



Moddershall Oaks

COUNTRY SPA RETREAT

ALLERGEN INFORMATION GUIDE

UPDATED JUNE 2025

contents

Page 3	Introduction
Page 4	The Oak House All Day, Sunday, Light Lunch & Dessert Menu
Page 5	The Oak House Children's Menu
Page 6	Breakfast Menu
Page 7	Afternoon Tea
Page 8	Roast Dinner Tapas
Page 9	Grazing Board
Page 10-11	Wedding Breakfast
Page 12-13	Wedding Buffet
Page 14	Private Party Menu
Page 15	Corporate Meeting Lunch
Page 16	Deli Menu
Page 17-18	MADE Wellness Centre Menu
Page 19	Condiments

introduction

This information identifies the 14 major allergens outlined by the Food Standards Agency which can be found in the food and drink we serve.

We are proud to produce food in our kitchens every day. However, as we use many ingredients and shared equipment/utensils across multiple menu items, including those containing allergens, cross-contamination is managed but cannot be eliminated to an allergen-free level. We therefore cannot guarantee any of our food is suitable for those with allergies due to the high risk of cross-contamination.

Whilst our staff are trained to support allergen-related queries, they will always refer to our most up-to-date allergen matrix for accurate information. We take reasonable steps to keep ingredients separate, but we cannot guarantee any item is allergen free, even after ingredients have been removed on request. There is a possibility that trace allergens may be found in any item.

Ingredients containing allergens that are deep-fried in our kitchens may be cooked in the same fryers as ingredients that do not contain allergens. This creates a risk of cross-contact which is clearly communicated to customers at the point of order.

While the ingredient information is based on standard dish formulations, variations may occur. Our allergen matrix is available upon request or can be accessed on the website (<https://moddershalloaks.com/allergen-information/>) or via QR codes printed on our menus. Please check this guide and the ingredient matrix regularly, as our dishes and suppliers do change from time to time.

Customers with specific dietary needs must inform staff of their requirements before ordering, to help us minimise the risk of cross-contamination. Even if you have dined with us previously, ingredients and specifications can change at any time. When this happens, our allergen information is updated and staff are notified accordingly.

Any drinks or packaged products not outlined in this guide may require customers to check the packaging information of each product. Please ask a staff member should you need to see the packaging.

Many of the ingredients we use are produced in factories which handle additional allergens. These manufacturers have controls in place and are subject to frequent audits, yet customers should be aware that small risks of cross-contamination may still be present.

For those with airborne allergies, please note that we take reasonable steps to reduce airborne allergen exposure, but cannot guarantee an allergen-free environment.

Information correct at time of print, June 2025. All allergen information is subject to change without notice.

