

Allergen Information: Breakfast | Blue Anchor | Updated 21/07/2025

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		Crustageans	/ /	/ / /	, sej,			/ / / 0,		Surtaining Surtaining 7700 of Surtaining	7700 OF A.	Sultable for	Sulfable for
			Calify Calify	86 / 181 / 188	Sola	Molluss Sesame	Peanuts	Mustard		Sintaining of the state of the		Suitab	
American Pancakes	M/C	1							1	w			BANANA
Hoburne Classic Breakfast	M/C	1	1	/	/				1	W BA			
Vegetarian Breakfast	M/C	1	1	POACHED	/				1	W BA			/
Vegan Breakfast	M/C				/			M/C	/	W BA		/	/
Bacon Roll / Sandwich		1	M/C		/				/	W BA			
Sausage Roll / Sandwich		/	M/C	/	/				/	W BA			
Quorn Sausage Roll / Sandwich		M/C	M/C		/				/	W BA		1	/
Egg Roll / Sandwich		1	/		/				1	W BA			/
Eggs on Toast		1	/		/				/	W BA			/
Baked Beans on Toast		1			1				/	W BA			/
Toast & Butter		1			/				1	W BA			/
Toast, Butter & Tiptree Jam		1			/				1	W BA			/
Toast, Butter & Tiptree Marmalade		1			1				1	W BA			/
Toast, Butter & Marmite	/	1			/				1	W BA			/
Toast, Butter & Nutella		1			/		/		/	W BA	Hazelnut		/
Farmhouse White					/				/	w		/	/
Farmhouse Brown					1				/	W BA		/	/
Farmhouse White & Brown May Contain Traces Of Wheat, Oats, Rye & Barley													
English Muffin					/	M/C			1	w		/	/
Pain Rustic/deli Roll		M/C	M/C		M/C				1	W BA		/	/
Gluten Free Roll												1	1 1











Allergen Information: Sammy Squad | Blue Anchor | Updated 21/07/2025

				/		/		/		/	 7			······/					/	7 /
	,	/ ,	Suesola Survivo	/ ,	/ /	/ ,	8 /	/ /	/ & /	/ /	/ /	/ /,	, /	1.5			(A)	55	\$ /	(4) (4) (4) (4) (4) (4) (4) (4) (4) (4)
			Detsh	Vije d	867	£ /	Sainonies S		08/1/10/10	(4) (4) (4) (4) (4) (4) (4) (4) (4) (4)		The sum	riid /	\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		uto)	/ 50 80,	Sulfally (Sans	Jetos de la
																5	7	\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\		2 6 E
	/		_	Í										- 1		-				
Beef Lasagne	1		/	M/C		M/C	M/C					/	/		W					
3 oz Beef Burger	M/C					/			M/C				/		W					
Breaded Fish Fingers			M/C	/	1							M/C			W					
Breaded Chicken Goujons	M/C		M/C				M/C					M/C			W					
Grilled Butcher's Sausages						1									W					
Vegan Quorn Sausages													/		W			1	1	
Add Baked Beans																		/	1	1
Add Garden Peas																		1	1	/









Allergen Information: Salads, Sides & Sunday Roasts | Blue Anchor | Updated 21/07/2025

		/	/ 6	/ /	/	/	/ /	/ /	/ /			/ ~ /		* /	/	 , ,
		(10)0	Sue solation of the supplies o		Fish	Sulphites	Molliscs	Jessyne Pesy	Muts	Mustard	Lubin See See See See See See See See See See	Gutaining Type of) J.	W P	Sullah.	Vegetarians Offer
	\(\sigma_{\text{in}}\)													(G)		GF)
Salads																
Cheese / Chutney Salad	M/C		1		/	1				/	/	W BA			1	
Гuna Mayo Salad	M/C				/	1				/	/	W BA				
Coronation Chicken Salad	M/C		1		/	1				/	/	W BA				
Prawn Mayo Salad	M/C	/				/				/	/	W BA				
Sides																
oaded American Chips	M/C		1			*****				/						/
Onion Rings											/	W BA		1	1	
ide Salad Bowl	M/C									/				1	1	/
Garlic Bread			1	M/C		M/C					/	W BA			1	
Margherita Flatbread	M/C		1								/	w			1	
add Chicken (For Curry)																1
Add Prawns (For Curry)		/														1
add Chilli (For Nachos)										M/C	M/C					1
Sunday Roasts																
opside of Beef	M/C		1	/	/	M/C					1	w				
ork Shoulder & Crackling	M/C		1	/	1	M/C					/	w				
lalf Roast Chicken	M/C		1	/	/	M/C					/	w				
Roast Leg of Lamb	M/C		1	/	/	M/C					/	w				
urkey Breast & Pig in Blanket	M/C		1	/	/	M/C					1	w				
ayered Vegetable Gratin	M/C		1	/		M/C					/	w		/	/	
All Roasts can be modified to contain Gluten Free ngredients by removing the Yorkshire pudding & big in Blanket. The vegetable gratin is suitable for legans by removing the Yorkshire pudding																











