



Moddershall Oaks  
COUNTRY SPA RETREAT



ALLERGEN INFORMATION GUIDE

UPDATED SEPTEMBER 2024

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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
<b>STARTERS</b>																
Soup du jour	✓		Yes	Yes									May			
Goats cheese bon bons	✓			Yes		Yes			Yes						Yes	
Vegetable spring roll	✓			Yes					Yes				Yes	Yes	Yes	
Chicken & pine nut terrine			Yes	Yes					May				May	May		Yes
Chilli & lime crab cakes				Yes	Yes	Yes										
Hoisin duck oatcakes				Yes					Yes			May		Yes		May
Creamy garlic mushrooms	✓			Yes		Yes			Yes				May	May		May
Crispy tofu	✓	✓													Yes	
Chicken caesar salad				Yes		Yes			Yes				May	May		May
Salata horiatiki	✓								Yes						Yes	May
Mediterranean potato salad	✓	✓													Yes	
<b>MAIN COURSES</b>																
Beer Battered Haddock Fillet				Yes		Yes	Yes		Yes		Yes				Yes	
Lemon & parsley chicken			Yes			Yes			Yes						Yes	
Pan seared seabass					Yes		Yes		Yes	May						
Chicken thigh & chorizo pie			Yes	Yes		Yes			Yes		Yes					
Stuffed chicken fillet			Yes						Yes							
Honey pork in bacon									Yes						Yes	
Crispy sesame beef				Yes		Yes			May			May	Yes	May	Yes	May
Garlic & chilli prawns			Yes	Yes	Yes					Yes						
Leek & mushroom tagliatelle	✓	✓	Yes	Yes										Yes		
Mediterranean vegetable moussaka	✓	✓	Yes	Yes										Yes		
BBQ glazed beef burger				Yes		Yes			Yes		Yes		May		Yes	
Peri peri chicken burger				Yes		Yes			Yes		Yes		May			
Breaded mushroom burger	✓	✓		Yes									May			
Chicken club sandwich				Yes		Yes					Yes				Yes	
Steak sandwich				Yes		Yes					Yes		May		Yes	
8oz Sirloin Steak															Yes	
10oz T-Bone Steak															Yes	
8oz fillet steak															Yes	
10oz T-Bone Steak															Yes	
Roast topside of beef			Yes	Yes		Yes			Yes					May	Yes	
Roast pork loin			Yes	Yes					Yes							
Vegetable wellington	✓	✓	Yes	Yes										Yes	Yes	
<b>SIDES &amp; SAUCES</b>																
Skin On Triple Cooked Chips	✓	✓														
Sweet Potato Fries	✓	✓														
Sauteed new potatoes	✓								Yes							
Dressed House Salad	✓	✓													Yes	
Beer Battered Onion Rings	✓			Yes												
Garlic flatbread	✓															May
Peppercorn sauce	✓		Yes						Yes		Yes				Yes	
Red wine sauce	✓		Yes												Yes	
Blue Cheese Sauce	✓		Yes						Yes							