the oak house

ALL DAY MENU, SUNDAY MENU, LIGHT LUNCH, DESSERTS

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
APPETISERS / FLATBREADS																
Rustic breads with oil & balsamic	✓			Yes									May	May		May
Marinated olives	✓	✓														May
Halloumi Fries with honey mustard dressing	✓			Yes					Yes		Yes				Yes	
Smoked bbq chipolatas				Yes										Yes	Yes	
Crispy whitebait with lemon & garlic aioli				Yes		Yes	Yes									
Battered calamari with honey lemon dressing				Yes						Yes	Yes				Yes	
Homemade garlic flatbread with olive oil & butter	✓			Yes					Yes							May
Homemade flatbread with lemon & garlic	✓			Yes		Yes					Yes					May
Loaded Nachos, tomato ragu, guacamole, mozzarella	✓								Yes							
Add Maple bacon																
Add Hickory smoked pulled beef																
Olive & feta flatbread	✓		Yes	Yes					Yes							May
Chorizo & red pepper flatbread			Yes	Yes					Yes					Yes		May
Mushroom & thyme flatbread	✓	✓	Yes	Yes										Yes		
Cheese & tomato flatbread	✓		Yes	Yes					Yes							May
STARTERS & SALADS																
Homemade Seasonal Soup of the Day	✓			Yes									May	May		May
Hoisin Duck Oatcake				Yes					Yes			May		Yes		May
Creamy garlic mushrooms	✓			Yes		Yes			Yes				May	May		
Rich Duck Liver Parfait				Yes		Yes			Yes						Yes	
Chilli, Honey & lime Calamari				Yes						Yes					Yes	
BBQ Pulled Pork Bon Bon			Yes	Yes		Yes					Yes				Yes	
Sesame Vegetable Spring Roll	✓	✓		Yes									Yes	Yes	Yes	
Korean BBQ Chicken Tenders				Yes												
Classic Chicken Caesar Salad				Yes		Yes			Yes				May	May		May
Horiatiiki Salad	✓								Yes						Yes	May
Peach Panzanella	✓	✓													Yes	
MAIN COURSES																
Beer Battered Fish & Chips				Yes		Yes	Yes		Yes		Yes				Yes	
Braised Staffordshire beef with baby onions			Yes								Yes					
Honey & Garlic Roasted Pork Belly			Yes												Yes	
Chicken With Pumpkin & Sage Risotto			Yes			Yes			Yes							
Herb crusted salmon				Yes		Yes	Yes		Yes							
Vegan 'meatloaf'	✓	✓	Yes	Yes										Yes	Yes	
BBQ Pulled Brisket & Sweet Potato			Yes	Yes		Yes			Yes							
Peppered seabass fillet							Yes		Yes							
Mushroom & walnut cannelloni	✓	✓	Yes	Yes										Yes		Yes, WALNUT
Katsu chicken fillet				Yes		Yes			Yes					Yes	Yes	
Roast cauliflower & potato balti	✓	✓		Yes												
BBQ rubbed staffordshire beef burger				Yes		Yes			Yes		Yes		May		Yes	
Mustard & maple glazed chicken burger				Yes		Yes			Yes		Yes		May			
Breaded garlic mushroom burger	✓	✓		Yes									May			
ADD pulled beef			Yes													
ADD onion rings	✓			Yes			May									
8oz fillet steak															Yes	
8oz sirloin steak															Yes	
8oz rib eye steak															Yes	
10oz gammon steak															Yes	
Roast topside of beef			Yes	Yes		Yes			Yes				May	Yes	Yes	
Root vegetable wellington	✓	✓	Yes	Yes										Yes	Yes	
Roast pork loin			Yes	Yes					Yes							
Chicken club sandwich				Yes		Yes					Yes				Yes	
Steak sandwich				Yes		Yes					Yes		May		Yes	
SIDES & SAUCES																
Triple cooked chips	✓	✓														
Sweet potato fries	✓	✓														
Cauliflower cheese with parmesan & chestnuts	✓					Yes			Yes							
Sautéed tenderstem broccoli	✓	✓														
Beer battered onion rings	✓			Yes			May									
Garlic toasted ciabatta	✓			Yes									May	May		May
Fries	✓	✓														
Fries with maple bacon & mozzarella									Yes							
Fries with Hickory smoked pulled beef			Yes						Yes							
Fries with tomato ragu & mozzarella	✓								Yes							
Red wine sauce	✓		Yes												Yes	
Peppercorn sauce	✓		Yes						Yes		Yes				Yes	
Blue cheese sauce	✓		Yes						Yes							
DESSERTS																
Triple chocolate brownie	✓			Yes		Yes			Yes			May				May
Sticky toffee pudding	✓			Yes		Yes			Yes					Yes		May
Brioche bread & butter pudding	✓			Yes		Yes			Yes							May
Chocolate fondant	✓			Yes		Yes			Yes			May				May
Raspberry & toasted walnut parfait	✓			Yes		Yes			Yes						Yes	Yes, WALNUTS
White chocolate & vanilla cheesecake	✓			Yes		Yes			Yes					Yes		
Ice cream selection	✓											May				May
Sorbet	✓	✓										May				May
Cheese & biscuits	✓			Yes		May			Yes				May	May		May