Allergen Information: Mains | Blue Anchor | Updated 21/07/2025

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		10/p	, 67678,	Californ A	86, 4	481,	Sulphites	Nolliuscs	Sesame	reanuts Muts	Mustard	Lubin Serent	Gilliening Type of	100 Teting	Suiter Suiter	Soldanans Guten F
	3		Sustaceans) (6) \times (5) (6) (6) (6) (6) (6) (6) (6) (6) (6) (6	(G)		GF)
Mains																
Beer Battered Fish & Chips	M/C				1						/					1
Scampi & Chips	M/C	1		1	M/C			M/C		•	/	1	w			
Sausage Egg & Chips				1		1						1	w			
Vegan Quorn Sausage & Chips												1	w	/	/	
Smashed Double Cheeseburger	M/C		1	M/C		/	M/C				/	/	W BA			/
Chicken Goujons & Chips	M/C		M/C				M/C			•	/	/	w			
Jacket Potatoes																
With Butter	M/C		1							•	/				1	1
With Cheese & Beans	M/C		1							·	/				/	1
With Chilli Con Carne	M/C		1							·	/	M/C	w			1
With Tuna & Cheese	M/C		1	/	1					·	/					1
With Prawn Marie Rose	M/C	1	1	1							/					1
With Coronation Chicken	M/C		1	/		1					/	M/C	w			1
Blackboard Specials																
Tomato Basil Soup	M/C		1	M/C			1					/	W BA		/	
Beef Lasagne	1		1	M/C			M/C			·	/	/	w			
Vegetable Lasagne	/		1	M/C			M/C			·	/	/	w		/	
Keralan Cauliflower Curry						1					/	1	W BA	1	1	
Chilli Con Carne			1							M	C	M/C	w			1
The Bay Fish Pie		1	1		1											/
Classic Nachos			1												/	1
Add Chilli										M	C	M/C				1







THE BAY

Allergen Information: Mains | Blue Anchor | Updated 21/07/2025

		/		/		/	7	/ /	/	7	/ /	/	/ /	/	/		
	/	/	Cirustaceans	/	/	/ /	/ se, /		/ _{&} /	, S.	0,		Sutaining Type of	_	Suitable	Sulfable for	Glute.
	ني / ر			Nije 4	8 / i	£ /	Samphites		Sesame Personal Personal Perso	Mets With	Musta	Corps of States	Sintaini Office				
											Designed of the second of the				/ vg		
Rolls													<u>'</u>				
Flaked Tuna Mayo Melt	M/C		1	1	1		M/C				/	/	W BA				
Coronation Chicken & Baby Gem	M/C		1	1		1	M/C				/	/	W BA				
Prawn Marie Rose W/ Salad	M/C	1	1	1			M/C				/	/	W BA				
Egg Mayonaise & Salad	M/C		1	1			M/C				/	1	W BA			/	
Gammon Ham & Tomato	M/C		1	M/C			M/C				/	1	W BA				
Cheese & Chutney	M/C		1	M/C		1	M/C				/	1	W BA			/	
Brie, Bacon & Cranberry	M/C		1				M/C				/	1	W BA				
Fish Finger & Tartare Sauce	M/C		1	M/C	1		M/C				/	1	W BA				
Sandwiches																	
Flaked Tuna Mayo Melt	M/C		1	1	1		/				/	/	W BA				
Coronation Chicken & Baby Gem	M/C		1	1		1	/				/	/	W BA				
Prawn Marie Rose W/ Salad	M/C	1	1	1			/				/	/	W BA				
Egg Mayonaise & Salad	M/C		1	1			/				/	1	W BA			/	
Gammon Ham & Tomato	M/C		1				/				/	/	W BA				
Cheese & Chutney	M/C		1			1	1				/	/	W BA			/	
Brie, Bacon & Cranberry	M/C		1				1				/	/	W BA				
Fish Finger & Tartare Sauce	M/C		1	/	1		1				/	1	W BA				
				<u> </u>													











