## Allergen Information: Breakfast | Updated 01/10/2025

			,								,	
		2	/ ,	/ / ,	/ /			/ /	/ /		/ 3	
	4	Chustaceans	/ /	o /	Soy	Molluss Sesame	Peanuts N	Mustara		Surtaining Surtaining 7700 of	700 OF W.	Suitable for Vegen for Veg
	(8/8)	/ ž / 4	Calify 2	898 1814 1818		Moll Session		stran.	Light Segment	Sutterning of the of th	27	
						/		$/$ $\bigcirc$ $/$				
American Pancakes	M/C									w		BANANA OR BERRIES
Yoghurt Granola & Berries	M/C	1				M/C	1		1	0	All	
Bubble N Squeak	M/C		1									
Eggs Benedict	M/C	1	/	POACHED	M/C	M/C	M/C			WR		
Eggs & Avocado	M/C	1		POACHED	M/C	M/C	M/C			WR		
Chalkstream Eggs	M/C	M/C	/	<b>√</b> POACHED	1	M/C	M/C	1	/	WR		
Hoburne Classic Breakfast	M/C	1	/		M/C	M/C	M/C		1	WR		
The Big Breakfast	M/C	1	1	1	M/C	M/C	M/C			WR		
/egetarian Breakfast	M/C	1		POACHED	M/C	M/C	M/C		/	WR		<b>/</b>
/egan Breakfast	M/C	M/C	M/C		/	M/C	M/C	M/C	/	WR		/ /
Sammy Breakfast		1	/	1	M/C	M/C	M/C		<b>/</b>	W R		
Smuggles Coco Pops & Milk		1							<b>/</b>	BA		
ommy's Egg & Soldiers		1	/	POACHED	M/C	M/C	M/C		<b>/</b>	W R		
Coral's Fruit Yoghurt	M/C	1				M/C	1		<b>/</b>	0	All	<b>/</b>
ggs On Toast		1	/	POACHED	M/C	M/C	M/C		/	WR		<b>/</b>
Bacon Roll		1	M/C		M/C				1	W BA		
Sausage Roll		<b>/</b>	M/C	<b>/</b>	M/C				<b>/</b>	W BA		
Egg Roll		<b>/</b>	/		M/C				<b>/</b>	W BA		
oast & Butter		1	M/C		M/C	M/C	M/C		1	WR		<b>/</b>
oast, Butter & Tiptree Jam		1	M/C		M/C	M/C	M/C		1	W R		<b>/</b>
oast, Butter & Tiptree Marmalade		1	M/C		M/C	M/C	M/C		1	W R		<b>/</b>
oast, Butter & Marmite	<b>/</b>	1	M/C		M/C	M/C	M/C		1	W R		<b>/</b>
oast, Butter & Nutella		<b>/</b>	M/C		M/C	M/C	<b>/</b>		<b>/</b>	W R	Hazelnut	









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

	/			/ /				7 /	7 /	
		Crustaceans			8	8 0	/ /	8 /	Surianing Surian	\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
		200/		Fish (	Solya	Molluss Sesame	Peanuts Nuts	Seals Seals	Suren Suren	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
								3 8 6		
Smaller Tummies										
3 Oz Burger	M/C			<b>/</b>		M/C		1	W	
Breaded Chicken Goujons	M/C	M/C			M/C		M/C	<b>/</b>	W	
Breaded Fish Fingers		M/C	/	<b>/</b>			M/C	<b>/</b>	W	
Grilled Butcher's Sausages				<b>/</b>						<b>√</b>
/egan Quorn Sausages								<b>/</b>	W	<b>J J</b>
arrys Lunchbox	M/C	<b>/</b>	M/C		M/C	<b>/</b>		<b>/</b>	W BA	<b>I</b>
asta Bowl	M/C	1						<b>/</b>	w	
lacaroni Cheese	M/C	1	M/C		M/C	M/C		<b>/</b>	W BA	
/lini Mezze	M/C					<b>/</b>		<b>/</b>	W	<b> </b>
dd Baked Beans										<b>J J</b>
dd Garden Peas										<b>J J</b>
ldd Sweetcorn Ribs										J J J
Add Mini Salad							<b>/</b>			J J J
(ids Desserts										
íids Chocolate Brownie		1			1	M/C		M/C		<b>J</b>
(ids Pancake		1			/			1	w	
(id's Crumble	M/C	/	M/C		M/C		M/C	<b>/</b>	w	