childrens menu

ALL DAY MENU & SUNDAY MENU

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
STARTERS																
TOMATO SOUP WITH BREAD & BUTTER	✓			Yes					Yes				May			May
CHEESY GARLIC BREAD	✓			Yes					Yes				May			May
CARROT & CUCUMBER STICKS WITH YOGHURT DIP	✓			Yes					Yes					Yes		
MAIN COURSES																
HALF BATTERED COD FILLET				Yes			Yes		May							
CHEESE & TOMATO FLATBREAD	✓		Yes	Yes												May
SAUSAGE & MASH				Yes										Yes		
SOUTHERN FRIED CHICKEN				Yes		May	May		Yes				May			May
TOMATO PENNE PASTA	✓			Yes					Yes				May			May
ROAST PORK LOIN			Yes	Yes					Yes							
ROAST TOPSIDE OF BEEF			Yes	Yes		Yes			Yes					May	Yes	
DESSERTS																
TWO SCOOPS OF ICE CREAM	✓			May		May			Yes			May	May			May
CHOCOLATE BROWNIE & ICE CREAM	✓			Yes		Yes			Yes			May	May			May
FRUIT SALAD WITH BERRY COULIS	✓	✓														
WARM CHURROS WITH CHOCOLATE SAUCE	✓			Yes		Yes			Yes			May	May			May

breakfast

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
HOT BREAKFAST																
EGGS BENEDICT				Yes		Yes			Yes			May	May	Yes		May
EGGS FLORENTINE	✓			Yes		Yes			Yes			May	May	Yes		May
AVOCADO SMASH WITH EGGS	✓			Yes		Yes						May	May			May
AVOCADO SMASH WITH TOMATO	✓	✓		Yes								May	May			May
OATCAKES, BAPS & FILLINGS																
OATCAKES	✓			Yes					Yes							
BREAKFAST BAP	✓	✓		Yes												
CUMBERLAND SAUSAGE				Yes										Yes	Yes	
BAKED BEANS	✓	✓														
CHEDDAR CHEESE	✓								Yes							
TOMATOES	✓	✓														
BACK BACON																
MUSHROOMS	✓															
HASH BROWNS	✓	✓														
VEGAN CHEESE	✓	✓														
VEGAN SAUSAGE	✓	✓		Yes												
FULL ENGLISH BREAKFAST																
CLASSIC FULL ENGLISH				Yes		Yes			Yes			May	May	Yes	Yes	May
VEGETARIAN FULL ENGLISH	✓			Yes		Yes			Yes				May	May		
VEGAN FULL ENGLISH	✓	✓		Yes									May	May		
SWEETER PLATES																
BRIOCHE FRENCH TOAST	✓			Yes		Yes			Yes							
PANCAKE STACK	✓			Yes		Yes			Yes							
CARAMELISED BANANA	✓								Yes							
BACK BACON																
BERRY COMPOTE	✓	✓														
NUTELLA	✓								Yes					Yes		Yes, HAZLENUTS
CARAMEL SAUCE	✓								Yes							
MAPLE SYRUP	✓	✓														
FRESH BERRIES	✓	✓														
BISCOFF	✓	✓		Yes										Yes		

afternoon tea

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
AFTERNOON TEA																
Staffordshire beef & horseradish on sourdough bread				Yes		Yes			May		Yes		May			May
Pulled gammon hock with English mustard on ciabatta				Yes		Yes			May		Yes		May	May		May
Lightly pickled cucumber & cream cheese on sourdough bread	✓			Yes					Yes				May		Yes	May
Creamy brie & roasted red pepper on ciabatta	✓			Yes					Yes				May	May		May
Staffordshire oatcake with cheese	✓			Yes					Yes							
Cherry scones	✓			Yes		Yes			Yes							
Clotted cream	✓								Yes							
Fruit preserve	✓	✓														
Lemon meringue tart	✓			Yes		Yes			Yes						Yes	
Classic Victoria sponge	✓			Yes		Yes			Yes							
Blackberry mousse with sweet coconut yoghurt & berries	✓															
VEGETARIAN AFTERNOON TEA																
Sliced beef tomato & grated cheddar on sourdough	✓			Yes					Yes				May			May
Sweet potato falafel & minted yoghurt on ciabatta	✓			Yes					Yes				May	May		May
Lightly pickled cucumber & cream cheese on sourdough bread	✓			Yes					Yes				May		Yes	May
Houmous & roasted red pepper on ciabatta	✓	✓		Yes									Yes	May		May
Staffordshire oatcake with cheese	✓			Yes					Yes							
Cherry scones	✓			Yes		Yes			Yes							
Clotted cream	✓								Yes							
Fruit preserve	✓	✓														
Lemon meringue tart	✓			Yes		Yes			Yes						Yes	
Classic Victoria sponge	✓			Yes		Yes			Yes							
Blackberry mousse with sweet coconut yoghurt & berries	✓															
VEGAN AFTERNOON TEA																
Sliced beef tomato & vegan grated cheddar on sourdough	✓	✓		Yes									May			May
Sweet potato falafel & minted yoghurt on ciabatta	✓	✓		Yes									May	May		May
Lightly pickled cucumber & vegan cream cheese on sourdough bread	✓	✓		Yes									May		Yes	May
Houmous & roasted red pepper on ciabatta	✓	✓		Yes									Yes	May		May
Staffordshire oatcake with vegan cheese	✓	✓		Yes												
Cherry scones	✓	✓		Yes										Yes		
Whipped vegan cream	✓	✓														
Fruit preserve	✓	✓														
Raspberry jam Bakewell tart	✓	✓		Yes								May		Yes		Yes, ALMONDS
Vegan chocolate brownie	✓	✓		Yes										Yes		
Blackberry mousse with sweet coconut yoghurt & berries	✓	✓														

