



Moddershall Oaks

COUNTRY SPA RETREAT



ALLERGEN INFORMATION GUIDE

UPDATED NOVEMBER 2022

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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 everyday but as we use many ingredients and shared equipment / utensils across multiple menu items, including those containing allergens, cross-contamination is managed but not to an allergen free-level. We therefore cannot guarantee any of our food is suitable for those with allergies due to high risk of cross-contamination. Whilst we take reasonable steps keep things separate, 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 which are deep fried in our kitchens will use the same fryers as ingredients that do not contain allergens. There may be a risk of cross-contamination.

While the ingredient information is based on standard dish formulations, variations may occur. Please remember to check our guide and the ingredient matrix regularly as our dishes do change from time to time.

Customers with specific dietary needs must inform staff of their requirements, before ordering, to minimise the risk of cross-contamination. Our staff cannot offer specific advice or make recommendations beyond our published allergen communications.

Ingredients and specifications can change; so, even if you have dined with us before, it is important to review this information before ordering.

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 product packaging.

Many of the ingredients we use are produced in factories which handle additional allergens. The manufacturers have controls in place and are subject to frequent audits, yet customers should be aware that there could be a small risk of cross-contamination.

For those with air borne allergies, please note that we cannot guarantee an allergen free environment.

Information correct at time of print, July 2022. All information on this matrix is subject to change without notice.

The oak house main 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	
APPETISERS																	
Toasted Pitta & Houmous	Yes	Yes		Yes									Yes				
Garlic & Lemon Olives	Yes	Yes															
Buffalo Cauliflower Bites	Yes	Yes										May	May			May	
Crispy fried halloumi	Yes								Yes		Yes						
Baked Bread, Oil & Balsamic	Yes			Yes					May				May		Yes	May	
Sesame BBQ Chicken				Yes		Yes							Yes				
Roasted Butter Beans	Yes	Yes															
STARTERS																	
Homemade Soup of the day	Yes			Yes					May				May			May	
Pulled Beef Taco															Yes		
Korean Chicken Bao Buns				Yes									May				
Salmon & Haddock Fishcake				Yes		Yes	Yes		Yes		Yes				Yes		
Crispy Duck Oatcake				Yes					Yes			May		Yes	May	May	
Chicken Liver Parfait				Yes		Yes			Yes				May		Yes		
Tempura Asparagus	Yes	Yes		Yes										Yes		May	
Beetroot Carpaccio	Yes	Yes													Yes		
Meat Share Platter				Yes		Yes			Yes		Yes		Yes		Yes		
Vegan Share Platter	Yes	Yes		Yes								May		Yes	Yes	May	
Caesar Salad				Yes		Yes	Yes		Yes				May	May		May	
Butternut Squash Salad	Yes	Yes													Yes		
MAIN COURSES																	
Beer Battered Cod Fillet				Yes		Yes	Yes								Yes		
Steak & Ale Pie				Yes		Yes			Yes								
Pan Seared Seabass							Yes		Yes						Yes		
Confit Duck Leg									Yes			May				Yes	
Chicken in Parma Ham						Yes			Yes						Yes		
Trio Of Pork				Yes		Yes			Yes						Yes		
Herb Crusted Rack Of Lamb				Yes					Yes						Yes		
Thai Cauliflower Curry	Yes	Yes		Yes										Yes			
Sweet Potato Gnocchi	Yes	Yes		Yes													
Moddershall Beef Burger				Yes		Yes			Yes		Yes		May				
Pork & Apple Burger				Yes		Yes			Yes		Yes		May				
Meat Free Bean Burger	Yes	Yes		Yes													
Boz Fillet Steak						Yes			Yes								
Boz Sirloin Steak						Yes			Yes								
10oz T-Bone Steak						Yes			Yes								
Boz Rib-Eye Steak						Yes			Yes								
SIDES & SAUCES																	
Skin On Triple Cooked Chips	Yes	Yes															
Parmesan Fries						Yes			Yes								
Seasoned Fries	Yes	Yes							May								
Dressed House Salad	Yes	Yes													Yes		
Beer Battered Onion Rings	Yes	Yes		Yes													
Seasonal Vegetables	Yes	Yes															
Peppercorn Sauce									Yes						Yes		
Diane Sauce									Yes						Yes		
Blue Cheese Sauce									Yes								
Bearnaise Sauce						Yes			Yes						Yes		
DESSERTS																	
Sticky Toffee Pudding	Yes			Yes		Yes			Yes								May
Chocolate Brownie	Yes			Yes		Yes			Yes					Yes			May
Baked Toffee Cheesecake	Yes			Yes		Yes			Yes								
Bread & Butter Pudding	Yes			Yes		Yes			Yes								May
Caramelized Pear Tart	Yes	Yes		Yes										Yes			
Vegan Apple Crumble	Yes	Yes		Yes										Yes			
Winter Berry Pavlova	Yes					Yes			Yes						May	May	
Ice Cream Selection	Yes			Yes		Yes			Yes								May
Sorbet	Yes	Yes															May
Cheese Selection	Yes			Yes		May			Yes				May	May	Yes		May