# 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
<b>DESSERTS</b>																
Triple chocolate brownie	✓			Yes		Yes			Yes			May				May
Sticky toffee pudding	✓			Yes		Yes			Yes					Yes		May
Lemon parfait	✓			Yes		Yes			Yes						Yes	
Chocolate fondant	✓			Yes		Yes			Yes			May				May
Blackberry mousse	✓	✓													Yes	
Rhubarb & custard tart	✓			Yes		Yes			Yes				Yes	May		May
Ice cream selection	✓											May				May
Sorbet	✓	✓										May				May
Cheese & biscuits	✓			Yes		May			Yes				May	May		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
<b>STARTERS</b>																
Soup of the day with warm bread and butter	✓	✓		Yes								May	May			May
Cheesy ciabatta garlic bread	✓			Yes					Yes			May	May			May
Prawn cocktail on a bed of baby gem lettuce & wholemeal bread				Yes	Yes	Yes			Yes	Yes		May	May			May
<b>MAIN COURSES</b>																
Battered fish goujons, triple cooked chips with peas or beans				Yes			Yes					May	May			May
Homemade cheeseburger served with triple cooked chips				Yes			May					May	May			May
Breaded chicken served with triple cooked chips, peas or beans				Yes			May		Yes		May	May	May			May
Tomato pasta	✓	✓		Yes		Yes										May
Cheese & tomato flatbread	✓		Yes	Yes					Yes							May
<b>DESSERTS</b>																
Two scoops of ice cream or sorbet	✓			May		Yes			Yes			May	May			May
Chocolate sponge cake served with chocolate ice cream	✓			Yes		Yes			Yes			May	May			May
White chocolate and lemon cheesecake served with strawberry ice cream	✓			Yes					Yes			May	May			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
<b>Breakfast Menu</b>																
Fruit salad	✓	✓														
Greek yoghurt	✓															
Granola	✓			Yes								May	May			May
Fruit compote	✓															
Selection of pastries	✓			Yes		Yes			Yes			May	May			May
Corn flakes	✓			Yes								May	May			May
Coco pops	✓			Yes								May	May			May
Rice krispies	✓			Yes								May	May			May
Full English				Yes		Yes			Yes					Yes	Yes	
Vegetarian breakfast	✓			Yes		Yes			Yes						Yes	
Vegan breakfast	✓	✓		Yes								May	May		Yes	May
Egg benedict				Yes		Yes			Yes			May	May	May		May
Egg florentine	✓			Yes		Yes			Yes			May	May	May		May
Avocado Smash on Toast	✓			Yes		Yes						May				May
Banana Pancakes	✓			Yes		Yes			Yes							
Berry Pancakes	✓			Yes		Yes			Yes							
Bacon Pancakes				Yes		Yes			Yes							
Banana Brioche French Toast	✓			Yes		Yes			Yes			May	May	May		May
Berry Brioche French Toast	✓			Yes		Yes			Yes			May	May	May		May
Bacon Brioche French Toast				Yes		Yes			Yes			May	May	May		May
Oatcakes	✓			Yes					Yes							
Cumberland Sausage				Yes										Yes	Yes	
Baked Beans	✓	✓														
Cheddar Cheese	✓								Yes							
Tomatoes	✓	✓														
Back Bacon	✓															
Mushrooms	✓	✓														

