

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 | Updated 01/10/2025

	 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 OR BERRIES		
Yoghurt Granola & Berries	M/C		✓					M/C		✓			✓	O		All		✓	
Bubble N Squeak	M/C			✓														✓	✓
Eggs Benedict	M/C		✓	✓		POACHED	M/C	M/C		M/C			✓	W R					
Eggs & Avocado	M/C		✓	✓		POACHED	M/C	M/C		M/C			✓	W R				✓	
Chalkstream Eggs	M/C		M/C	✓	✓	POACHED	✓	M/C		M/C	✓		✓	W R					
Hoburne Classic Breakfast	M/C		✓	✓		✓	M/C	M/C		M/C			✓	W R					
The Big Breakfast	M/C		✓	✓		✓	M/C	M/C		M/C			✓	W R					
Vegetarian Breakfast	M/C		✓	✓		POACHED	M/C	M/C		M/C			✓	W R				✓	
Vegan Breakfast	M/C		M/C	M/C			✓	M/C		M/C	M/C		✓	W R			✓	✓	
Sammy Breakfast			✓	✓		✓	M/C	M/C		M/C			✓	W R					
Smuggles Coco Pops & Milk			✓										✓	BA				✓	
Tommy's Egg & Soldiers			✓	✓		POACHED	M/C	M/C		M/C			✓	W R				✓	
Coral's Fruit Yoghurt	M/C		✓					M/C		✓			✓	O		All		✓	
Eggs On Toast			✓	✓		POACHED	M/C	M/C		M/C			✓	W R				✓	
Bacon Roll			✓	M/C			M/C						✓	W BA					
Sausage Roll			✓	M/C		✓	M/C						✓	W BA					
Egg Roll			✓	✓			M/C						✓	W BA				✓	
Toast & Butter			✓	M/C			M/C	M/C		M/C			✓	W R				✓	
Toast, Butter & Tiptree Jam			✓	M/C			M/C	M/C		M/C			✓	W R				✓	
Toast, Butter & Tiptree Marmalade			✓	M/C			M/C	M/C		M/C			✓	W R				✓	
Toast, Butter & Marmite	✓		✓	M/C			M/C	M/C		M/C			✓	W R				✓	
Toast, Butter & Nutella			✓	M/C			M/C	M/C		✓			✓	W R	Hazelnut			✓	

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W Wheat O Oats BA Barley R Rye

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Allergen Information: Sammy Squad | Updated 01/10/2025

	 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
Smaller Tummies																			
3 Oz Burger	M/C				✓			M/C					✓	W					
Breaded Chicken Goujons	M/C		M/C			M/C					M/C		✓	W					
Breaded Fish Fingers		M/C	✓	✓							M/C		✓	W					
Grilled Butcher's Sausages					✓														✓
Vegan Quorn Sausages													✓	W			✓	✓	
Larrys Lunchbox	M/C		✓	M/C		M/C		✓					✓	W BA				✓	
Pasta Bowl	M/C		✓										✓	W				✓	
Macaroni Cheese	M/C		✓	M/C		M/C		M/C			✓		✓	W BA				✓	
Mini Mezze	M/C							✓					✓	W			✓	✓	
Add Baked Beans																	✓	✓	✓
Add Garden Peas																	✓	✓	✓
Add Sweetcorn Ribs																	✓	✓	✓
Add Mini Salad											✓						✓	✓	✓
Kids Desserts																			
Kids Chocolate Brownie			✓	✓		✓			M/C				M/C					✓	✓
Kids Pancake			✓	✓		✓							✓	W				✓	
Kid's Crumble	M/C		✓	M/C		M/C				M/C			✓	W				✓	

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Allergen Information: Rolls & Wraps | Updated 01/10/2025