desserts 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
DESSERTS																
Sticky Toffee Pudding	✓			Yes		Yes			Yes							May
Chocolate Brownie	✓			Yes		Yes			Yes					Yes		May
Baked Toffee Cheesecake	✓			Yes		Yes			Yes							
Bread & Butter Pudding	✓			Yes		Yes			Yes					Yes		Yes
Caramelized Pear Tart	✓	✓		Yes												
Vegan Apple Crumble	✓	✓		Yes										Yes		
Winter Berry Pavlova	✓					Yes			Yes						May	May
Ice Cream Selection	✓			Yes		Yes			Yes							May
Sorbet	✓	✓														May
Cheese Selection	✓			Yes		May			Yes				May	May	Yes	May

The oak house lunch 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
APPETISERS																
Toasted Pitta & Houmous	Yes	Yes		Yes									Yes			
Garlic & Lemon Olives	Yes	Yes														
Buffalo Cauliflower Bites	Yes	Yes										May	May			May
Crispy fried halloumi	Yes								Yes		Yes					
Baked Bread, Oil & Balsamic	Yes			Yes					May				May		Yes	May
Sesame BBQ Chicken				Yes		Yes							Yes			
Roasted Butter Beans	Yes	Yes														
STARTERS																
Homemade Soup of the day	Yes			Yes					May				May			May
Pulled Beef Taco															Yes	
Korean Chicken Bao Buns				Yes									May			
Salmon & Haddock Fishcake				Yes		Yes	Yes		Yes		Yes				Yes	
Crispy Duck Outcake				Yes					Yes			May		Yes	May	May
Chicken Liver Parfait				Yes		Yes			Yes				May		Yes	
Tempura Asparagus	Yes	Yes		Yes										Yes		May
Beetroot Carpaccio	Yes	Yes													Yes	
Meat Share Platter				Yes		Yes			Yes		Yes		Yes		Yes	
Vegan Share Platter	Yes	Yes		Yes								May		Yes	Yes	May
Caesar Salad				Yes		Yes	Yes		Yes				May	May		May
Butternut Squash Salad	Yes	Yes													Yes	
MAIN COURSES																
Beer Battered Cod Fillet				Yes		Yes	Yes								Yes	
Steak & Ale Pie				Yes		Yes			Yes							
Grilled Chicken Club Sandwich				Yes		Yes			Yes					Yes		
Confit Duck Leg									Yes			May				Yes
Chicken in Parma Ham						Yes			Yes						Yes	
Falafel Baguette	Yes			Yes		Yes				Yes			May			
Chicken Caesar Baguette				Yes		Yes			Yes				May			
Steak & Onion Baguette				Yes									May			
Thai Cauliflower Curry	Yes	Yes		Yes										Yes		
Sweet Potato Gnocchi	Yes	Yes		Yes												
Moddershall Beef Burger				Yes		Yes			Yes		Yes		May			
Chicken & Bacon Burger				Yes		Yes			Yes		Yes		May			
Meat Free Bean Burger	Yes	Yes		Yes												
Boz Fillet Steak						Yes			Yes							
Boz Sirloin Steak						Yes			Yes							
10oz T-Bone Steak						Yes			Yes							
Boz Rib-Eye Steak						Yes			Yes							
SIDES & SAUCES																
Skin On Triple Cooked Chips	Yes	Yes														
Parmesan Fries						Yes			Yes							
Seasoned Fries	Yes	Yes							May							
Dressed House Salad	Yes	Yes													Yes	
Beer Battered Onion Rings	Yes	Yes		Yes												
Seasonal Vegetables	Yes	Yes														
Peppercorn Sauce									Yes						Yes	
Diane Sauce									Yes						Yes	
Blue Cheese Sauce									Yes							
Bearnaise Sauce						Yes			Yes						Yes	
DESSERTS																
Sticky Toffee Pudding	Yes			Yes		Yes			Yes							May
Chocolate Brownie	Yes			Yes		Yes			Yes					Yes		May
Baked Toffee Cheesecake	Yes			Yes		Yes			Yes							
Bread & Butter Pudding	Yes			Yes		Yes			Yes							May
Caramelized Pear Tart	Yes	Yes		Yes										Yes		
Vegan Apple Crumble	Yes	Yes		Yes										Yes		
Winter Berry Pavlova	Yes					Yes			Yes						May	May
Ice Cream Selection	Yes			Yes		Yes			Yes							May
Sorbet	Yes	Yes														May
Cheese Selection	Yes			Yes		May			Yes				May	May	Yes	May

