

R Rve

## Allergen Information: Breakfast | Blue Anchor | Updated 25/09/24

	Celery	Crustaceans	Daliny Egos		ulphites	Molluscos	Sesame	Muts	Mustard	Coreals	Cluten Inten Type of	ua.	J. Nut	egans for	Verule for Setarians Induten Free Indredients
						/ @ / &		/ 🕑 / 🗯	) / 📳	/ 🕑					
American Pancakes	M/C										W			BANANA	
Hoburne Classic Breakfast	M/C	$\checkmark$			$\checkmark$						W BA				
Vegetarian Breakfast	M/C			POACHED	1						W BA				
Bacon Roll			M/C		M/C						W BA				
Sausage Roll			M/C		M/C						W BA				
Quorn Sausage Roll		M/C	M/C		M/C						W BA		$\checkmark$		
Egg Roll		$\checkmark$			M/C						W BA				
Eggs on Toast		$\checkmark$			$\checkmark$						W BA				
Baked Beans on Toast					1						W BA				
Toast & Butter					$\checkmark$						W BA				
Toast, Butter & Tiptree Jam		$\checkmark$			$\checkmark$						W BA				
Toast, Butter & Tiptree Marmalade					$\checkmark$						W BA			$\checkmark$	
Toast, Butter & Marmite		$\checkmark$			$\checkmark$						W BA			$\checkmark$	
Toast, Butter & Nutella		$\checkmark$			$\checkmark$			$\checkmark$			W BA	Hazelnut			
Farmhouse White					$\checkmark$						W		$\checkmark$		
Farmhouse Brown					$\checkmark$						W BA		$\checkmark$		
Farmhouse White & Brown May Contain Traces Of Wheat, Oats, Rye & Barley															
English Muffin					<ul> <li>Image: A start of the start of</li></ul>	M/C					W		<ul> <li>Image: A start of the start of</li></ul>	<ul> <li>✓</li> </ul>	
Pain Rustic/deli Roll		M/C	M/C		M/C						W BA		$\checkmark$		
Gluten Free Roll			<ul> <li>Image: A start of the start of</li></ul>											<ul> <li>✓</li> </ul>	<ul> <li>Image: A start of the start of</li></ul>

Please note all deep fried food items may contain traces of any of the 14 allergens as we use multi use fryers in our kitchens. Except for Fries which has a dedicated fryer.

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## Allergen Information: Sammy Squad | Blue Anchor | Updated 25/09/24

		Crustaceans	Caliny Fe	355	451	Juliohites	ello Molluco	Sesame	Peanuts	Nuts M	J. J.	Cerealc	Containing Cutterning Type of Glur, of	(ien	Suitab.	egans for Suitable	Vegelarians Oluten Free Ingredients
						$\langle \mathbf{N} \rangle$	/ @ /	8	)/6	)/(b)							
Beef Lasagne	1	<ul> <li>✓</li> </ul>	M/C		м/с	M/C		<ul> <li>✓</li> </ul>		1		1	W				
Vegetable Lasagne	$\checkmark$	$\checkmark$	M/C			M/C		<ul> <li>✓</li> </ul>				1	W				
Jacket Potato With Beans/cheese	M/C	$\checkmark$						<ul> <li>✓</li> </ul>								<b>\</b>	<ul> <li>Image: A start of the start of</li></ul>
Breaded Fish Fingers				<b>\</b>								<b>\</b>	W				
Breaded Chicken Goujons	M/C	M/C				M/C		<ul> <li>✓</li> </ul>		M/C		1	W				
Grilled Butcher's Sausages					1							1	W				
Vegan Quorn Sausages												1	W		<ul> <li>✓</li> </ul>		
Add Baked Beans															<ul> <li>✓</li> </ul>		<b>\</b>
Add Garden Peas															$\checkmark$	<b>\</b>	$\checkmark$
					l		l										

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Allergen Information: Mains | Blue Anchor | Updated 25/09/24