# 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
<b>APPETISERS / FLATBREADS</b>																
Flatbread with lemon & garlic aioli	✓			Yes		Yes					Yes					May
Garlic & Lemon Olives	✓	✓														May
Garlic flatbread, olive oil & balsamic	✓			Yes											Yes	May
Crispy fried halloumi with honey lemon	✓			Yes					Yes						Yes	
Smoked BBQ chipolatas				Yes										Yes	Yes	
Crispy whitebait with lemon & garlic aioli				Yes		Yes	Yes				Yes					
Battered squid rings with honey chilli				Yes						Yes						
Olive & feta flatbread	✓		Yes	Yes					Yes							May
Chorizo and red pepper flatbread			Yes	Yes					Yes					Yes		May
Green pesto & kale flatbread	✓	✓	Yes	Yes												Yes
Cheese & tomato flatbread	✓		Yes	Yes					Yes							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
<b>APPETISERS</b>																
Flatbread with lemon & garlic aioli	✓			Yes		Yes					Yes					May
Garlic & Lemon Olives	✓	✓														May
Garlic flatbread, olive oil & balsamic	✓			Yes											Yes	May
<b>STARTERS</b>																
Soup du jour	✓		Yes	Yes									May			
Goats cheese bon bons	✓			Yes		Yes			Yes						Yes	
Vegetable spring roll	✓			Yes					Yes				Yes	Yes	Yes	
Chicken & pine nut terrine			Yes	Yes					May				May	May		Yes
Chilli & lime crab cakes				Yes	Yes	Yes										
Hoisin duck oatkakes				Yes					Yes			May		Yes		May
Creamy garlic mushrooms	✓			Yes		Yes			Yes				May	May		May
Crispy tofu	✓	✓													Yes	
<b>MAIN COURSES</b>																
Roasted Pork Loin				Yes					Yes					May		
Roasted Topside Of Beef				Yes		Yes			Yes		Yes				Yes	
Vegetable wellington	✓	✓		Yes										Yes		
Beer Battered Haddock Fillet				Yes		Yes	Yes		Yes		Yes				Yes	
Chicken thigh & chorizo pie			Yes	Yes		Yes			Yes		Yes					
Leek & mushroom tagliatelle	✓	✓	Yes	Yes										Yes		
Mediterranean vegetable moussaka	✓	✓	Yes	Yes										Yes		
Chicken caesar salad				Yes		Yes			Yes				May	May		May
Salata horiatiki	✓								Yes						Yes	May
Mediterranean potato salad	✓	✓													Yes	
Lemon & parsley chicken			Yes			Yes			Yes						Yes	
BBQ glazed beef burger				Yes		Yes			Yes		Yes		May		Yes	
<b>SIDES &amp; SAUCES</b>																
Skin On Triple Cooked Chips	✓	✓														
Sweet Potato Fries	✓	✓														
Sauteed new potatoes	✓								Yes							
Dressed House Salad	✓	✓													Yes	
Beer Battered Onion Rings	✓			Yes												
Garlic flatbread	✓			Yes					Yes							May
Cauliflower cheese	✓			Yes					Yes							
<b>DESSERTS</b>																
Triple chocolate brownie	✓			Yes		Yes			Yes			May				May
Sticky toffee pudding	✓			Yes		Yes			Yes					Yes		May
Lemon parfait	✓			Yes		Yes			Yes						Yes	
Chocolate fondant	✓			Yes		Yes			Yes			May				May
Blackberry mousse	✓	✓													Yes	
Rhubarb & custard tart	✓			Yes			Yes		Yes	May			Yes	May		May
Ice cream selection	✓											May				May
Sorbet	✓	✓										May				May
Cheese & biscuits	✓			Yes		May			Yes				May	May		May



# 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
<b>Roast Dinner Tapas</b>																
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												
Gravy	✓	✓														
Red cabbage	✓	✓													Yes	
Mini yorkshire pudding	✓			Yes		Yes			Yes							