the oak house children's 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 served with warm bread and butter	✓	✓	Yes	Yes								May	May			May
Cheesy garlic bread	✓			Yes					Yes			May	May			May
Garlic bread	✓			Yes					Yes			May	May			May
Mozzarella sticks served with tomato ketchup	✓			Yes		Yes	May		Yes			May	May			May
MAIN COURSES																
Battered fish goujons with skin-on fries and a choice of seasonal vegetables or beans				Yes		Yes	Yes		May			May	May			May
Popcorn chicken with skin-on fries and a choice of seasonal vegetables or beans				Yes		Yes	May		May			May	May			May
Macaroni and cheese	✓			Yes		Yes						May	May			May
Quorn burger with skin-on fries and a choice of seasonal vegetables or beans	✓	✓		Yes		May	May		May			May	May			May
DESSERTS																
Two scoops of homemade ice cream	✓			May		May			Yes			May	May			May
Chocolate brownie bites	✓			Yes		Yes			Yes			May	May			May
Warm waffle topped with ice cream and chocolate sauce	✓			Yes		Yes			Yes			May	May			May

The oak house 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
MAIN COURSES																
Roast striploin of beef served with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy			Yes	Yes					Yes			May	May		Yes	May
Roast loin of pork with stuffing, crackling, roast potatoes, seasonal vegetables and cider sauce			Yes	Yes					Yes			May	May		Yes	May

breakfast 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
Toast and butter	✓			Yes					Yes			May	May			May
Maple syrup	✓											May	May			May
Fruit salad	✓	✓										May	May			May
Greek yoghurt	✓											May	May			May
Granola	✓			Yes								May	May			May
Fruit compote	✓											May	May			May
Selection of pastries	✓			Yes		Yes			Yes			May	May			May
Full English				Yes		Yes	May		Yes			May	May		Yes	May
Vegetarian breakfast	✓			Yes		Yes	May		Yes			May	May		Yes	May
Vegan breakfast	✓	✓		Yes			May					May	May		Yes	May
Egg benedict				Yes		Yes			Yes			May	May			May
Egg florentine	✓			Yes		Yes			Yes			May	May			May
Pancakes	✓			Yes		Yes			Yes			May	May			May
Frosties	✓			Yes								May	May			May
Corn flakes	✓			Yes								May	May			May
Coco pops	✓			Yes								May	May			May
Rice krispies	✓			Yes								May	May			May

balcony bar light bites 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
Grilled cheese on sourdough bread with apple and cider caramelised onion, served with baby gem leaf and skin-on fries	✓	✓		Yes		May	May		May			May	May		Yes	May
Open Moddershall club on sourdough, chicken, bacon, egg, lettuce, tomato and mayonnaise, served with skin-on fries				Yes		Yes	May		Yes			May	May		Yes	May
Open pulled beef brisket on sourdough, smoked cheese, gherkins and chipotle mayonnaise, served with skin-on fries			Yes	Yes		May	May		Yes			May	May		Yes	May
Selection of cured meats				Yes					May			May	May		Yes	May
Hoi sin and sesame chicken wings				Yes		May	May		May			May	May	Yes	Yes	May
Salt & pepper squid with garlic aioli				May		Yes	Yes		May	Yes		May	May			May
Garlic & lemon marinated king prawns				May	Yes							May	May			May
BBQ sticky halloumi	✓			Yes		May	May		May			May	May			May
Homemade focaccia with balsamic and olive oil	✓	✓		Yes								May	May			May
Honey & mustard chipolatas				Yes		May	May		May		Yes	May	May		Yes	May
Hasselback potatoes	✓	✓		May								May	May			May
Herb marinated olives	✓	✓		May								May	May			May
BBQ sticky pork ribs			Yes	Yes		May	May		May			May	May			May

the 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
Peanut & Banana Bagel	✓	✓		Yes- Wheat					Yes			Yes				May
Cream Cheese & Rocket Bagel	✓			Yes- Wheat					Yes							
Nutella & Strawberry Bagel	✓			Yes- Wheat					Yes					Yes		Yes- Hazelnut
Avocado & Sundried Tomato (butter) Bagel	✓			Yes- Wheat					Yes							
Cheese & Chutney Bloomer	✓			Yes- Wheat/Rye/Oat					Yes					Yes		
Cheese & Ham Bloomer				Yes- Wheat/Rye/Oat					Yes					Yes		
Vegan Cheese Substitute Bloomer	✓	✓		Yes- Wheat/Rye/Oat										Yes		
Halloumi & Sweet Chilli Panini	✓			Yes- Wheat					Yes						Yes	
BBQ Pulled Pork Panini				Yes- Wheat											Yes	
Tuna Melt Panini				Yes- Wheat		Yes	Yes		Yes						Yes	
Tomato & Cheeses Oatcake	✓			Yes- Wheat					Yes							
Sausage & Cheese Oatcake				Yes- Wheat					Yes							
Vegan Cheese Oatcake	✓	✓		Yes- Wheat										Yes		
Avocado & Sour Cream Nachos	✓			Yes- Wheat					Yes							
Cheese & Pulled Pork Nachos				Yes- Wheat					Yes							
Waffle Platter				Yes- Wheat		Yes			Yes					Yes		Yes- Hazelnut
Cream Tea Platter				Yes- Wheat		Yes			Yes							
Meze Board - Ham				Yes- Wheat		May			May				May	Yes	Yes	
Meze Board - Cheese	✓			Yes- Wheat		May			Yes				May	Yes	Yes	
Meze Board - Avocado	✓	✓		Yes- Wheat		May			May				May	Yes	Yes	
Meze Board- Halloumi	✓			Yes- Wheat		May			Yes				May	Yes	Yes	
Cheese Board	✓			Yes- Wheat		May			Yes				May	May	Yes	May
Toasted Tea Cake				Yes- Wheat					Yes				May			
Bread & Houmous				Yes- Wheat		May			May				Yes	Yes	Yes	
Granola Pot, Yoghurt, Berry Compote				Yes- Wheat, oat, barley, rye										Yes		Yes- Almond
Burts Cheddar Crisps									Yes							