roast dinner tapas

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
ROAST DINNER TAPAS																
Beef in mini Yorkshire pudding				Yes		Yes			Yes							
Mini vegetable wellington	✓	✓		Yes												
Pigs in blankets				Yes										Yes	Yes	
Roast potatoes	✓	✓														
Mashed Potato	✓								Yes							
Cauliflower cheese	✓								Yes		Yes					
Honey roast carrot & parsnips	✓															
Stuffing balls	✓	✓		Yes												
Rich beef gravy																
Vegetable gravy	✓	✓														
Red cabbage	✓	✓													Yes	
Mini Yorkshire pudding	✓			Yes		Yes			Yes							

grazing board

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
GRAZING BOARDS																
Garlic ciabatta sticks	✓			Yes					May				May	May		May
Mixed olives	✓	✓														May
Roasted balsamic figs	✓	✓													Yes	
Honey roast ham																
Sliced smoky chorizo									May					May		
Grapes	✓	✓														
Creamy brie	✓								Yes							
Cucumber sticks	✓	✓														
Houmous	✓	✓											Yes			
Red onion chutney	✓	✓														
Mixed crackers	✓			Yes		May			Yes				May	May		May

wedding breakfast

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
STARTERS																
Petit Pain & Butter	✓		Yes	Yes					Yes				May			
Homemade Soup	✓	✓	Yes													
Classic Prawn Cocktail				Yes	Yes	Yes					Yes			Yes	Yes	
Beetroot Carpaccio	✓	✓													Yes	
Sautéed Mushrooms	✓			Yes		Yes			Yes				May	May		May
Beef & Potato Croquette			Yes	Yes												
Baked Goats Cheese Tart	✓															
Cauliflower Fritters	✓	✓		Yes												
Smoked Mackerel Paté				Yes			Yes		Yes		May		May	May	Yes	
MAIN COURSES																
Garlic grilled chicken fillet with sweet potato rosti, green beans & garlic cream sauce			Yes			Yes			Yes							
Chargrilled beef steak with triple cooked chips, roasted carrots, broccoli & garlic butter			Yes						Yes							
Pan seared cod loin with sauteed new potatoes, grilled green beans, cream tomato sauce			Yes				Yes		Yes							
Grilled pork loin steak with creamed potatoes, roasted broccoli, diane sauce			Yes	Yes					Yes		Yes				Yes	
Butternut squash tagliatelle with spinach, toasted pine nuts, garlic & lemon pesto	✓	✓	Yes	Yes											Yes	
Pan seared chicken supreme with dauphinoise potatoes, garlic sautéed greens, wholegrain mustard jus			Yes						Yes		Yes					
Herb crusted salmon fillet with potato & spinach gratin, roasted bean & chorizo ragu			Yes	Yes			Yes		Yes					May	Yes	
Slow braised beef with creamed potatoes, baby onions, roasted carrots, Yorkshire pudding & beef gravy			Yes	Yes		Yes			Yes						Yes	
Pork tenderloin with crispy parmentier potatoes, broccoli, apple crisp, apple cider jus			Yes												Yes	
Sweet potato gnocchi with roasted red peppers, spinach, garlic & thyme pesto	✓	✓	Yes												Yes	
Pan seared rosemary rack of lamb with duchess potatoes, caramelised carrots, thyme & red wine jus			Yes			Yes			Yes						Yes	
Seared seabass fillet with herb crusted new potatoes, sautéed samphire, mussel cream			Yes	Yes			Yes		Yes	Yes						
Grilled sirloin steak with garlic sautéed new potatoes, calvelo nero cabbage, brandy peppercorn sauce			Yes						Yes						Yes	
Beef short rib with a mustard crumb, thyme braised fondant potato, tenderstem broccoli, rich beef jus			Yes	Yes					Yes						Yes	
Wild mushroom risotto with grilled asparagus, pea shoots	✓	✓	Yes													
HOST A ROAST																
Roast topside of beef																
Roast loin of pork																
Yorkshire pudding	✓			Yes		Yes			Yes							
Horseradish	✓					Yes					Yes					
English mustard	✓	✓		Yes							Yes					
Red wine gravy	✓	✓													Yes	
Sage & onion stuffing	✓	✓		Yes												
Pork crackling																
Apple purée	✓	✓													Yes	
Calvados apple brandy gravy	✓	✓													Yes	
Herb roasted potatoes	✓	✓														
Cauliflower cheese gratin	✓					Yes			Yes							
Seasonal panache of vegetables	✓	✓														
Creamed mash potatoes	✓								Yes							
Pigs in blankets				Yes										Yes	Yes	