# 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
<b>DELI FOOD</b>																
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
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
Scones	✓			Yes		Yes			Yes							
Strawberry jam	✓	✓														
Butter	✓								Yes							
Berry compote	✓	✓														
<b>Meze Board</b>																
Pitta bread	✓	✓		Yes					May							
Grapes	✓	✓														
Olives	✓	✓														May
Rocket	✓	✓														
Balsamic glaze	✓	✓													Yes	
Sundried tomatoes	✓	✓													Yes	
Cucumber	✓	✓														
Houmous	✓								Yes				Yes			
Vegetable crisps	✓	✓														
Halloumi	✓								Yes							
Avocado	✓	✓														
Ham																
<b>Cheeseboard</b>																
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	✓			Yes		Yes			Yes							
Granola pot, yoghurt & berry compote	✓			Yes					Yes					May		Yes
Toasted tea cake with butter	✓			Yes					Yes				May			
Guacamole	✓	✓														
Olive oil	✓	✓														
Focaccia	✓	✓		Yes										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
<b>BRUNCH</b>																
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
<b>SNACKS</b>																
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
<b>SMOOTHIES</b>																
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
<b>SMOOTHIES</b>																
OG greens	✓	✓		Yes								May	May			May
Sweet beet	✓	✓		May								May	May			May
The glow	✓	✓		May								May	May			May
Tropical greens	✓	✓		May								May	May			May
<b>BOOSTERS</b>																
Immunity	✓	✓		May								May	May			May
Energy	✓	✓		May								May	May			May
<b>HOT DRINKS</b>																
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
Cappuccino	✓	✓		May								May	May			May
Latte	✓	✓		May								May	May			May
Specialist latte	✓	✓		May								May	May			May
Raw hot chocolate	✓	✓		May								May	May			May
<b>MILKS</b>																
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
<b>SYRUPS</b>																
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
<b>SPECIAL LATTE - ALCHEMY</b>																
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
<b>GRAB AND GO DRINKS</b>																
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
<b>GRAB AND GO SNACKS</b>																
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 hazlenut & 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
<b>STARTERS</b>																
Petit Pain & Butter	✓		Yes	Yes					Yes				May			
Homemade Soup	✓	✓	Yes													
Classic Prawn Cocktail				Yes	Yes	Yes					Yes			Yes	Yes	
Beetroot Carpaccio	✓	✓													Yes	
Sauteed Mushrooms	✓			Yes		Yes			Yes				May	May		May
Beef & Potato Croquette				Yes												
Baked Goats Cheese Tart	✓															
Cauliflower Fritters	✓	✓		Yes												
Smoked Mackerel Pate				Yes			Yes		Yes		May		May	May	Yes	
<b>MAIN COURSES</b>																
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	Pine nuts
Pan seared chicken supreme with dauphinoise potatoes, garlic sauteed 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 parmenier 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, sauteed samphire, mussel cream			Yes	Yes			Yes		Yes	Yes						
Grilled sirloin steak with garlic sauteed 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													
<b>HOST A ROAST</b>																
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 puree	✓	✓													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 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
<b>DESSERTS</b>																
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 brulee with lemon shortbread, fresh berries	✓			Yes		Yes			Yes							
Baked cherry cheesecake with dark chocolate crumb, cherry sorbet	✓			Yes		Yes			Yes					May		
<b>CHILDREN'S MENU</b>																
Tomato soup, warm bread and butter	✓			Yes					Yes				May	May		
Loaded potato skins with bacon & cheese									Yes							
Garlic bread with cheese	✓			Yes					Yes				May			
Crudites. 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 eaton mess with chantilly cream, berry coulis																
<b>PETT FOURS</b>																
Mixed Macaroons						Yes			Yes					Yes		Yes
Mixed truffles	✓			Yes					Yes					Yes		

# wedding menu buffets

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>CANAPES</b>																
Southern fried chicken with herb garlic mayonnaise				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 oatkake with hoisin sauce				Yes					Yes			May		Yes		May
Mini cod bites with pea puree 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	
<b>BRITISH BUFFET</b>																
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					
<b>INDIAN BUFFET</b>																
Vegetable biriyani	✓		Yes						Yes							Yes
Butter chicken			Yes						Yes						Yes	
Aloo gobi	✓	✓	Yes												Yes	Yes
Mini naan breads	✓	✓		Yes												
Jasmine coconut rice	✓	✓														
Chole bhature	✓		Yes						Yes							
Poppadoms	✓	✓														
Dips	✓								Yes						Yes	
<b>BBQ BUFFET</b>																
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	✓	✓														
<b>ITALIAN BUFFET</b>																
Rich beef lasagne			Yes	Yes		Yes			Yes		May			May		
Chicken & green pesto salad									Yes						Yes	Pine nuts
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 menu buffets

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>HOT ROAST BAPS</b>																
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	✓	✓														
<b>SPANISH BUFFET</b>																
Slow cooked smoked parika 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	✓	✓														
<b>GERMAN BUFFET</b>																
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	✓	✓														
<b>MEXICAN BUFFET</b>																
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												
<b>SOMETHING SAVOURY - CHEESE TOWER</b>																
Cheddar cheese	✓								Yes							
Blue stilton	✓								Yes							
Brie	✓								Yes							
Grapes	✓	✓														
Celery	✓	✓	Yes													
Red onion chutney	✓	✓													Yes	
Crackers	✓			Yes		May			Yes				May	May		May
<b>SOMETHING SWEET - BROWNIE TOWER</b>																
Chocolate brownie	✓			Yes		Yes			Yes			May				May
<b>BLUSH LOUNGE</b>																
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

