | | | | | | | | | | | | | | | | |
| Wiper and True, Sundance IPA | Wheat, Barley | | | | | | | | | | | | | | Y | Y |
| Harbour, Pilsner Lager | Gluten, Barley, Wheat | | | | | | | | | | | | | | Y | |
| Beavertown, Neck Oil IPA | Barley, Gluten | | | | | | | | | | | | | | Y | Y |
| Korev, Lager | Barley | | | | | | | | | | | | | | Y | Y |
| St. Austell, Tribute Pale Ale | Barley | | | | | | | | | | | | | | Y | Y |
| Bath Ales, Gem Amber Ale | Wheat, Barley | | | | | | | | | | | | | | Y | Y |
| **LOW / NO** | | | | | | | | | | | | | | | | |
| Sandford Orchards, Red Zero | | | | | | | | | | | | | Y | | Y | Y |
| Sheppy's, Low Classic Cider | | | | | | | | | | | | | Y | | Y | Y |
| Lucky Saint, Lager | Barley | | | | | | | | | | | | | | Y | Y |
| St. Austell, Proper Job IPA | Barley, Wheat | | | | | | | | | | | | | | Y | Y |
| Nonnie Day Breaker, Pale Ale | Gluten, Barley | | | | | | | | | | | | Y | | Y | Y |
| **COCKTAILS** | | | | | | | | | | | | | | | | |
| Pornstar Martini | | | | | | | | | | | | | Y | | Y | Y |
| Elderflower Margarita | | | | | | | | | | | | | | | Y | Y |
| Espresso Martini | | | | | | | | | | | | | | | | |
| Salted Toffee Martini | | Y | | | | | | | | | | | | | | |
| Mango Margarita | | | | | | | | | | | | | Y | | Y | Y |
| Rum Runner | | | | | | | | | | | | | | | Y | Y |
| Berry Gin Fizz | | | | | | | | | | | | | | | Y | Y |
| Passionfruit Spritz | | | | | | | | | | | | | Y | | Y | Y |
| Elderflower Spritz | | | | | | | | | | | | | Y | | Y | Y |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aperol Spritz | | | | | | | | | | | | | Y | | Y | Y |
| Candy Floss Pink Gin | | | | | | | | | | | | | | | Y | Y |
| Sex on the Beach | | | | | | | | | | | | | | | Y | Y |
| Woo Woo | | | | | | | | | | | | | | | Y | Y |
| Lemon Spritz | | | | | | | | | | | | | Y | | Y | Y |
| Spicy Margarita | | | | | | | | | | | | | | | Y | |
| Cherry 75 | | | | | | | | | | | | | | | Y | Y |
| Snowtini | | Y | | | | | | | | | | | | | Y | |
| Non alcoholic – Pentire Spritz | | | | | | | | | | | | | | | Y | Y |
| Non alcoholic - Adrift cooler | | | | | | | | | | | | | | | Y | Y |
| **WINE** | | | | | | | | | | | | | | | | |
| Botter Prosecco | | | | | | | | | | | | | Y | | Y | Y |
| Soprano Pinot Grigio | | | | | | | | | | | | | Y | | Y | |
| Chenin Viognier Percheron | | | | | | | | | | | | | Y | | Y | Y |
| Gravel and Loam Sauvignon Blanc | | | | | | | | | | | | | | | Y | Y |
| Falling Petal Zinfandel | | | | | | | | | | | | | Y | | Y | Y |
| Crazy Tropez | | | | | | | | | | | | | Y | | Y | Y |
| Urmeneta Merlot | | | | | | | | | | | | | Y | | | |
| Gran Rosso Primitivo Negroamaro | | | | | | | | | | | | | Y | | Y | Y |
| The Butcher of Buenos Aires Malbec | | | | | | | | | | | | | Y | | | |
| Tramonto Sparkling | | | | | | | | | | | | | Y | | Y | |
| **SPIRITS - GIN** | | | | | | | | | | | | | | | | |
| Bombay Sapphire | | | | | | | | | | | | | | | Y | Y |