wedding breakfast

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
DESSERTS																
Rich chocolate brownie with chocolate sauce, vanilla bean ice cream, Baileys chantilly cream	✓			Yes		Yes			Yes			May				May
Homemade sticky toffee pudding with toffee sauce, crème anglais	✓			Yes		Yes			Yes					Yes		May
Lemon curd tart with macerated raspberries, berry coulis, lemon sorbet	✓			Yes		Yes			Yes						Yes	
Seasonal berry pavlova with fresh berries, coulis, chantilly cream	✓					Yes			Yes						Yes	
Vanilla crème brûlée with lemon shortbread, fresh berries	✓			Yes		Yes			Yes							
Baked cherry cheesecake with dark chocolate crumb, cherry sorbet	✓			Yes		Yes			Yes					May		
CHILDREN'S MENU																
Tomato soup, warm bread and butter	✓			Yes					Yes				May	May		
Loaded potato skins with bacon & cheese									Yes							
Garlic bread with cheese	✓			Yes					Yes				May			
Crudités. Carrot & cucumber sticks with houmous	✓	✓											Yes			
Crispy chicken dippers with vegetables & fries				Yes												
Tomato penne pasta with garlic bread	✓			Yes					Yes				May			
Battered fish fingers with peas & fries				Yes			Yes									
Sausage & mash with peas & gravy				Yes					Yes		Yes		May			
Sticky toffee pudding with toffee sauce	✓			Yes		Yes			Yes					Yes		May
Chocolate brownie with chocolate sauce	✓			Yes		Yes			Yes			May				May
Trio of ice cream	✓															
Mini Eton mess with chantilly cream, berry coulis	✓															
PETIT FOURS																
Mixed Macaroons						Yes			Yes					Yes		Yes
Mixed truffles	✓			Yes					Yes					Yes		