	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
Sandwiches																			
Flaked Tuna Mayo Melt	M/C		✓	M/C	✓		M/C				✓		✓		W BA				
Bourbon BBQ Chick Melt	M/C		✓	M/C			✓				✓		✓		W BA				
Fish Finger Sandwich	M/C		✓	✓	✓		M/C				✓		✓		W BA				
Tofu Finger Sandwich	M/C		M/C	M/C			✓				✓		✓		W BA		✓	✓	
The BLT	M/C		✓	M/C			M/C				✓		✓		W BA				
Tortilla Wrap - Chicken Goujon	M/C							✓			✓		✓		W BA				
Tortilla Wrap - Falafel	M/C							✓			✓		✓		W BA		✓	✓	
Soft Deli Roll / Pain Rustic Roll			M/C	M/C			M/C						✓		W BA		✓	✓	
Tortilla Wrap													✓		W		✓	✓	
Gluten Free Roll																	✓	✓	✓
Sourdough Bread			M/C	M/C			M/C	M/C		M/C			✓		W R		✓	✓	
Gluten Free Sliced Bread				✓														✓	✓
Soup Options																			
Parsnip Apple & Thyme	✓																✓	✓	✓
Thai Sweet Pot & Coconut	✓								M/C	M/C							✓	✓	✓
Roasted Pepper & Tomato Soup	✓				✓												✓	✓	✓
Carrot & Coriander	✓																✓	✓	✓
Sweet Potato & Butternut	✓																✓	✓	✓
Creamy Mushroom & Thyme	✓		✓														✓	✓	✓
French Onion	✓				✓												✓	✓	✓
Leek & Potato	✓																✓	✓	✓
Leek Pea & Watercress Soup	✓																✓	✓	✓

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Allergen Information: Main Menu | Updated 01/10/2025

																			
Starters																			
Bread, Houmous & Olives			M/C	M/C	✓	M/C		✓		M/C			✓	All			✓	✓	
Rustic White Bean Soup	✓		✓	✓		M/C					M/C		✓	W BA				✓	
Loaded American Fries	M/C		✓								✓								✓
Welsh Rarebit	M/C		✓	M/C		M/C		M/C	M/C		✓		✓	All				✓	
Smoked Trout Pate	M/C		✓	M/C	✓	✓	M/C	M/C		M/C	✓		✓	W R					
Thai Style Chicken Wings	M/C					✓		✓	M/C	M/C			✓	W					
Korean BBQ Wings	M/C					✓		✓	M/C	M/C									✓
Buffalo Wings	M/C		✓	✓							✓								✓
Thai Style Cauli Bites	M/C					✓		✓	M/C	M/C			✓	W			✓	✓	
Korean BBQ Cauli Bites	M/C					✓		✓	M/C	M/C							✓	✓	✓
Buffalo Cauli Bites	M/C		✓	✓							✓							✓	✓
Chicken Wing Platter	M/C		✓	✓		✓		✓	M/C	M/C	✓		✓	W					
Cauli Bites Platter	M/C		✓	✓		✓		✓	M/C	M/C	✓		✓	W				✓	
Nachos to Share			✓			✓												✓	✓
Salads																			
Californian Cobb Salad	M/C		✓	✓							✓								✓
Poke Bowl	M/C				✓	✓		✓	M/C	M/C	✓		✓	W			✓	✓	
Add Smoked Trout Pate	M/C		✓		✓						✓								✓
Add Sticky Chicken			✓			✓		✓	M/C	M/C	M/C		✓	W					
Add Cauli Bites																	✓	✓	✓
Add Crispy Tofu						✓											✓	✓	✓

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Mains																			
Grilled Lamb Steak	✓		✓	✓		✓					M/C		✓		BA				
Slow Cooked Venison Ragu	✓		✓	✓		✓					M/C		✓		W				
Chicken & Chorizo Lasagne	M/C		✓				M/C				✓		✓		W				
Steak Frites with Cowboy Butter	M/C		✓			✓					✓								✓
Classic Fish Pie	M/C	✓	✓		✓														✓
Beer Battered Fish Fillet			✓		✓						✓								✓
Angus Bacon Cheeseburger	✓		✓	M/C		✓	M/C				✓		✓		W BA				
Beetroot & Red Pepper Burger	M/C		M/C	M/C			M/C	M/C	M/C	M/C	✓		✓		W BA		✓	✓	
Mississippi Style Hunters Chicken Burger	✓		✓	M/C			M/C				✓		✓		All				
Katsu Curry with Chicken Goujons	✓					✓		✓	M/C	M/C	M/C		✓		W				
Katsu Curry with Cauli Bites	✓					✓		✓	M/C	M/C	M/C		✓		W		✓	✓	
Katsu Curry with Crispy Tofu	✓					✓		✓	M/C	M/C	M/C		✓		W		✓	✓	
Herbed Hollandaise Sauce	M/C		✓	✓		✓							✓		BA			✓	
Peppercorn Sauce	✓		✓			✓					✓							✓	✓
Katsu Curry Sauce	✓					✓			M/C	M/C	M/C		M/C				✓	✓	✓
Pot of Gravy	✓					✓													✓
Jacket Potatoes																			
Jacket Potato with Butter	M/C		✓								✓							✓	✓
Jacket Potato with Cheese & Beans	M/C		✓								✓							✓	✓
Jacket Potato with Tuna Melt	M/C		✓		✓						✓								✓