made 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
BRUNCH																
Acai smoothie bowl	✓	✓	Yes	Yes								Yes	Yes	Yes	Yes	Yes
Toasted sourdough with avocado and tomato	✓	✓		Yes								May	Yes	Yes		May
Toasted sourdough with peanut butter and banana	✓	✓	Yes	Yes								Yes	Yes	Yes	Yes	Yes
Loaded sausage butty	✓	✓	Yes	Yes								May	May	Yes		May
Chickpea pasta salad	✓	✓		Yes								Yes	Yes	Yes		Yes
Pink & green flatbread	✓	✓		Yes							Yes	May	Yes	Yes		Yes
Tofu toast	✓	✓		Yes								May	Yes	Yes		May
Chocolate & strawberry toast	✓	✓	Yes	Yes				Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes
SNACKS																
Oat bites	✓	✓		Yes								Yes	Yes	Yes	Yes	Yes
Snickers bites	✓			Yes					May			Yes	Yes	Yes	Yes	Yes
PB cups	✓			May		May			May			Yes	Yes			Yes
SMOOTHIES																
Green elixir	✓	✓		Yes								Yes	Yes	Yes		Yes
Super berry	✓	✓		May								May	May	Yes		Yes
Tropical boost	✓	✓	Yes	Yes							Yes	Yes	Yes	Yes		Yes
Biscoff shake	✓	✓		Yes								May	May	Yes		Yes
SMOOTHIES																
OG greens	✓	✓		Yes								May	May			May
Sweet beet	✓	✓		May								May	May			May
The glow	✓	✓		May								May	May			May
Tropical greens	✓	✓		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			May
Espresso	✓	✓		May								May	May			May
Americano	✓	✓		May								May	May			May
Flat White	✓	✓		May								May	May			May
Cappunico	✓	✓		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 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
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 - ALCHEMY																
Alchemy beyond beetroot elixir	✓	✓		May								May	May			May
Alchemy maho matcha elixir	✓	✓		May								May	May			May
Alchemy original chai elixir	✓	✓		May								May	May			May
Alchemy golden tumeric elixir	✓	✓		May								May	May			May
GRAB AND GO DRINKS																
The Curse	✓			May					May			May	May	May		May
Mangajo red grape & rooibos tea	✓	✓		May								May	May			May
Ipro hydrate berry mix flavour	✓	✓		May								May	May			May
Ipro hydrate citrus blend flavour	✓	✓		May								May	May			May
Ipro hydrate mango flavour	✓	✓		May								May	May			May
Nocco-Caribbean	✓	✓		May								May	May			May
Nocco-blood orange	✓	✓		May								May	May			May
Nocco-limon del sol	✓	✓		May								May	May			May
Nocco BCAA - passion	✓	✓		May								May	May			May
Nocco BCAA - citrus / elderflower	✓	✓		May								May	May			May
Nocco BCAA - miami strawberry	✓	✓		May								May	May			May
Nocco BCAA - ice soda	✓	✓		May								May	May			May
Nocco BCAA - apple	✓	✓		May								May	May			May
Barebells milkshake - strawberry	✓			May					Yes			May	May			May
Barebells milkshake - vanilla	✓			May					Yes			May	May			May
Barebells milkshake - chocolate	✓			May					Yes			May	May			May
Barebells milkshake - banana	✓			May					Yes			May	May			May
Jimmy's iced coffee original - coffee and milk	✓			May					Yes			May	May			May
Jimmy's iced coffee mocha - coffee and chocolate	✓			May					Yes			May	May			May
Jimmy's iced coffee mocha - Belgian chocolate	✓			May					Yes			May	May			May
Jimmy's extra shot flat white	✓			May					Yes			May	May			May
The gutsy captain kombucha - ginger and lemon	✓	✓		May								May	May			May
VIT-HIT perform orange, mango + passionfruit matcha tea + amino acids	✓	✓		May								May	May			May
VIT-HIT boost berry rooibos tea + ginseng	✓	✓		May								May	May			May
VIT-HIT sparkling pink grapefruit lime with white tea	✓	✓		May								May	May			May
VIT-HIT sparkling mango pineapple with Rooibos tea	✓	✓		May								May	May			May