wedding buffet

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
CANAPES																
Southern fried chicken with herb garlic mayonnaise				Yes		Yes										
Filo wrapped prawns with sweet chilli sauce				Yes	Yes	May	May		May	May				May	May	
Mini cheeseburger in a brioche bun with smokey tomato ketchup				Yes		Yes			Yes		Yes					
Mini cheese puff pastry tart with red onion chutney	✓			Yes					Yes						Yes	
Sweet potato falafel with minted yoghurt	✓	✓														
Mini cottage pie in a pastry case			Yes	Yes					Yes							
Beef meatballs with tomato jam & shaved parmesan						Yes			Yes						Yes	
Mini duck omelette with hoisin sauce				Yes					Yes			May		Yes		May
Mini cod bites with pea purée on a chorizo crisp							Yes		Yes					May		
Onion bhaji with mango chutney	✓	✓		Yes												
Pork belly bites with apple chutney															Yes	
Pulled beef in a mini Yorkshire pudding with horseradish cream				Yes		Yes			Yes		Yes				Yes	
BRITISH BUFFET																
Cottage pie in a shortcrust pastry case			Yes	Yes		Yes			Yes							
Chunky fish fingers with homemade tartar sauce				Yes		Yes	Yes				Yes				Yes	
Chargrilled pork loin steak with apple sauce															Yes	
Herb roasted new potatoes	✓															
Fresh seasonal vegetables	✓															
Triple cooked chips	✓															
Cabbage & red onion coleslaw	✓					Yes					Yes					
INDIAN BUFFET																
Vegetable biriyani	✓		Yes						Yes							Yes, SPECIFIC NUT NOT SPECIFIED ON PRODUCT
Butter chicken			Yes						Yes						Yes	
Aloo gobi	✓		Yes												Yes	Yes, SPECIFIC NUT NOT SPECIFIED ON PRODUCT
Mini naan breads	✓			Yes												
Jasmine coconut rice	✓															
Chole bhature	✓		Yes						Yes							
Poppadoms	✓															
Dips	✓								Yes						Yes	
BBQ BUFFET																
Slow cooked bbq chicken wings																
Hickory smoked pork ribs			Yes													
Hot dogs with fried onions				Yes		May			Yes					May		
6oz beef burger with cheese			Yes	Yes									May			
Chargrilled vegetable skewers	✓														Yes	
Triple cooked chips	✓															
Garden salad	✓															
Coleslaw	✓					Yes					Yes					
ITALIAN BUFFET																
Rich beef lasagne			Yes	Yes		Yes			Yes		May			May		
Chicken & green pesto salad									Yes						Yes	
Garlic & herb focaccia	✓			Yes		Yes			Yes							
Herb crusted macaroni cheese	✓		Yes	Yes		Yes			Yes		Yes					
Crispy parmesan chicken				Yes		Yes			Yes						Yes	
Roasted tomato & rocket salad	✓														Yes	
Mozzarella & tomato salad	✓								Yes						Yes	

wedding buffet

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
HOT ROAST BAPS																
Roast pork loin																
Roast chicken breast																
Sage & onion stuffing	✓	✓	Yes	Yes												
Baps	✓	✓		Yes									May			
Apple sauce	✓	✓														
Potato salad	✓					Yes			Yes		Yes					
Pasta salad	✓	✓	Yes	Yes											Yes	
Coleslaw	✓					Yes					Yes					
Potato wedges	✓	✓														
SPANISH BUFFET																
Slow cooked smoked paprika chicken																
Red wine braised chorizo sausage									Yes					May	Yes	
Lemon roast artichokes & mediterranean veg	✓														Yes	
Potato & spinach tortilla	✓					Yes			Yes							
Crispy calamari with harissa mayo				Yes		Yes			Yes	Yes	Yes					
Patatas bravas	✓														Yes	
Ensalada salad	✓															
GERMAN BUFFET																
Slow roasted pork with braised red cabbage			Yes												Yes	
Braised red wine lamb shank			Yes												Yes	
Bratwurst sausage with saurkraut			Yes						Yes		Yes				Yes	
Kartoffelpuffer potatoes with apple sauce	✓			Yes		Yes										
Bratkartoffeln with bacon									Yes							
Mushroom & goats cheese strudel	✓			Yes		Yes			Yes							
Krautsalat	✓															
MEXICAN BUFFET																
Rich beef chilli			Yes													
Spiced bean chilli	✓		Yes													
Lime & coriander rice	✓														Yes	
Tortilla chips	✓													May		
Salsa	✓															
Soured cream	✓								Yes							
Guacamole	✓								Yes							
Spiced chicken quesadilla			Yes	Yes												
Spicy vegetable quesadilla	✓		Yes	Yes												
SOMETHING SAVOURY - CHEESE TOWER																
Cheddar cheese	✓								Yes							
Blue stilton	✓								Yes							
Brie	✓								Yes							
Yarg	✓								Yes							
Red Leicester	✓								Yes							
Grapes	✓	✓														
Celery	✓	✓	Yes													
Red onion chutney	✓	✓													Yes	
Crackers	✓			Yes		May			Yes				May	May		May
SOMETHING SWEET - BROWNIE TOWER																
Chocolate brownie	✓			Yes		Yes			Yes			May				May