		Colustaceans	/ /	/ /	lites		12 July 22			or or	line line	of Nut	Vegans for Suitable	Vegetarians Gluten Free
	Celer	Srusta	<sup>Ualir</sup> y Egne	Fish Juge	Sulphites	Solia Molli	Sesame Peanuts	<ul> <li>Muts</li> <li>Mustard</li> </ul>	Lubin Gerealic	Suntaining Type of Glutte of	IVes 1	Suita	Suita,	Vege Slute More
		๎๎๎ ( 🖲	$)/ \odot$	/ 👁 /		$\left  \right  $	/ 🛞 / 🖪 / (							
Mains														
Fish N Chips	M/C		$\checkmark$	$\checkmark$			<ul> <li>Image: A start of the start of</li></ul>		<ul> <li>✓</li> </ul>	W				
Scampi & Chips	M/C			M/C		M/C	<ul> <li>Image: A second s</li></ul>		<ul> <li>✓</li> </ul>	W				
Sausage Egg & Chips					<ul> <li>Image: A start of the start of</li></ul>				<ul> <li>✓</li> </ul>	W				
Vegan Quorn Sausage & Chips									<ul> <li>✓</li> </ul>	W		<ul> <li>Image: A start of the start of</li></ul>		
Gammon Ham Egg & Chips					<ul> <li>Image: A start of the start of</li></ul>									<ul> <li>Image: A second s</li></ul>
Chicken Goujons & Chips	M/C	M/C			M/0	:			<ul> <li>✓</li> </ul>	W				
Fish Finger Sandwich & Chips	M/C	1		$\checkmark$	1		<ul> <li>Image: A start of the start of</li></ul>		<b>\</b>	W BA				
Jacket Potatoes														
With Butter	M/C	1					<ul> <li>Image: A second s</li></ul>						<b>\</b>	$\checkmark$
With Cheese & Beans	M/C	<b>\</b>					<ul> <li>Image: A second s</li></ul>							$\checkmark$
With Chilli Con Carne	M/C	1							M/C	W				$\checkmark$
With Tuna & Cheese	M/C	1	$\checkmark$	$\checkmark$			<ul> <li>Image: A second s</li></ul>							$\checkmark$
With Prawn Marie Rose	M/C		$\checkmark$				<ul> <li>Image: A start of the start of</li></ul>							$\checkmark$
With Coronation Chicken	M/C	<ul> <li>✓</li> </ul>							M/C	W				$\checkmark$
Blackboard Specials														
Beef Lasagne	<ul> <li>✓</li> </ul>	1	M/C		M/0	;	<ul> <li>Image: A second s</li></ul>		<ul> <li>✓</li> </ul>	W				
Vegetable Lasagne	<ul> <li>✓</li> </ul>	1	M/C		M/C	;	<ul> <li>Image: A set of the set of the</li></ul>	<ul> <li>Image: A start of the start of</li></ul>	<ul> <li>✓</li> </ul>	W			<b>\</b>	
Penang Vegetable Curry					<ul> <li>Image: A start of the start of</li></ul>				<ul> <li>✓</li> </ul>	W		<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>	
Beef Madras Curry	<ul> <li>✓</li> </ul>								<ul> <li>✓</li> </ul>	W				
Chilli Con Carne		<ul> <li>✓</li> </ul>						M/C	M/C	W	h			$\checkmark$
The Bay Fish Pie	✓			<b>\</b>										
Classic Nachos														