made 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
GRAB AND GO SNACKS																
Bounce Millionaire	✓								May			Yes		Yes		Yes
Bounce Chocolate Brownie	✓								May					Yes		May
Brave roasted peas - paprika and chilli	✓	✓		May								May	May			May
Doisy and Dam dark chocolate buttons	✓	✓		May					May			May	May	Yes		May
Pri's pudding pecan pie	✓			Yes		May			May			May	May		May	Yes
Doisy and Dam diddles dark chocolate maple, toasted rice & pink salt	✓	✓		May					May			May	May	May		May
Barebells vegan salty peanut protein bar	✓			May		May			May			Yes	May	Yes		Yes
Barebells vegan hazelnut & nougart protein bar	✓			May		May			May			May	May	Yes		Yes
Barebells white chocolate almond protein bar	✓			May		May			Yes			May	May	Yes		Yes
Barebells cookies and cream protein bar	✓			May		May			Yes			May	May	Yes		Yes
Barebells double bite caramel crisp protein bar	✓			May		May			Yes			May	May	Yes		Yes
Barebells double bite chocolate crisp protein bar	✓			May		May			Yes			May	May	Yes		Yes
Kind caramel almond & sea salt bar	✓			May					Yes			May	May	Yes		Yes
Kind breakfast blueberry almond	✓			May								May	May			Yes
Kind breakfast honey oat	✓	✓		Yes								May	May			Yes
Hippeas chickpea tortilla rockin' ranch	✓	✓		May								May	May			May
Hippeas chickpea tortilla chilli kicks	✓	✓		May								May	May			May
Hippeas chickpea puffs take it cheesy	✓	✓		May								May	May			May
Hippeas chickpea puffs sweet chilli haze	✓	✓		May								May	May			May
Hippeas chickpea puffs salt & vinegar vibes	✓	✓		May								May	May			May
Hippeas chickpea puffs sweet & smokin'				May								May	May			May

wedding breakfast 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																
Event bread and butter	✓			Yes					Yes			May	May			May
Chicken liver parfait, date and almond biscotti, caper raisin puree				Yes		Yes			Yes			Yes	Yes			Yes
Prawn and crayfish cocktail, Marie rose sauce with whole meal bread				Yes	Yes	Yes			Yes			May	May			May
Confit duck croquet, Asian slaw, burnt spring onion dip				Yes		Yes	May		Yes			May	Yes			May
Citrus smoked salmon, caviar mascarpone, pickled cucumber, gin and tonic granita				May			Yes		Yes			May	May			May
Herb crusted goats cheese fritter, boozy beetroot chutney, pea shoot salad	✓			Yes		Yes			Yes			May	May		Yes	May
Harrisa roasted cauliflower, apricot puree, lemon pastilles and flaked almonds	✓	✓		May								May	May			Yes
Trio of roasted beets, basil yoghurt, candied walnuts and micro herbs	✓	✓		May					Yes			May	May			Yes
Choice of homemade soups	✓	✓	Yes	May								May	May			May
MAIN COURSES																
Braised Staffordshire steak, red wine gravy, creamed potato, braised cabbage, roasted broccoli			Yes	May					Yes			May	May		Yes	May
Grilled pork loin steak, creamed potato, fine beans, apple puree, cider gravy			Yes	May					Yes			May	May		Yes	May
Grilled chicken breast, roasted new potatoes, braised carrot, roasted broccoli, tarragon gravy			Yes	May								May	May			May
Roast chicken supreme, sage and onion stuffing, creamed potatoes, braised carrots, fine green beans, Diane sauce			Yes	Yes					Yes		Yes	May	May			May
Pan fried salmon fillet, crushed new potato, cherry tomatoes, fine green beans, lemon caper butter sauce				May			Yes		Yes			May	May			May
Braised lamb shoulder, creamed potatoes, braised carrots, roasted broccoli, minted lamb gravy			Yes	May								May	May			May
Chargrilled Hereford rump steak, fondant potato, fine green beans, peppercorn sauce			Yes	May					Yes			May	May			May
Herb crusted cod, saffron potatoes, fine beans, langoustine bisque				Yes	Yes		Yes			Yes		May	May			May
Fillet of sea bass, crushed new potatoes, cherry tomatoes, roasted broccoli, salsa Verde				May			Yes		Yes			May	May			May
Roast and stuffed courgette, braised carrot, roast broccoli, romesco sauce	✓	✓	Yes	May								May	May			Yes
Cauliflower steak, braised carrot, fine green beans, roasted new potatoes, salsa Verde	✓	✓		May								May	May			May
Beetroot risotto, vegan pesto, chopped walnuts, beetroot crisps	✓	✓	Yes	May								May	May			Yes
DESSERTS																
Baked lemon cheesecake, lemon sorbet, raspberry gel	✓			Yes					Yes			May	May			May
Hot sticky toffee pudding, butterscotch sauce, caramel ice cream	✓			Yes		Yes			Yes			May	May			May
Eton mess, vanilla meringue, compressed strawberries, Chantilly cream	✓			May		Yes			Yes			May	May			May
Dark chocolate brownie, chocolate sauce, almond brittle, vegan vanilla ice cream	✓	✓		Yes		Yes			Yes			May	May			Yes
Chocolate cheesecake, caramelised banana chocolate ice cream	✓	✓		Yes		Yes			Yes			May	May			May
Mixed macarons	✓			Yes		Yes						May	May			Yes
Mixed truffles	✓								Yes			May	May			May