private party menu

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
VENUE PRIVATE PARTY																
STARTERS																
Homemade soup with petit pain	✓			Yes					Yes				May			
Sautéed mushrooms on brioche	✓			Yes		Yes			Yes				May			May
Baked goats cheese tart	✓			Yes		Yes			Yes							
Chicken liver parfait				Yes		Yes			Yes		May				Yes	May
Garlic & aubergine caviar	✓	✓		Yes									May			May
MAIN COURSES																
Roast chicken fillet			Yes						Yes							
Chargrilled pork loin steak			Yes						Yes		Yes					
Herb crusted salmon fillet				Yes			Yes		Yes						Yes	
Slow braised beef			Yes						Yes							
Sweet potato gnocchi	✓	✓		Yes											Yes	Yes
DESSERTS																
Chocolate brownie	✓			Yes		Yes			Yes							May
Sticky toffee pudding	✓			Yes		Yes			Yes							
Berry Pavlova	✓								Yes						Yes	
Cherry cheesecake	✓			Yes		Yes			Yes					Yes		
Raspberry bakewell	✓	✓		Yes								May		Yes		Yes

corporate meetings

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
Corporate Baguette Lunch																
MAIN																
Steak & onion Baguette				Yes									May		Yes	
Chicken Caesar Baguette				Yes		Yes			Yes				May		Yes	
Falafel & Harissa Mayonnaise Baguette	✓	✓		Yes									May		Yes	
DESSERTS																
Triple chocolate brownie	✓			Yes		Yes			Yes			May				May
Sticky toffee pudding	✓			Yes		Yes			Yes					Yes		May
Brioche bread & butter pudding	✓			Yes		Yes			Yes							May
Chocolate fondant	✓			Yes		Yes			Yes			May				May
Raspberry & toasted walnut parfait	✓			Yes		Yes			Yes						Yes	Yes, WALNUTS
White chocolate & vanilla cheesecake	✓			Yes		Yes			Yes					Yes		
Ice cream selection	✓											May				May
Sorbet	✓	✓										May				May
Cheese & biscuits	✓			Yes		May			Yes				May	May		May

deli menu

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
DELI FOOD																
Oatcake with tomato & cheese	✓			Yes					Yes							
Oatcake with sausage & cheese				Yes					Yes					Yes	Yes	
Oatcake with bacon & cheese				Yes					Yes							
Nachos, sour cream, guacamole & salsa	✓								Yes							
Nachos, pulled chicken & sour cream									Yes							
Cheese & onion toastie	✓			Yes										Yes		
Cheese & ham toastie				Yes										Yes		
Bagel with peanut butter & banana	✓			Yes								Yes	May			May
Bagel with cream cheese & rocket	✓			Yes					Yes				May			
Bagel with avocado & sundried tomato	✓	✓		Yes									May			
Bagel with nutella & strawberries	✓			Yes					Yes				May	Yes		Yes, HAZLENUT
Panini with halloumi & sweet chilli	✓			Yes					Yes			May	May			May
Panini with BBQ pulled chicken				Yes									May			
Panini with tuna				Yes			Yes		Yes				May			
Waffles	✓			Yes		Yes			May					Yes		
Banana	✓	✓														
Strawberries	✓	✓														
Bacon																
Maple syrup	✓	✓														
Clotted cream	✓								Yes							
Nutella	✓								Yes					Yes		Yes, HAZLENUT
Scones	✓			Yes		Yes			Yes							
Strawberry jam	✓	✓														
Butter	✓								Yes							
Berry compote	✓	✓														
Meze Board																
Pitta bread	✓	✓		Yes					May							
Grapes	✓	✓														
Olives	✓	✓														May
Rocket	✓	✓														
Balsamic glaze	✓	✓													Yes	
Sundried tomatoes	✓	✓													Yes	
Cucumber	✓	✓														
Houmous	✓								Yes				Yes			
Vegetable crisps	✓	✓														
Halloumi	✓								Yes							
Avocado	✓	✓														
Ham																
Cheeseboard																
Blue stilton	✓								Yes							
Mature cheddar	✓								Yes							
Brie	✓								Yes							
Crackers	✓			Yes		May			Yes				May	May		May
Butter	✓								Yes							
Grapes	✓	✓														
Red onion chutney	✓	✓														
Cake of the day with clotted cream																
Cake of the day with clotted cream	✓			Yes		Yes			Yes							
Granola pot, yoghurt & berry compote	✓			Yes					Yes					May		Yes, ALMONDS
Toasted tea cake with butter	✓			Yes					Yes				May			
Guacamole	✓	✓														
Olive oil	✓	✓														
Focaccia	✓	✓		Yes										Yes		

