




















Please be aware that we do use all 14 allergens in our kitchens.
Although we take every precaution to avoid cross contamination, traces may be present.

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

	 Celery	 Crustaceans	 Dairy	 Eggs	 Fish	 Sulphites	 Soya	 Molluscs	 Sesame	 Peanuts	 Nuts	 Mustard	 Lupin	 Cereals Containing Gluten	 Type of Gluten	 Type of Nut	 Suitable for Vegans	 Suitable for Vegetarians	 Gluten Free Ingredients
American Pancakes	M/C		✓	✓									✓	W				BANANA	
Hoburne Classic Breakfast	M/C		✓	✓		✓	✓						✓	W BA					
Vegetarian Breakfast	M/C		✓	✓	POACHED		✓						✓	W BA				✓	
Vegan Breakfast	M/C						✓				M/C		✓	W BA			✓	✓	
Bacon Roll / Sandwich			✓	M/C			✓						✓	W BA					
Sausage Roll / Sandwich			✓	M/C		✓	✓						✓	W BA					
Quorn Sausage Roll / Sandwich			M/C	M/C			✓						✓	W BA			✓	✓	
Egg Roll / Sandwich			✓	✓			✓						✓	W BA				✓	
Eggs on Toast			✓	✓			✓						✓	W BA				✓	
Baked Beans on Toast			✓				✓						✓	W BA				✓	
Toast & Butter			✓				✓						✓	W BA				✓	
Toast, Butter & Tiptree Jam			✓				✓						✓	W BA				✓	
Toast, Butter & Tiptree Marmalade			✓				✓						✓	W BA				✓	
Toast, Butter & Marmite	✓		✓				✓						✓	W BA				✓	
Toast, Butter & Nutella			✓				✓			✓			✓	W BA	Hazelnut			✓	
Farmhouse White							✓						✓	W			✓	✓	
Farmhouse Brown							✓						✓	W BA			✓	✓	
Farmhouse White & Brown May Contain Traces Of Wheat, Oats, Rye & Barley																			
English Muffin							✓	M/C					✓	W				✓	✓
Pain Rustic/deli Roll			M/C	M/C			M/C						✓	W BA				✓	✓
Gluten Free Roll																		✓	✓

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W Wheat O Oats BA Barley R Rye

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



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

	Celery	Crustaceans	Dairy	Eggs	Fish	Sulphites	Soya	Molluscs	Sesame	Peanuts	Nuts	Mustard	Lupin	Cereals Containing Gluten	Type of Gluten	Type of Nut	Suitable for Vegans	Suitable for Vegetarians	Gluten Free Ingredients
Salads																			
Cheese / Chutney Salad	M/C		✓			✓	✓				✓		✓	W BA				✓	
Tuna Mayo Salad	M/C			✓		✓	✓				✓		✓	W BA					
Coronation Chicken Salad	M/C		✓			✓	✓				✓		✓	W BA					
Prawn Mayo Salad	M/C	✓				✓					✓		✓	W BA					
Sides																			
Loaded American Chips	M/C		✓								✓								✓
Onion Rings													✓	W BA			✓	✓	
Side Salad Bowl	M/C										✓						✓	✓	✓
Garlic Bread			✓	M/C		M/C							✓	W BA				✓	
Margherita Flatbread	M/C		✓										✓	W				✓	
Add Chicken (For Curry)																			✓
Add Prawns (For Curry)		✓																	✓
Add Chilli (For Nachos)											M/C		M/C						✓
Sunday Roasts																			
Topside of Beef	M/C		✓	✓		✓	M/C						✓	W					
Pork Shoulder & Crackling	M/C		✓	✓		✓	M/C						✓	W					
Half Roast Chicken	M/C		✓	✓		✓	M/C						✓	W					
Roast Leg of Lamb	M/C		✓	✓		✓	M/C						✓	W					
Turkey Breast & Pig in Blanket	M/C		✓	✓		✓	M/C						✓	W					
Layered Vegetable Gratin	M/C		✓	✓			M/C						✓	W			✓	✓	
All Roasts can be modified to contain Gluten Free Ingredients by removing the Yorkshire pudding & pig in Blanket. The vegetable gratin is suitable for Vegans by removing the Yorkshire pudding																			