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		146	Urustaceans	>	2		Sulphites	Molluscs	Sesame De	eanuts M.	5	Ustard	cili ealc	Curtaining Curtening Type of Curtes of	e of Nut	Vegans for Suitabu	regelie for Gutten Free Myteolens
	3 ()							Mollus		Inu <sub>leo</sub>		nstar	\$ \& \&	3.7 .2.7 D			
Rolls																	
Flaked Tuna Mayo Melt	M/C		$\checkmark$	$\checkmark$	$\checkmark$		M/C						<ul> <li>Image: A start of the start of</li></ul>	W BA			
Coronation Chicken & Baby Gem	M/C		$\checkmark$	1		$\checkmark$	M/C						<b>\</b>	W BA			
Prawn Marie Rose W/ Salad	M/C	<b>\</b>	$\checkmark$	1			M/C						<b>\</b>	W BA			
Egg Mayonaise & Salad	M/C		<b>\</b>	$\checkmark$			M/C						$\checkmark$	W BA			
Gammon Ham & Tomato	M/C		$\checkmark$	M/C			M/C						$\checkmark$	W BA			
Cheese & Chutney	M/C		$\checkmark$	M/C		$\checkmark$	M/C						$\checkmark$	W BA		<ul> <li>✓</li> </ul>	
Brie, Bacon & Cranberry	M/C		$\checkmark$				M/C						$\checkmark$	W BA			
Sandwiches																	
Flaked Tuna Mayo Melt	M/C		$\checkmark$	<ul> <li>✓</li> </ul>	$\checkmark$		$\checkmark$				$\checkmark$		<ul> <li>Image: A start of the start of</li></ul>	All			
Coronation Chicken & Baby Gem	M/C		<b>\</b>	<ul> <li>Image: A start of the start of</li></ul>		<b>\</b>					$\checkmark$		<b>\</b>	All			
Prawn Marie Rose W/ Salad	M/C	$\checkmark$	<b>\</b>	<ul> <li>Image: A start of the start of</li></ul>							$\checkmark$		<b>\</b>	All			
Egg Mayonaise & Salad	M/C		$\checkmark$	1			$\checkmark$				$\checkmark$		<b>\</b>	All			
Gammon Ham & Tomato	M/C		$\checkmark$				$\checkmark$				$\checkmark$		<b>\</b>	All			
Cheese & Chutney	M/C		$\checkmark$			1	$\checkmark$				$\checkmark$		<b>\</b>	All			
Brie, Bacon & Cranberry	M/C		$\checkmark$								$\checkmark$		<b>\</b>	All			
				I		u		II		1	tli			l	 		

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## Allergen Information: Cakes & Bakes | Blue Anchor | Updated 25/09/24