made wellness centre

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
BRUNCH																
PURPLE SMOOTHIE BOWL	✓	✓	Yes	Yes								Yes	Yes	Yes	Yes	Yes
BLUE SMOOTHIE BOWL	✓	✓		Yes								May	Yes	Yes		May
VEGAN PANCAKES WITH BACON	✓	✓	Yes	Yes								Yes	Yes	Yes	Yes	Yes
VEGAN PANCAKES WITH BERRIES	✓	✓	Yes	Yes								May	May	Yes		Yes
TOAST WITH AVOCADO & TOMATO	✓	✓		Yes								Yes	Yes	Yes		Yes
TOAST WITH ZERO EGG & MUSHROOMS	✓	✓		Yes							Yes	May	Yes	Yes		Yes
LOADED SAUSAGE BAGEL	✓	✓		Yes								May	Yes	Yes		May
LAYERED CHICK PEA SALAD JAR	✓	✓	Yes	Yes				Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes
SNACKS																
OAT BITES	✓	✓		Yes								Yes	Yes	Yes	Yes	Yes
SNICKER BITES	✓	✓		Yes								Yes	Yes	Yes	Yes	Yes
PEANUT BUTTER CUPS	✓	✓		May								Yes	Yes			Yes
SMOOTHIES																
BERRY	✓	✓		Yes								Yes	Yes	Yes		Yes
GREEN	✓	✓		May								May	May	Yes		Yes
TROPICAL	✓	✓	Yes	Yes							Yes	Yes	Yes	Yes		Yes
VANILLA	✓	✓		Yes								May	May	Yes		Yes
JUICES																
FIERY GREENS	✓	✓		Yes								May	May			May
ORANGE GLOW	✓	✓		May								May	May			May
TROPICAL GREENS	✓	✓		May								May	May			May
BLUE SKY	✓	✓		May								May	May			May
BOOSTERS																
IMMUNITY	✓	✓		May								May	May			May
ENERGY	✓	✓		May								May	May			May
HOT DRINKS																
TEA PIGS TEA	✓	✓		May								May	May			May
RINGTONS TEA	✓	✓		May								May	May			
ESPRESSO	✓	✓		May								May	May			May
AMERICANO	✓	✓		May								May	May			May
FLAT WHITE	✓	✓		May								May	May			May
CAPPUCINO	✓	✓		May								May	May			May
LATTE	✓	✓		May								May	May			May
SPECIALIST LATTE	✓	✓		May								May	May			May
RAW HOT CHOCOLATE	✓	✓		May								May	May			May
MILKS																
ALMOND MILK	✓	✓		May								May	May			Yes
OAT MILK	✓	✓		Yes								May	May			May
SOYA MILK	✓	✓		May								May	May	Yes		May
COCONUT MILK	✓	✓		May								May	May			May

made wellness centre

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
SYRUPS																
The groovy food company agave nectar rich & dark	✓	✓		May								May	May			May
The groovy food company agave nectar light amber & mild	✓	✓		May								May	May			May
Sweet freedom choc shot	✓	✓		May								May	May			May
Sweet freedom choc shot winter spice	✓	✓		May								May	May			May
Sweet freedom cinnamon syrup	✓	✓		May								May	May			May
Sweet freedom caramel syrup	✓	✓		May								May	May			May
Biona organic maple agave syrup	✓	✓		May								May	May			May
SPECIAL LATTE																
Kaytea	✓	✓		May								May	May			May
Perfect Ted	✓	✓		May								May	May			May
Alchemy original chai elixir	✓	✓		May								May	May			May
Alchemy golden tumeric elixir	✓	✓		May								May	May			May

condiments

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
CONDIMENTS																
KETCHUP	✓	✓	YES								YES					
BROWN SAUCE	✓	✓		YES												
MAYONNAISE	✓					YES					YES					
VEGAN MAYONNAISE	✓	✓														
BBQ SAUCE	✓	✓														
HORSERADISH	✓					YES					YES				YES	
WHOLEGRAIN MUSTARD	✓	✓									YES					
APPLE SAUCE	✓	✓														
ENGLISH MUSTARD	✓	✓		YES							YES					
FRENCH MUSTARD	✓	✓		YES							YES					
DIJON MUSTARD	✓	✓									YES				YES	
SRIRACHA SAUCE	✓	✓										May	May			May