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

	/	/	7	/	7	/	/	/	······/		/	7 /	/	/	
		/	Suesoeps	/	/ /	8	/ /	80 / 00		/ / ,	. / /	\ \( \phi_{\text{\color}} \)		5 /5	Sultable for Vegetarians
	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\				-190s Fish	Sulphites	6400 M	839 Sesame	Peanuts	Mustaro	Lidy Seg	Surfaming Surface Surface Surface	Those of M	Sulfable for	itable 9etar, 1fen,
		0				8					3   3   3   3   3   3   3   3   3   3				
				<u>/                                    </u>											
Sandwiches															
Flaked Tuna Mayo Melt	M/C		/	M/C	/	M/C				/	<b>/</b>	W BA			
Bourbon BBQ Chick Melt	M/C		<b>/</b>	M/C		<b>/</b>				<b>/</b>	<b>/</b>	W BA			
Fish Finger Sandwich	M/C		/	1	<b>/</b>	M/C				/	<b>/</b>	W BA			
Tofu Finger Sandwich	M/C		M/C	M/C								W BA		/ /	
The BLT	M/C		/	M/C		M/C				1	<b>/</b>	W BA			
Fortilla Wrap - Chicken Goujon	M/C							/		/	<b>/</b>	W BA			
Fortilla Wrap - Falafel	M/C							/		/	/	W BA		/ /	7
Soft Deli Roll / Pain Rustic Roll			M/C	M/C		M/C					1	W BA		/ /	
Fortilla Wrap											1	W		/ /	7
Gluten Free Roll														/ /	
Sourdough Bread			M/C	M/C		M/C	N	1/C	M/C		<b>/</b>	WR		/ /	
Gluten Free Sliced Bread				/										<b>/</b>	
Soup Options															
Parsnip Apple & Thyme	/													/ /	
Thai Sweet Pot & Coconut	1					1		M/0	M/C					/ /	
Roasted Pepper & Tomato Soup						/								/ /	
Carrot & Coriander	/													/ /	
Sweet Potato & Butternut															
Creamy Mushroom & Thyme			/												
rench Onion			•			/									
eek & Potato															
Leek Pea & Watercress Soup														./ ./	
					l		1			I			[	V	V