wedding breakfast 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
CHILDREN'S MENU																
Tomato soup, warm bread and butter	✓			Yes					Yes			May	May			May
Trio of melon	✓	✓		May								May	May			May
Cheesy garlic bread	✓			Yes					Yes			May	May			May
Chicken breast dippers, chips and seasonal vegetables				Yes					Yes			May	May			May
Homemade cod and chips and seasonal vegetables				Yes			Yes		Yes			May	May			May
Macaroni cheese with seasonal vegetables	✓			Yes					Yes			May	May			May
Cheesecake, vanilla ice cream	✓			Yes		Yes			Yes			May	May			May
Sticky toffee pudding, vanilla ice cream	✓			Yes		Yes			Yes			May	May			May
Brownie with rocky road toppings, vanilla ice cream	✓			Yes		Yes			Yes			May	May			May
INTERMEDIATE & POST DESSERT PETIT FOURS																
Kir Royale lemon sorbet with crème de cassis	✓			May								May	May			May
Frozen Bellini Champagne sorbet with white peach puree	✓			May								May	May			May
Mixed Macaroons	✓			May								May	May			May
Mixed truffles	✓			May								May	May			May

wedding menus

	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																
Cucumber and mint cream cheese	✓			Yes					Yes			May	May			May
Ploughman crackers	✓			Yes					Yes			May	May			May
Smoked salmon and citrus mascarpone				Yes			Yes		Yes			May	May			May
Ham wrap rolls				Yes								May	May			May
Coronation chicken poppadom				Yes								May	May			May
Pork pie				Yes		yes			Yes		Yes	May	May			May
Scotch egg				Yes		Yes			Yes			May	May			May
Carrot cake	✓			Yes		Yes			Yes			May	May			May
Lemon drizzle	✓			Yes		Yes			Yes			May	May			May
Chocolate orange fancy	✓			Yes		Yes			Yes			May	May			May
Chocolate dipped strawberry	✓			May								May	May			May
Scones	✓			Yes		Yes			Yes			May	May			May
Fruit scones	✓			Yes		Yes			Yes			May	May			May
Fruit jam	✓			May								May	May			May
HOST A ROAST																
Option 1 Topside beef, Yorkshire pudding, horseradish, English mustard and red wine gravy				Yes		Yes			Yes		Yes	May	May		Yes	May
Option 2 Roast loin of pork, sage and onion stuffing, crackling, apple puree, calavados apple brandy gravy				Yes								May	May		Yes	Yes
Herb roast potatoes	✓	✓		May								May	May			May
Cauliflower cheese gratin	✓			May					Yes			May	May			May
Seasonal vegetables	✓	✓		May								May	May			May
Creamed mash potato	✓			May					Yes			May	May			May
Pigs in blanket				May								May	May			May
CANAPES																
Honey glazed pork belly				May								May	May			May
Mini chicken Caesar				Yes		Yes	Yes		Yes			May	May			May
Honey BBQ chipolatas				Yes								May	May			May
Southern fried chicken				Yes			May		Yes			May	May			May
Mini cheeseburger in a bun				Yes					Yes			May	May			May
Chicken liver parfait tartlet				Yes		Yes			Yes		Yes	May	May			May
Onion bhaji and mango chutney	✓	✓		Yes		Yes			Yes		Yes	May	May			May
Goats cheese and tomato tartlets	✓			Yes					Yes			May	May			May
Mini duck outcakes				Yes					Yes			May	May			May
Filo parcels				Yes					Yes			May	May			May
Falafel and mint yoghurt	✓	✓		Yes					Yes			May	May			May
Mini salmon fishcake				Yes		Yes	Yes		Yes			May	May			May
BLUSH LOUNGE																
Deli board 1 Selection cured meats, feta, hummus, olives, toasted pitta, grapes, sundried tomatoes with roasted pepper				Yes					Yes			May	May			May
Deli board 2 Breakfast pastries, fresh fruit, granola pots	✓			Yes		Yes			yes			May	May			Yes