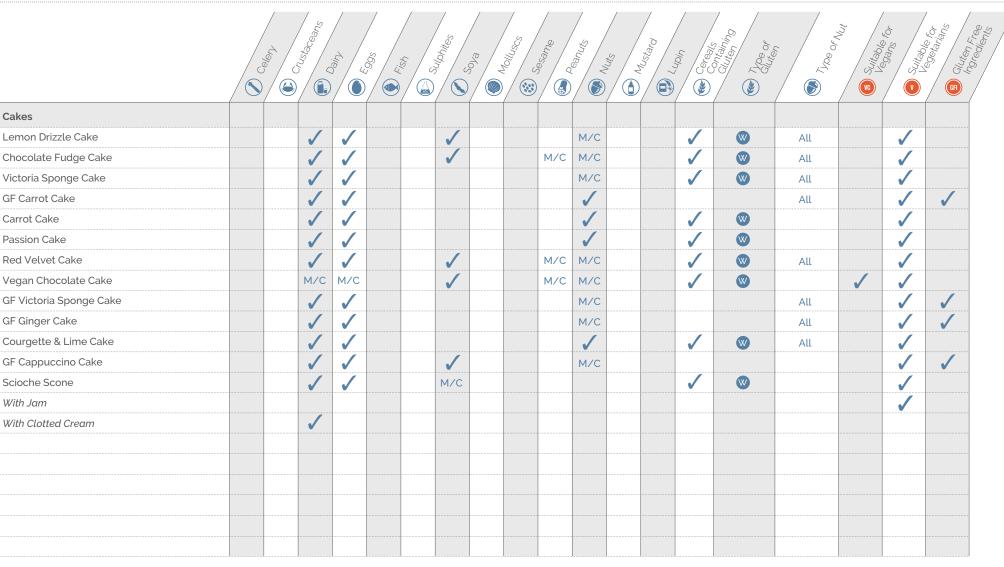
	/	r aceans			lifes		7e	23	<sup>31</sup> d		ining or	0	, Mut	1s for	<sup>6904,016</sup> Gluten Free <sup>17</sup> 0160/6715
	je S	Clustiaceans	Vilion (	55, 15, 15, 15, 15, 15, 15, 15,	Sulphiles	Sec.		Muts	Anustard	Cereage	Cluttenning Type of Clutte of	Inder of the orthogonal	Suitable	Suitat	ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABA SULLE ABASSING SULLE
Traybakes															
GF Chocolate Brownie		<ul> <li>✓</li> </ul>	1					M/C				All		<b>\</b>	
GF Lemon Drizzle Frangipane			1					$\checkmark$				Almonds		<b>\</b>	Solution
GF Raspberry And Almond Flapjack							M/C	M/C				All	$\checkmark$	$\checkmark$	
GF Billionaire Brownie		1	1				M/C	M/C				All		1	<i>✓</i>
Gf Pecan & Walnut Slice		<b>\</b>	$\checkmark$					$\checkmark$				All		1	<i>✓</i>
Honeycomb Toffee Tiffin		<ul> <li>✓</li> </ul>			$\checkmark$		M/C	M/C			W	All			
Toffee Crisp		<ul> <li>✓</li> </ul>					M/C	M/C			W	All		$\checkmark$	
Rocky Road		<ul> <li>✓</li> </ul>					M/C	M/C			W	All		$\checkmark$	
Brookie Traybake		<ul> <li>✓</li> </ul>	$\checkmark$		<ul> <li>✓</li> </ul>		M/C	M/C			W	All		1	
Biscoff Flapjack		1					M/C	M/C			W	All		<b>\</b>	
Caramel Nut Slice		<b>\</b>	M/C					$\checkmark$			All	All		<b>\</b>	
Cherry & Almond Slice		<ul> <li>✓</li> </ul>	$\checkmark$					$\checkmark$			W	All		$\checkmark$	
Fruit & Nut Slice		<ul> <li>✓</li> </ul>						$\checkmark$			W	All		<b>\</b>	
Millionaire Shortbread		<ul> <li>✓</li> </ul>					M/C	M/C			W	All		$\checkmark$	
			I	II		t		J		ul		1		L	

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MuffinsII <th></th> <th>Celeby Crustaceaans</th> <th>Li /</th> <th>8 5</th> <th>ulphites</th> <th>Nolluces Sesame Peanuts Nutre</th> <th>o Stard Din Feals</th> <th>Guillering Tree of Guilen T</th> <th><sup>1)De</sup> Of Nut Suitable for Vegans for</th>		Celeby Crustaceaans	Li /	8 5	ulphites	Nolluces Sesame Peanuts Nutre	o Stard Din Feals	Guillering Tree of Guilen T	<sup>1)De</sup> Of Nut Suitable for Vegans for
MuffinsII <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>\$ \$\$\$ <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b></th>									\$ \$\$\$ <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b> <b>1</b>
Muffin Tulip Rasp / White ChocII	Muffins								
Muffin Tulip Rasp / White ChocII	Muffin Tulip Triple Chocolate				<b>\</b>	M/C		<b>W</b>	
Muffin Tulip Carrot CakeIII	Muffin Tulip Rasp / White Choc	✓ ✓			<ul> <li>Image: A start of the start of</li></ul>	M/C		<b>W</b>	
Muffin Tulip BlueberryMMM/C <th< td=""><td>Muffin Tulip Toffee Apple</td><td></td><td><b>\</b></td><td></td><td>M/C</td><td></td><td></td><td><b>W</b></td><td></td></th<>	Muffin Tulip Toffee Apple		<b>\</b>		M/C			<b>W</b>	
Muffin Vegan Lemon PoppyseedM/CM	Muffin Tulip Carrot Cake		1	<ul> <li>✓</li> </ul>	M/C			<b>W</b>	
Muffin Vegan Mixed BerryM/CM/CM/CM/CIM/CIIIIIIILuxury Cranberry TeacakeM/CM/CM/CM/CM/CII <td>Muffin Tulip Blueberry</td> <td></td> <td></td> <td></td> <td>M/C</td> <td>M/C</td> <td></td> <td><b>W</b></td> <td></td>	Muffin Tulip Blueberry				M/C	M/C		<b>W</b>	
Luxury Cranberry Teacake       M/C       M/C <td< td=""><td>Muffin Vegan Lemon Poppyseed</td><td>M/C</td><td>M/C</td><td></td><td>M/C</td><td></td><td></td><td><b>W</b></td><td></td></td<>	Muffin Vegan Lemon Poppyseed	M/C	M/C		M/C			<b>W</b>	
Cookie Vegan Chocolate         M/C         M/C         Image: Cookie Vegan Chocolate         Image: Cookie	Muffin Vegan Mixed Berry	M/C	M/C		M/C			W	
	Luxury Cranberry Teacake	M/C			M/C			<b>W</b>	
Cookie Double Chocolate       I <td>Cookie Vegan Chocolate</td> <td>M/C</td> <td>M/C</td> <td></td> <td><math>\checkmark</math></td> <td></td> <td></td> <td>W</td> <td></td>	Cookie Vegan Chocolate	M/C	M/C		$\checkmark$			W	
	Cookie Double Chocolate		1		<b>\</b>			<b>W</b>	
Image: Sector of the sector of th									