# Holidays

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

		/ 6	/	/	/	7 /	/	/	/	/ /	/	/ /	/	/	/	/
		Chustaceans	/	/ /	/	/ \$\display \	/ & /	/ & /	/ & /	/ / ]		Sintainio Sintainio Sinto Sinto Sinto	77080f.	Sulfable &	Suitable	Setarians Gluten
					5	Solva	Monuss.	essame Q	Ceanuts N	Mustard	Ludin	Suntaini Suntaini Suntaini Suntaini		dejing		top let
Starters																
Bread, Houmous & Olives		M/C	M/C		1	M/C	/		M/C		/	All		1	/	
Rustic White Bean Soup		/	1			M/C				M/C	/	W BA				
Loaded American Fries	M/C									1						/
Welsh Rarebit	M/C	1	M/C			M/C	M/C	M/C		/	1	All			/	
Smoked Trout Pate	M/C	/	M/C	/	/	M/C	M/C		M/C	/	/	W R		-		
Thai Style Chicken Wings	M/C					1	<b>/</b>	M/C	M/C		1	W				
Korean BBQ Wings	M/C					/	/	M/C	M/C		<del>-</del>					/
Buffalo Wings	M/C	1	1							1						1
Thai Style Cauli Bites	M/C					/	<b>/</b>	M/C	M/C		/	w		1	/	
Korean BBQ Cauli Bites	M/C					1	<b>/</b>	M/C	M/C					<b>/</b>	/	/
Buffalo Cauli Bites	M/C	1	1							1					1	/
Chicken Wing Platter	M/C	1	/			1	<b>/</b>	M/C	M/C	/	<b>/</b>	W				
Cauli Bites Platter	M/C	1	1			1	<b>/</b>	M/C	M/C	1	<b>/</b>	W			1	
Nachos to Share		<b>/</b>			/										<b>/</b>	<b>√</b>
Salads																
Californian Cobb Salad	M/C	1	1							/						/
Poke Bowl	M/C				1	1	1	M/C	M/C	/	/	w		1	/	
Add Smoked Trout Pate	M/C	1		1						/						/
Add Sticky Chicken		1				1	1	M/C	M/C	M/C	1	W				
Add Cauli Bites														1	/	<b>/</b>
Add Crispy Tofu						/								<b>/</b>	/	1









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

		/	/ 6	/	7	/	7	/ /	,	/	7	/	7 /	,	7 /	/	7	/	,	7 /
	/	//	Sueacetsnic	/ /	/	/	/ sej. /	/ / હ	3	e /	/ & /	/ /	0,4	/&	Sutering Type of	~ /	Type of Mut	Suitable	000	Socialists of the state of the
	نے /					£ / 0	Sajiyojino S	expo	Session		stinues /	Sinni	Lupin	69	Surfaining of Street		2200	Suitab		
																		VG VG		
Mains															<u>′</u>				/	
Grilled Lamb Steak	1		1	1		/						M/C		/	BA					
Slow Cooked Venison Ragu	1		1	1		1						M/C		/	W					
Chicken & Chorizo Lasagne	M/C		/				M/C					1		/	W					
Steak Frites with Cowboy Butter	M/C		1			1						/								1
Classic Fish Pie	M/C	1	1		/															/
Beer Battered Fish Fillet			1		1							1								/
Angus Bacon Cheeseburger	<b>/</b>		1	M/C		1	M/C					1		/	W BA					
Beetroot & Red Pepper Burger	M/C		M/C	M/C			M/C	M	/C	M/C	M/C	/		/	W BA			/	<b>/</b>	
Mississippi Style Hunters Chicken Burger	<b>/</b>		/	M/C			M/C					/		/	All					
Katsu Curry with Chicken Goujons	<b>/</b>						/	•	/	M/C	M/C	M/C		/	W					
Katsu Curry with Cauli Bites	1						/	•	/	M/C	M/C	M/C		/	W			/	/	
Katsu Curry with Crispy Tofu	1						/		/	M/C	M/C	M/C		/	W			/	<b>/</b>	
Herbed Hollandaise Sauce	M/C		1	1			/							/	BA				/	
Peppercorn Sauce	1		1			1						1							<b>/</b>	1
Katsu Curry Sauce	1						1			M/C	M/C	M/C	1	M/C				/	/	1
Pot of Gravy	1					1														<b>/</b>
Jacket Potatoes																				
Jacket Potato with Butter	M/C		1									1							1	/
Jacket Potato with Cheese & Beans	M/C		1									/							<b>/</b>	/
Jacket Potato with Tuna Melt	M/C		1		1											<u> </u>				1