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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				
Wild Mushroom Strudel	✓		Yorkie	Yorkie	✓	M/C							✓		W			✓	
Meat Roasts can be modified to contain Gluten Free Ingredients by removing the Yorkshire pudding & pig in Blanket. The Strudel can be modified to Vegan by removing the Yorkshire pudding.																			
Fries & Sides																			
Skin On Fries																	✓	✓	✓
Beer Battered Onion Rings													✓		W BA		✓	✓	
Cheesy Garlic Flatbread	M/C		✓										✓		W			✓	
Margherita Flatbread	M/C		✓										✓		W			✓	
Mini Salad Bowl - (No Couscous)											✓						✓	✓	✓
Creamy Mash	M/C		✓															✓	✓
Creamy Leeks & Peas	M/C		✓															✓	✓

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Allergen Information: Desserts | Updated 01/10/2025

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Desserts																			
Apple Pear & Cranberry Crumble	M/C		✓	M/C		M/C				M/C			✓	W				✓	
Chocolate Brownie			✓	✓		✓			M/C	M/C			M/C					✓	✓
Trillionaires Tart			M/C	M/C		✓				M/C							✓	✓	✓
Burnt Basque Cheesecake	M/C		✓	✓	M/C	✓		M/C	M/C	M/C			M/C					✓	
Sticky Toffee Pudding			✓	✓	✓	M/C							✓	W				✓	
Autumn Fruit Trifle Sundae	M/C		✓	M/C		M/C				M/C			✓	W				✓	
Ice Creams - Check New Forest 2025 Brochure for Allergens																			
Smoothies / Milkshakes																		✓	✓
Berry Go Round																	✓	✓	✓
Pash N Shoot																	✓	✓	✓
Blueberry Thrill																	✓	✓	✓
Milkshake (with Vanilla I/C)			✓	M/C		M/C							M/C	All					
Ice Creams - Check New Forest 2025 Brochure for Allergens																			

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Allergen Information: Cakes & Bakes | Updated 01/10/2025



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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								✓	✓
GF Ginger Cake			✓	✓						M/C								✓	✓
Courgette & Lime Cake			✓	✓							✓		✓		W	All		✓	
Luxury Cranberry Teacake			M/C	✓		M/C							✓		W			✓	
Scioche Scone			✓	✓		M/C							✓		W			✓	
<i>With Jam</i>																		✓	
<i>With Clotted Cream</i>			✓															✓	
Cheese Scone, Butter & Chutney			✓	✓	✓					M/C			✓		All			✓	
Doughnuts																			
Lemon Puddle Doughnut			✓	✓	✓	✓							✓		W			✓	
Caramel Puddle Doughnut			✓	✓	✓	✓							✓		W			✓	
Specaloos Puddle Doughnut			✓	✓		✓							✓		W			✓	
Traycakes																			
Banana & Caramel Traycake			✓	✓		M/C	M/C	M/C	M/C	✓			✓		BA	Pecan		✓	
Carrot & Orange Traycake			M/C	M/C		M/C	✓	M/C	M/C	✓			✓		W	Pistachio Walnut	✓	✓	
Sticky Rum & Raisin Traycake			M/C	M/C		M/C	✓	M/C	M/C	M/C			✓		W		✓	✓	
Victoria Sponge Traycake			✓	✓		M/C	M/C	M/C	M/C	M/C			✓		W			✓	

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Allergen Information: Hot Drinks | Updated 01/10/2025

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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	✓	✓	✓
Syrup Amaretto																	✓	✓	✓
Syrup Caramel																	✓	✓	✓
Syrup Hazelnut										✓						Hazelnut	✓	✓	✓
Syrup Salted Caramel																	✓	✓	✓
Syrup Vanilla																	✓	✓	✓

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