wedding menus

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
BUFFET																
Home made sausage rolls				Yes					Yes			May	May			May
Handmade pork pie and pickles				Yes		Yes			Yes		Yes	May	May			May
Brie, caramelised onion and lemon thyme tart	✓			Yes					Yes			May	May			May
Goats cheese and red onion filo parcels	✓			Yes					Yes			May	May			May
Pulled pork with sage and onion crostini				Yes								May	May			May
Teriyaki beef and sesame skewers				May								May	Yes			Yes
Onion bhajis & vegetable pakora	✓			Yes		Yes	May		Yes	Yes		May	May			May
Sticky BBQ chicken				Yes								May	May			May
Tiger prawns kebab				May	Yes					Yes		May	May			May
Lamb koftas				Yes					Yes			May	May			May
Potato and pasta salad	✓			May					Yes			May	May			May
Coleslaw	✓			May								May	May			May
Deli sandwiches	✓			Yes								May	May			May
Pizza baguettes	✓			Yes								May	May			May
Garlic bread	✓			Yes					Yes			May	May			May
Handcut chips	✓	✓		May			May		May			May	May			May
Wedges	✓	✓		May			May		May			May	May			May
Roast potatoes with red onions	✓	✓		May								May	May			May
Chicken or chargrilled vegetable skewers:- Sweet chilli	✓	✓		May								May	May			May
Chicken or chargrilled vegetable skewers:- Lime and coriander	✓	✓		May								May	May			May
Chicken or chargrilled vegetable skewers:- Satay	✓	✓		May								Yes	May			Yes
Chicken or chargrilled vegetable skewers:- Tikka	✓	✓		May					Yes			May	May			May
Chicken or chargrilled vegetable skewers:- Piri piri	✓	✓		May								May	May			May
Chicken or chargrilled vegetable skewers:- Honey, soy and sesame	✓			Yes								May	Yes	Yes		May
STANDARD BBQ																
Beef burgers with salad and cheese				Yes					Yes			May	May			May
Hot dogs with onions				Yes					Yes			May	May			May
Chicken fajitas				May								May	May			May
Minted new potatoes	✓	✓		May								May	May			May
Garden salad	✓	✓		May								May	May			May
HOT ROAST BAPS																
Hot roast & stuffing baps				Yes								May	May			May
Jack fruit baps	✓	✓		Yes								May	May			May
Potato slud	✓	✓		May								May	May			May
Pasta salad	✓	✓		Yes		Yes			Yes			May	May			May
Coleslaw	✓	✓		May								May	May			May
Potato wedges	✓	✓		May			May					May	May			May
BRITISH																
Mini Yorkshire pudding with roast beef				Yes					Yes			May	May			May
Herb and garlic new potatoes	✓	✓		May								May	May			May
Hake goujons				Yes		Yes	Yes		Yes			May	May			May
Bubble and squeak	✓	✓		May								May	May			May
Scotch eggs				Yes		Yes			Yes			May	May			May
Home made sausage rolls				Yes					Yes			May	May			May

wedding menus

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
INDIAN																
Chicken tika pieces				May					Yes			May	May			May
Saag aloo potatoes	✓	✓		May							Yes	May	May			Yes
Onion bhajis	✓			Yes		Yes	May		Yes			May	May			May
Mini nann bread	✓			Yes					Yes			May	May			May
Vegetable coconut curry	✓	✓		May								May	May			May
Poppadoms dips and chutneys	✓	✓		Yes			May		Yes		Yes	May	May			Yes
ITALIAN																
Pesto and mozzarella pasta	✓			Yes		Yes			Yes			May	May			Yes
Cured Italian meats				May								May	May			May
Olives and sundried tomatoes	✓	✓		May								May	May			May
Selection of Italian cheese	✓			May					Yes			May	May			May
Meatballs in tomato sauce				Yes								May	May			May
Parmesan crusted aubergine	✓			May					Yes			May	May			May
Rocket and parmesan salad	✓			May					Yes			May	May			May
MEXICAN																
Slow cooked Mexican chilli beef				May								May	May			May
Lime and coriander rice	✓	✓		May								May	May			May
Tortilla chips	✓	✓		Yes								May	May			May
Salsa	✓	✓		May								May	May			May
Sour cream				May					Yes			May	May			May
Guacamole	✓	✓		May								May	May			May
Spicy chicken quesadillas				Yes					Yes			May	May			May
Spicy cheese quesadillas	✓			Yes					Yes			May	May			May
SPANISH																
Mini chorizo baked in red wine and thyme				May								May	May		Yes	May
Smoked paprika chicken wings				May			May		May			May	May			May
Patas bravas spicy tomato aioli	✓	✓		May					Yes			May	May			May
Ensalada rusa				May		Yes			Yes			May	May			May
Calamari				Yes	Yes		May		Yes	Yes		May	May			May
Gambas pil pil skewers				May	Yes					Yes		May	May			May
CHEESE TOWER																
Cheese tower	✓			Yes					Yes		Yes	May	May			May