# Holidays

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

	/	/	Sups	/	/			/ ,	/		/	/	/	0 /			Ver		<u> </u>	, 54 /
			Supply Su		\$6p				\$287MOM. \$3.	sinues V	Stown Stown			Olinaining Olitening 1755	GILLEN GILLEN	/ (§)	"YOO OF MUT	Scrift Sold Sold Sold Sold Sold Sold Sold Sold	Sulfahi	Socialists of the social states of the social state
Sunday Roasts						/			/											
Topside of Beef	M/C		1	1		/	M/C			 			/	W						
Pork Shoulder & Crackling	M/C		/	1		/	M/C			•••••			/	W						
Half Roast Chicken	M/C		1	1		/	M/C			•••••			/	W						
Roast Leg of Lamb	M/C		1	/		/	M/C						/	W						
Turkey Breast & Pig in Blanket	M/C		1	1		/	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																	•	/	1	1
Beer Battered Onion Rings													/	W BA			•		/	
Cheesy Garlic Flatbread	M/C		1										/	W					/	
Margherita Flatbread	M/C		1										/	W					/	
Mini Salad Bowl - (No Couscous)											/						•	/	/	/
Creamy Mash	M/C		1																/	1
Creamy Leeks & Peas	M/C		1							 									/	/









### Allergen Information: Desserts | Updated 01/10/2025

		/ 0		/ /			/	7			/ /	/	/	/ /	, , , , , , , , , , , , , , , , , , ,
		Sustaceans	/ /	/ /		\ \ \&\ \	/   04	/ <sub>\$2</sub> /		, / / &	Sittening 770e of	1700 OF 1		\$ 6 P	anieros anienos
	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	182		Figh /	Sulphites		sesame and a	Ceanuts M.:	Muste		Sittle of Sittle of Sittle of		Jejins 1		Surfey (
									SID SID					Suitable	Botanians Gluten
Desserts															
Apple Pear & Cranberry Crumble	M/C	1	M/C		M/C			M/C		1	w			1	
Chocolate Brownie		1	1		1		M/C	M/C		M/C				1	1
Trillionaires Tart		M/C	M/C		1			M/C					1	1	1
Burnt Basque Cheesecake	M/C	1	/	M/C	1	M/C	M/C	M/C		M/C				1	
Sticky Toffee Pudding		1	/	<b>/</b>	M/C					<b>/</b>	w			<b>/</b>	
Autumn Fruit Trifle Sundae	M/C	1	M/C		M/C			M/C		<b>/</b>	w			1	
lce Creams - Check New Forest 2025 Brochure for Allergens															
Smoothies / Milkshakes														1	/
Berry Go Round													1	1	1
Pash N Shoot													1	1	1
Blueberry Thrill													1	<b>/</b>	/
Milkshake (with Vanilla I/C)		1	M/C		M/C					M/C	All				
lce Creams - Check New Forest 2025 Brochure for Allergens															











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

	 ,						,			,				,	
	Constant	/ ,	/ / ,	/	/ /			/ /			0		5	, b /	22
	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		9/2/	Solution		Sesame	Peanuts M		in (i)				Suitabil	sue /sue	Sociation Sociation Moreon Fre
				5 / 0	Molli.					/હુંં હું	Type of Children	1			
					/ 🗶 /	$/ $ $\bigcirc$ $/$ $($		/ <b>(</b>				(1) (2) (2) (3) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4	VG	Suitable	
Traybakes															
Vegan GF Blackberry Crumble Traybake	M/C	M/C		M/C			M/C						1	1	1
GF Caramel Shortcake Traybake	<b>/</b>	M/C		/			M/C							/	<b>/</b>
Cherry Almond Traybake	<b>/</b>	1					<b>/</b>		1	/	w	All		1	
Honeycomb Tiffin Traybake	<b>/</b>	M/C		/			M/C			/	All			1	
GF Lemon Drizzle Traybake	<b>√</b>	<b>/</b>					M/C							1	<b>/</b>
Muffins & Cookies															
Muffin Tulip Triple Chocolate	1	1		/		M/C			1	/	w			1	
Muffin Tulip Blueberry	<b>/</b>	1		M/C		M/C				/	w			1	
Muffin Vegan Lemon Poppyseed	M/C	M/C		M/C						/	w		1	1	
Muffin Vegan Mixed Berry	M/C	M/C		M/C						/	w		1	1	
Cookie Vegan Chocolate	M/C	M/C		/					(	/	W		<b>✓</b>	/	
														<u> </u>	