| Tarquin's Dry | | | | | | | | | | | | | | | Y | Y |
| Tarquin's Rhubarb and Raspberry | | | | | | | | | | | | | | | Y | Y |
| Tarquin's Zest and Salt | | | | | | | | | | | | | | | Y | Y |
| Salcombe Start Point | | | | | | | | | | | | | | | Y | Y |
| Gordons Pink Gin | | | | | | | | | | | | | | | Y | Y |
| **SPIRITS - RUM** | | | | | | | | | | | | | | | | |
| Mount Gay Eclipse | | | | | | | | | | | | | | | Y | Y |
| Havana Club White | | | | | | | | | | | | | | | Y | Y |
| Kraken Black Spiced | | | | | | | | | | | | | | | Y | Y |
| Twin Fin Spiced | | | | | | | | | | | | | | | Y | Y |
| Twin Fin Pineapple and Pink Grapefruit | | | | | | | | | | | | | | | Y | Y |
| **SPIRITS - GENERAL** | | | | | | | | | | | | | | | | |
| Tequila - Jose Cuervo Special Silver | | | | | | | | | | | | | | | Y | Y |
| Tequila - Cazcabel Coffee | | | | | | | | | | | | | | | Y | Y |
| Sambucca | | | | | | | | | | | | | | | Y | Y |
| Whiskey - Talisker | | | | | | | | | | | | | | | Y | Y |
| Vodka - Absolut vodka | | | | | | | | | | | | | | | Y | Y |
| Vodka - Black Cow | | Y | | | | | | | | | | | | | Y | |
| Vodka - Eristoff | | | | | | | | | | | | | | | Y | Y |
| Baileys | | Y | | | | | | | | | | | | | Y | |
| **SOFTS ON TAP** | | | | | | | | | | | | | | | | |
| Coke | | | | | | | | | | | | | | | Y | Y |
| Diet Coke | | | | | | | | | | | | | | | Y | Y |
| Coke Zero | | | | | | | | | | | | | | | Y | Y |
| Lemonade | | | | | | | | | | | | | | | Y | Y |
| **FRESH JUICE** | | | | | | | | | | | | | | | | |
| Apple Juice | | | | | | | | | | | | | | | Y | Y |
| Orange Juice | | | | | | | | | | | | | | | Y | Y |
| **BOTTLES AND CANS** | | | | | | | | | | | | | | | | |
| Coke | | | | | | | | | | | | | | | Y | Y |
| Diet Coke | | | | | | | | | | | | | | | Y | Y |
| Coke Zero | | | | | | | | | | | | | | | Y | Y |

| Product | Gluten cereals | Milk | Eggs | Soya | Peanuts | Nuts | Sesame | Celery | Mustard | Molluscs | Crustaceans | Fish | SO2 Sulphites | Lupin | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sprite | | | | | | | | | | | | | | | Y | Y |
| Fanta | | | | | | | | | | | | | | | Y | Y |
| Sparkling English Apple | | | | | | | | | | | | | | | Y | Y |
| Sparkling Apple and Rhubarb | | | | | | | | | | | | | | | Y | Y |
| Sparkling Elderflower | | | | | | | | | | | | | | | Y | Y |
| Luscombe Ginger Beer | | | | | | | | | | | | | | | Y | Y |
| Fever Tree Tonic | | | | | | | | | | | | | | | Y | Y |
| Fever Tree Light Tonic | | | | | | | | | | | | | | | Y | Y |
| Fever Tree Mediterranean | | | | | | | | | | | | | | | Y | Y |
| Sparkling Water | | | | | | | | | | | | | | | Y | Y |
| Still Water | | | | | | | | | | | | | | | Y | Y |
| Cawston Press Apple and Pear Juice | | | | | | | | | | | | | | | Y | Y |
| Cawston Press Apple and Berry Juice | | | | | | | | | | | | | | | Y | Y |

**For all local drinks please ask the server for allergen information**