Allergen Information: Cakes & Bakes | Blue Anchor | Updated 21/07/2025

	/ / &	/	/ / /	/ /			/	/ /		/ /	/	* /	/ /	/
	Collegy	Valing Sign		Solva	MoMuscs	Sesame	sanuts V	Strong Mustage	Lupin Lupin	Sontaining Suitening 779	Jype of A.	nn.	Sulfahu	Sotations Office
												(G)		
Traybakes														
GF Chocolate Brownie	/	1		1			M/C				All		1	1
GF Lemon Drizzle Frangipane	/	1					1	M/C			Almonds		1	1
GF/Vegan Raspberry And Almond Flapjack						M/C	1				Almonds	/	/	1
GF Billionaire Brownie	/	1		/		M/C	M/C				All		1	1
GF Blueberry Blondie	/	1		/		M/C	1						1	1
Honeycomb Toffee Tiffin	/			/		M/C	M/C		/	w	All		1	
Rocky Road	/			/		M/C	1		/	W	Walnut		1	
Biscoff Flapjack	/			/		M/C	M/C		/	W	All		1	
Vegan Biscoff Millionaire				/		M/C	M/C		/	w	All	/	1	
Millionaire Shortbread	/			/		M/C	M/C		/	W	All		/	
Cherry Coconut Macaroon	/	1				M/C	1		/	All			1	
Smores Cookie Dough	/	1		√		M/C	M/C		/	All	All		√	
Muffins & Cookies														
Muffin Tulip Triple Chocolate	/	/		/	M/C)			/	w			1	
Muffin Tulip Blueberry	/	/		M/C	M/C	;			/	W			/	
Muffin Vegan Lemon Poppyseed	M/C	M/C		M/C					/	W		1	/	
Muffin Vegan Mixed Berry	M/C	M/C		M/C					/	w		1	/	
Cookie Vegan Chocolate	M/C	M/C		1					/	w		1	1	











Allergen Information: Cakes, Bakes, Smoothies & Shakes | Blue Anchor | Updated 21/07/2025



	Chistoches Colors			1,80,8	Stra			Single of the state of the stat	Suitable 1	10,000	Social for Social Socia
		Daliy,	Pigning Solidaria	Sosamo	Peanuts Nut			The Surface	Selfa,		
									VG		(F)
Cakes											
Vegan Chocolate Cake	M/C	M/C	/	M/0		/	w		/	1	
GF Carrot Cake	/	/			/			All		/	/
GF Cappuccino Cake	/				M/C					/	/
GF Victoria Sponge Cake	/	/			M/C			All		1	1
GF Ginger Cake	/	/			M/C			All		1	1
Courgette & Lime Cake	/	1			/	/	w	All		1	
Luxury Cranberry Teacake	M/C	/	M/C			/	w			1	
Scioche Scone	/	/	M/C			/	w			1	
With Jam										1	
With Clotted Cream	/									1	
Cheese Scone, Butter & Chutney	/	/	/		M/C	 	All	All		/	
Smoothies											
Smoothie - Pash n Shoot									1	1	1
Smoothie - Blueberry Thrill									1	1	1
Smoothie - Berry Go Round									1	1	1
Milkshakes											
Milkshake - Vanilla	/	M/C	M/C			M/C	w			1	1
Milkshake - Chocolate	/	M/C	 			M/C	w			1	1
Milkshake - Strawberry	/	M/C	M/C			M/C	w			/	/









Allergen Information: Hot Drinks | Blue Anchor | Updated 21/07/2025

		/	/ 60	/	7	/ ,	7 ,	/	7	/	7	/	7	/ ,	7 /				/	/
		4	Suespenson (s /		Sollings		SSAMO (S)	JUE /	Stra		taro (3/6	Gluteining Tyg	10	Type Of M.	<i>to</i> , <i>'4</i>	Suitat	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
	(1000 C		(A) (A)	Fish Sign					Pan			neter (Surface Programme Programm		77.00			
						/ 🚇 _/						/ (GF
Americano																		1	1	
White Americano			1																1	1
Cappuccino			1																/	/
_atte			/																/	/
Mocha			1																/	1
Espresso																		/	/	1
Flat White			1																/	1
Hot Chocolate			/																/	1
Luxury Hot Chocolate			/																/	1
Tea With Milk			1																1	1
Flavour Tea																		1	1	1
Babyccino			/																1	1
Oat Milk														/	0			/	/	
Soy Milk							/											1	/	1
Almond Milk											/					Aln	nonds	1	/	1
Coconut Milk																		/	1	1
Syrup Amaretto																		1	/	1
Syrup Caramel																		/	/	1
Syrup Hazelnut											/					На	zelnut	1	1	1
Syrup Salted Caramel																		/	1	1
Syrup Vanilla																		1	1	1