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

	Celery	Crustaceans	Dairy	Eggs	Fish	Sulphites	Soya	Molluscs	Sesame	Peanuts	Nuts	Mustard	Lupin	Cereals Containing Gluten	Type of Gluten	Type of Nut	Suitable for Vegans	Suitable for Vegetarians	Gluten Free Ingredients
Mains																			
Beer Battered Fish & Chips	M/C			✓							✓								✓
Scampi & Chips	M/C	✓		✓	M/C		M/C				✓		✓	W					
Sausage Egg & Chips				✓		✓							✓	W					
Vegan Quorn Sausage & Chips													✓	W			✓	✓	
Smashed Double Cheeseburger	M/C		✓	M/C		✓	M/C				✓		✓	W BA					✓
Chicken Goujons & Chips	M/C		M/C				M/C				✓		✓	W					
Jacket Potatoes																			
With Butter	M/C		✓								✓							✓	✓
With Cheese & Beans	M/C		✓								✓							✓	✓
With Chilli Con Carne	M/C		✓								✓		M/C	W					✓
With Tuna & Cheese	M/C		✓	✓	✓						✓								✓
With Prawn Marie Rose	M/C	✓	✓	✓							✓								✓
With Coronation Chicken	M/C		✓	✓		✓					✓		M/C	W					✓
Blackboard Specials																			
Tomato Basil Soup	M/C		✓	M/C			✓						✓	W BA				✓	
Beef Lasagne	✓		✓	M/C			M/C				✓		✓	W					
Vegetable Lasagne	✓		✓	M/C			M/C				✓		✓	W				✓	
Keralan Cauliflower Curry						✓					✓		✓	W BA			✓	✓	
Chilli Con Carne			✓								M/C		M/C	W					✓
The Bay Fish Pie		✓	✓		✓														✓
Classic Nachos			✓															✓	✓
Add Chilli											M/C		M/C						✓

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THE BAY

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

																			
Traybakes																			
GF Chocolate Brownie			✓	✓		✓				M/C						All		✓	✓
GF Lemon Drizzle Frangipane			✓	✓						✓	M/C					Almonds		✓	✓
GF/Vegan Raspberry And Almond Flapjack									M/C	✓						Almonds	✓	✓	✓
GF Billionaire Brownie			✓	✓		✓			M/C	M/C						All		✓	✓
GF Blueberry Blondie			✓	✓		✓			M/C	✓								✓	✓
Honeycomb Toffee Tiffin			✓			✓			M/C	M/C			✓	W		All		✓	
Rocky Road			✓			✓			M/C	✓			✓	W		Walnut		✓	
Biscoff Flapjack			✓			✓			M/C	M/C			✓	W		All		✓	
Vegan Biscoff Millionaire						✓			M/C	M/C			✓	W		All	✓	✓	
Millionaire Shortbread			✓			✓			M/C	M/C			✓	W		All		✓	
Cherry Coconut Macaroon			✓	✓					M/C	✓			✓		All			✓	
Smores Cookie Dough			✓	✓		✓			M/C	M/C			✓		All	All		✓	
Muffins & Cookies																			
Muffin Tulip Triple Chocolate			✓	✓		✓		M/C					✓	W				✓	
Muffin Tulip Blueberry			✓	✓		M/C		M/C					✓	W				✓	
Muffin Vegan Lemon Poppyseed			M/C	M/C		M/C							✓	W			✓	✓	
Muffin Vegan Mixed Berry			M/C	M/C		M/C							✓	W			✓	✓	
Cookie Vegan Chocolate			M/C	M/C		✓							✓	W			✓	✓	


















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

																			
Cakes																			
Vegan Chocolate Cake			M/C	M/C		✓			M/C	M/C			✓	W			✓	✓	
GF Carrot Cake			✓	✓						✓					All		✓	✓	✓
GF Cappuccino Cake			✓	✓		✓				M/C							✓	✓	✓
GF Victoria Sponge Cake			✓	✓						M/C					All		✓	✓	✓
GF Ginger Cake			✓	✓						M/C					All		✓	✓	✓
Courgette & Lime Cake			✓	✓						✓			✓	W	All		✓		
Luxury Cranberry Teacake			M/C	✓		M/C							✓	W			✓		
Scioche Scone			✓	✓		M/C							✓	W			✓		
With Jam																	✓		
With Clotted Cream			✓														✓		
Cheese Scone, Butter & Chutney			✓	✓	✓					M/C			✓	All	All		✓		
Smoothies																			
Smoothie - Pash n Shoot																	✓	✓	✓
Smoothie - Blueberry Thrill																	✓	✓	✓
Smoothie - Berry Go Round																	✓	✓	✓
Milkshakes																			
Milkshake - Vanilla			✓	M/C		M/C							M/C	W			✓	✓	✓
Milkshake - Chocolate			✓	M/C		✓							M/C	W			✓	✓	✓
Milkshake - Strawberry			✓	M/C		M/C							M/C	W			✓	✓	✓












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

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Americano																	✓	✓	✓
White Americano			✓															✓	✓
Cappuccino			✓															✓	✓
Latte			✓															✓	✓
Mocha			✓															✓	✓
Espresso																	✓	✓	✓
Flat White			✓															✓	✓
Hot Chocolate			✓															✓	✓
Luxury Hot Chocolate			✓															✓	✓
Tea With Milk			✓															✓	✓
Flavour Tea																	✓	✓	✓
Babyccino			✓															✓	✓
Oat Milk													✓	○				✓	✓
Soy Milk						✓												✓	✓
Almond Milk										✓						Almonds		✓	✓
Coconut Milk																		✓	✓
Syrup Amaretto																		✓	✓
Syrup Caramel																		✓	✓
Syrup Hazelnut										✓						Hazelnut		✓	✓
Syrup Salted Caramel																		✓	✓
Syrup Vanilla																		✓	✓

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