# 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

# 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
No Way Janet	✓	✓														
Millionaires Espresso Martini	✓	✓														✓
Sweet Shop Dreams	✓	✓														
Blush Noon	✓	✓													✓	
Very Sherry	✓	✓													✓	
Whisky Sour	✓	✓														
Bubblegum Pina Colada	✓	✓														
Pomstar Martini	✓	✓													✓	
Hugo Spritz	✓	✓													✓	
Zombie	✓	✓														
Sloe Gin and Elderflower	✓	✓														
Strawberry Lemonade	✓	✓														
Raspberry Mojito	✓	✓														
Cherry Mule	✓	✓														
Citrus Passion	✓	✓														

# cocktail mixers

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Cocktail Mixers</b>																
Marie Brizard	✓	✓														
Elderflower	✓	✓														
Lavendar	✓	✓														
Watermelon	✓	✓														
Cardamon	✓	✓														
Ginger	✓	✓														
Cinnamon	✓	✓														
Passionfruit	✓	✓														
Gomme	✓	✓														
Orgeat	✓	✓														YES
Blood Orange	✓	✓														
Cassis	✓	✓														
Britvic Lime Cordial	✓	✓														
Britvic Orange Cordial	✓	✓														
Britvic Blackcurrant Cordial	✓	✓														

# spirits and liquors

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Vodka</b>																
Smirnoff	✓	✓														
Grey Goose	✓	✓														
<b>Gin</b>																
Gordons	✓	✓														
Tanqueray	✓	✓														
Pink Gin Edgertons	✓	✓														
Rhubarb Warner Edwards	✓	✓														
<b>Rum</b>																
Captain Morgan	✓	✓														
Mount Gay Eclipse	✓	✓														
Bacardi	✓	✓														
Malibu	✓	✓														
<b>Brandy</b>																
Martell VS	✓	✓														
Martell VSOP	✓	✓														
	✓	✓														
<b>Whiskey</b>																
Johnnie Walker Red	✓	✓														
Johnnie Walker Black	✓	✓														
Jamesons	✓	✓														
Jack Daniels	✓	✓														
Gentleman Jack	✓	✓														
Southern Comfort	✓	✓														
Martini Dry	✓	✓											YES			
Martini Rosso	✓	✓											YES			
Martini Bianco	✓	✓											YES			
Campari	✓	✓											YES			
Pimms	✓	✓														
Aperol	✓	✓														

# spirits and liquors

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulfites	Nuts
<b>Port/Sherry</b>																
Grahams Six Grapes	✓	✓											YES			
Grahams LBV	✓	✓											YES			
Grahams Tawny	✓	✓											YES			
Barbadillo	✓	✓											YES			
<b>Liquors</b>																
Tia Maria	✓	✓														
Baileys	✓								YES							
Gran Marnier	✓	✓														
Cointreau	✓	✓														
Drambuie	✓	✓														
Amaretto Disaronno	✓	✓														
Jagermeister	✓	✓														
Chambord	✓	✓														
<b>Sambuca/Tequila</b>	✓	✓														
Luxardo Sambuca	✓	✓														
Jose Cuervo White	✓	✓														
<b>After Dinner Drinks</b>																
Talisker	✓	✓														
Glenmorangie	✓	✓														
Laphroig	✓	✓														
Grappe	✓	✓														
Calvados	✓	✓														
Remy VSOP	✓	✓														
Remy XO	✓	✓														
Grahams LBV	✓	✓													YES	
Grahams Tawny	✓	✓													YES	