condiments 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
Ketchup	✓	✓	YES									May	May			May
HP sauce	✓	✓		YES								May	May			May
Mayonnaise						YES						May	May			May
Vegan mayonnaise	✓	✓										May	May			May
BBQ sauce				YES								May	May			May
Hoi sin	✓	✓										May	May	YES		May
Horseradish	✓	✓				YES					YES	May	May			May
Wholegrain mustard	✓	✓									YES	May	May			May
Apple sauce	✓	✓										May	May			May
English mustard	✓	✓		YES							YES	May	May			May
Worcestershire sauce	✓	✓		YES			YES					May	May			May
Sweet pickle	✓	✓		YES								May	May		YES	May

afternoon tea 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
AFTERNOON TEA																
Mature cheddar and tomato sandwich	✓			Yes					Yes			May	May			May
Cucumber and cream cheese sandwich	✓			Yes					Yes			May	May			May
Honey roast ham & wholegrain mustard				Yes							Yes	May	May			May
Smoked salmon & cream cheese				Yes			Yes		Yes			May	May			May
Fruit scone	✓	✓		Yes								May	May			May
Plain scone	✓	✓		Yes								May	May			May
Strawberry jam	✓	✓		May								May	May			May
Clotted cream				May					Yes			May	May			May
Dark chocolate & mint slice	✓	✓		Yes					May			May	May	Yes		May
Blackberry pavlova	✓	✓		May								May	May			May
Coconut cream with mango and pineapple salsa	✓	✓		May					May			May	May			May
Date cake with orange cream	✓	✓		Yes					May			May	May	Yes		Yes
VEGAN AFTERNOON TEA																
Cucumber and vegan cream cheese	✓	✓		Yes								May	May			May
Avocado with tomato and chili jam	✓	✓		Yes								May	May			May
Red pepper and hummus	✓	✓		Yes								May	May			May
Fruit scone	✓	✓		May								May	May			May
Plain scone	✓	✓		Yes								May	May	Yes		May
Strawberry jam	✓	✓		May								May	May			May
Vegan cream	✓	✓		May								May	May			May
Dark chocolate & mint slice	✓	✓		Yes					May			May	May	Yes		May
Blackberry pavlova	✓	✓		May								May	May			May
Coconut cream with mango and pineapple salsa	✓	✓		May					May			May	May			May
Date cake with orange cream	✓	✓		Yes					May			May	May	Yes		Yes

signature cocktails & mocktails

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
Apple Blossom	✓	✓				May			May						May	May
Odalisque	✓	✓				May			May						YES	May
Bitter Rose	✓					YES			May						May	May
The Armstrong	✓	✓				May			May						May	May
Hector	✓	✓				May			May						May	May
Pendlebury Punch	✓	✓				May			May						YES	May
Spearmint Cooler	✓	✓				May			May						May	May
Rum and Rasin	✓					May			YES						May	May
Baked Apple	✓	✓				May			May						May	Yes
Poached Pear Flip	✓					YES			YES						YES	May
Pink Fizz	✓	✓														
Big Green Tea	✓	✓														
Spiced Lemonade	✓	✓														

wines and sparkling

	Suitable for Vegetarian	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide &	Nuts
White Wine																
Beyond the river chardonnay - Australia	✓	✓													YES	
Cortefrasca Pinto Grigio - Italy	✓	✓													YES	
Olmeke Sauvignon Blanc - New Zealand	✓	✓													YES	
Chenin Blanc Roos Estate - South Africa				YES											YES	
Paul Deloux Chablis	✓	✓													YES	
Chateau Langlois Sancerre															YES	
Il Forte Gavi - Italy	✓	✓													YES	
Dr Zenzen Riesling Germany	✓	✓													YES	
Rose Wine																
Wildwood Zinfandel Rose - California															YES	
Lady K Provence Rose - Provence															YES	
Red Wine																
Cepas Malbec - Argentina	✓	✓													YES	
Beyond the river shiraz - Australia	✓	✓													YES	
Casa Santiago Pinot Noir - Chile	✓	✓													YES	
Barolo Veglio Angelo D'Autun - Italy	✓														YES	
Chateauneuf du pape Curvee Pape	✓	✓													YES	
The Crossings Pinot Noir - New Zealand															YES	
Santiago Reserva Rioja - Spain	✓	✓													YES	
Cote de Rohne Noble Treilles - Rhone															YES	
Sparkling																
Il Caggio Prosecco	✓	✓													YES	
Il Caggio Prosecco Rose	✓	✓													YES	
Ayala Brut															YES	
Ayala Rose															YES	
Bollinger Curvee															YES	