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## Allergen Information: Hot Drinks | Blue Anchor | Updated 25/09/24

	/		eans			2		5	0		/		/ /	Bu	6		tin,	-0-	ions ins	shis
		Cruce	Daliny		rish	Sullohites	elor V	Molluscs	Desame	Sinnee	M.	Luni	Cereals	Suntaining Type	ciluter	Dible of Mill	Suitabu	Suitabu	egetarians Gluten Fre	-cile
				•/•	)/ 🍙								/ 🌘		_/	<b>()</b>				/
Americano																	$\checkmark$	$\checkmark$	$\checkmark$	
White Americano			$\checkmark$															$\checkmark$	$\checkmark$	
Cappuccino			$\checkmark$															$\checkmark$	$\checkmark$	
Latte			$\checkmark$															$\checkmark$	$\checkmark$	
Mocha			$\checkmark$															$\checkmark$	$\checkmark$	
Espresso																	$\checkmark$	$\checkmark$	$\checkmark$	
Flat White			$\checkmark$															$\checkmark$	$\checkmark$	
Hot Chocolate			$\checkmark$															$\checkmark$	$\checkmark$	
Luxury Hot Chocolate			$\checkmark$															<b>\</b>	$\checkmark$	
Tea With Milk			$\checkmark$															<b>\</b>	$\checkmark$	
Flavour Tea																	<ul> <li>Image: A start of the start of</li></ul>	<ul> <li>Image: A start of the start of</li></ul>	$\checkmark$	
Babyccino			$\checkmark$															<b>\</b>	$\checkmark$	
Oat Milk													$\checkmark$	0			<b>\</b>	<b>\</b>		
Soy Milk						$\checkmark$											<b>\</b>	<b>\</b>	$\checkmark$	
Almond Milk										$\checkmark$					Alm	onds	<ul> <li>Image: A start of the start of</li></ul>	<b>\</b>	$\checkmark$	
Coconut Milk																	<ul> <li>Image: A start of the start of</li></ul>	<b>\</b>	$\checkmark$	
Syrup Amaretto																	<ul> <li>Image: A start of the start of</li></ul>	<ul> <li>Image: A start of the start of</li></ul>	$\checkmark$	
Syrup Caramel																	<ul> <li>Image: A start of the start of</li></ul>	<b>\</b>	<ul> <li>Image: A start of the start of</li></ul>	
Syrup Hazelnut										$\checkmark$					Haz	elnut	<ul> <li>Image: A start of the start of</li></ul>	<ul> <li>Image: A start of the start of</li></ul>	$\checkmark$	
Syrup Salted Caramel																	<b>\</b>	<b>\</b>	$\checkmark$	
Syrup Vanilla																	<ul> <li>Image: A start of the start of</li></ul>	<b>\</b>	$\checkmark$	

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