# wines and sparkling

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>White Wine</b>																
J. Bouchon Reserva Chardonnay	✓	✓													YES	
Gabbiano Pinot Grigio	✓	✓													YES	
Lyngrove Sauvignon Blanc	✓	✓													YES	
Rongopal Malbrough Sauvignon	✓	✓													YES	
Orube White Rioja	✓	✓													YES	
Chappel Royale Chablis	✓	✓													YES	
Chateau Langlios Sancerre	✓	✓													YES	
La Lancelotta Gavi	✓	✓													YES	
<b>Rose Wine</b>																
Canyon Road Zinfandel	✓					YES			YES						YES	
Ca Del Lago Pinot Rose	✓	✓													YES	
Whispering Angel Provence															YES	
<b>Red Wine</b>																
7 Fires Malbec	✓	✓													YES	
Wolf Blass Reserva Shiraz	✓	✓													YES	
Bouchon Reserva Merlot	✓	✓													YES	
Bouchon Pais Viejo	✓	✓													YES	
Contea Di Castiglione Barolo	✓	✓													YES	
Tres Coy Chateaneuf Du Pape	✓	✓													YES	
The Crossings Pinot Noir	✓	✓													YES	
Solar Viejo Rioja Crianza	✓	✓													YES	
Lambisque Cote Du Rhone	✓	✓													YES	
<b>Sparkling</b>																
Il Caggio Prosecco	✓	✓													YES	
Il Caggio Prosecco Rose	✓	✓													YES	
Ayala Brut															YES	
Ayala Rose															YES	
Bollinger Curvee															YES	

# beers

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Draught Beer</b>																
Madri				YES												
Coors	✓	✓		YES												
Atlantic IPA				YES												
Guinness	✓	✓		YES												
<b>Bottled Beer</b>																
Peroni	✓	✓		YES												
Birra Moretti	✓	✓		YES												
Heineken Zero 330ml	✓	✓		YES												
Magners	✓	✓														
Green King IPA	✓			YES												

# soft drinks

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Soft Drinks</b>																
Coke	✓	✓														
Diet Coke	✓	✓														
Schwepps Tonic	✓	✓														
Schwepps Slimline Tonic	✓	✓														
Schwepps Ginger Ale	✓	✓														
Schwepps Ginger Beer	✓	✓														
Sun Magic Apple	✓	✓														
Sun Magic Orange	✓	✓														
Sun Magic Cranberry	✓	✓														
Sun Magic Pineapple	✓	✓														
Belu Still Water 12 x 750ml	✓	✓														
Belu Sparkling Water 12 x 750ml	✓	✓														
Coke BIB	✓	✓														
Diet Coke BIB	✓	✓														
Schwepps Lemonade	✓	✓														

# events menus

## AND ALL THAT DRAG...! - JUNE 2024

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>All That Drag</b>																
Grilled Pork Steak			Yes						Yes							
Roast Vegetable Moussaka	✓	✓	Yes	Yes										Yes	Yes	

## COMEDY CLUB - JULY 2024

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
Slow Braised Beef			Yes						Yes						Yes	
Vegetable Wellington	✓	✓	Yes	Yes										Yes	Yes	

## ROBBIE WILLIAMS - JANUARY 2025

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Robbie Williams Tribute</b>																
Chicken thigh & chorizo pie			Yes	Yes		Yes			Yes		Yes					
Baked stuffed aubergene	✓	✓		Yes										Yes		



# Corporate lunch

	Suitable for Vegetarians	Suitable for Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphur Dioxide & Sulphites	Nuts
<b>Corporate Baguette Lunch</b>																
<b>STARTERS</b>																
Steak & onion Baguette				Yes									May		Yes	
Chicken Caesar Baguette				Yes		Yes			Yes				May		Yes	
Falafel & Harrissa Mayonnaise Baguette	✓	✓		Yes									May		Yes	
<b>DESSERTS</b>																
Triple chocolate brownie	✓			Yes		Yes			Yes			May				May
Sticky toffee pudding	✓			Yes		Yes			Yes					Yes		May
Lemon parfait	✓			Yes		Yes			Yes						Yes	
Chocolate fondant	✓			Yes		Yes			Yes			May				May
Blackberry mousse	✓	✓													Yes	
Rhubarb & custard tart	✓			Yes		Yes			Yes	May			Yes	May		May
Ice cream selection	✓											May				May
Sorbet	✓	✓										May				May
Cheese & biscuits	✓			Yes		May			Yes				May	May		May

# 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
<b>AFTERNOON TEA</b>																
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	✓	✓														
<b>VEGETARIAN AFTERNOON TEA</b>																
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	✓	✓														