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

		/ /	7	/ /	/	/	/ /	/	7 /	//	/	/ /	/		/ ,	/
	/		Supply (1)			/ 8 /		0/		.6		Glutaining Type of Glut of	1700 OF 1	15/	Suitable	Control of the contro
		15 / 15 / 15 / 15 / 15 / 15 / 15 / 15 /		\$663	Fig.	Sulphites	Molluscs	esame oesame	Nuts	Mustard	Cubin Selection	Surtaini Surtaini Surta		, defin,	Spans Mebili	) (eta) (*)
											3 / G G			(G)		
Cakes																
Vegan Chocolate Cake			M/C	M/C		<b>/</b>		M/C	M/C		<b>/</b>	W		<b>/</b>	<b>/</b>	
GF Carrot Cake			/	<b>/</b>					<b>/</b>				All		<b>/</b>	<b>/</b>
GF Cappuccino Cake			/	/		<b>/</b>			M/C						1	<b>/</b>
GF Victoria Sponge Cake			<b>/</b>	<b>/</b>					M/C						<b>/</b>	<b>/</b>
GF Ginger Cake			/						M/C						1	1
Courgette & Lime Cake			/	/								W	All		1	
_uxury Cranberry Teacake		1	M/C	/		M/C					/	W			1	
Scioche Scone			/	/		M/C					/	W			/	
With Jam															1	
With Clotted Cream			/												/	
Cheese Scone, Butter & Chutney			/	/	<b>/</b>				M/C		/	All			1	
Doughnuts																
Lemon Puddle Doughnut			/	1	1	1					1	W			1	
Caramel Puddle Doughnut			/	/		/					/	W			1	
Specaloos Puddle Doughnut			/	/		1					/	W			/	
Traycakes																
Banana & Caramel Traycake			/	1	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	/	/	
Sticky Rum & Raisin Traycake			M/C	M/C	M/C	1	M/C	M/C	M/C		/	w	Walnut	1	1	
Victoria Sponge Traycake			/		M/C	M/C	M/C	M/C	M/C		/	W		•	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	











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

	/ /	/ sup		/ /	/ /	/	/	/ /	/	/	/	/	<i>o</i> /			5 /	, .5 /	, S.
		Subspace (NIEC)	864	18th	Soly	Wolfe,	Sess. (	0 P	SID Muts	Wilsty Control	Lubis		Silutening 777 5780 of	4015	Joseph Joseph	Suitable	Suitahus	Suter Fee
						′ 🗶 /						/ <b>&amp;</b> /			<b>3</b>			
Americano																1	/	
Vhite Americano		1															<b>/</b>	<b>/</b>
Cappuccino		<b>/</b>															1	<b>/</b>
atte		<b>/</b>															1	<b>/</b>
Mocha (		<b>✓</b>															1	<b>/</b>
Espresso																/	1	1
Flat White		1															1	1
Hot Chocolate		1															/	1
uxury Hot Chocolate		<b>/</b>															<b>/</b>	<b>/</b>
ea With Milk		<b>/</b>															<b>/</b>	<b>/</b>
Flavour Tea																1	1	<b>/</b>
Babyccino		<b>/</b>															1	<b>/</b>
Dat Milk												/	0			<b>/</b>	1	
Soy Milk					/											1	1	/
Almond Milk									/					Almo	nds	1	1	<b>/</b>
Syrup Amaretto																1	1	<b>/</b>
Syrup Caramel																1	1	<b>/</b>
Syrup Hazelnut									/					Haze	elnut	/	1	1
Syrup Salted Caramel																<b>\</b>	1	<b>/</b>
Syrup Vanilla																<b>/</b>	<b>√</b>	1







