

Please be aware that we do use all 14 allergens in our kitchens.  
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## Allergen Information: Breakfast | Blue Anchor | Updated 20/04/2026

	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		✓	✓		
Bubble & Squeak	M/C			✓															✓
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 & Nutella			✓			✓				✓			✓	W BA	Hazelnut		✓		
Farmhouse White						✓							✓	W			✓	✓	
Farmhouse Brown						✓							✓	W BA			✓	✓	
Farmhouse White & Brown May Contain Traces Of Wheat, Oats, Rye & Barley																			
Pain Rustic/deli Roll			M/C	M/C		M/C							✓	W BA			✓	✓	
Gluten Free Roll																	✓	✓	✓

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Spelt Wheat Oats Barley Rye

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## Allergen Information: Kid's Kitchen | Blue Anchor | Updated 20/04/2026

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<b>Kid's Breakfast</b>																			
Kid's Breakfast			✓	✓	✓	M/C		M/C		M/C	M/C		✓	BA O R W					
Kid's Coco Pops			✓										✓	BA O R W				✓	
<b>Kid's Mains</b>																			
Beef Lasagne			✓	M/C	M/C	M/C						✓	✓	BA W					
Veggie Lasagne			✓	✓								✓	✓	BA W				✓	
3 oz Beef Burger	M/C				✓		M/C						✓	W					
Breaded Fish Fingers			M/C	✓	✓							M/C	✓	W					
Breaded Chicken Goujons	M/C		M/C				M/C					M/C	✓	W					
Grilled Butcher's Sausages					✓								✓	W					
Vegan Quorn Sausages													✓	W			✓	✓	
Add Baked Beans																	✓	✓	✓
Add Garden Peas																	✓	✓	✓

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## Allergen Information: Salads, Sides & Sunday Roasts | Blue Anchor | 20/04/2026

	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
<b>Salads</b>																			
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					
<b>Sides</b>																			
Chunky Chips																	✓	✓	✓
Cheese Chips			✓															✓	✓
Onion Rings													✓	W BA			✓	✓	✓
Side Salad Bowl	M/C										✓						✓	✓	✓
Garlic Bread			✓	M/C			M/C						✓	W BA				✓	
<b>Add Ons</b>																			
Pot of Katsu Curry	✓					✓			M/C	M/C	M/C		M/C				✓	✓	✓
Add 3 Scampi Bites		✓		M/C			M/C						✓	W					
Pickled Onion					✓								✓	W			✓	✓	
<b>Sunday Roasts</b>																			
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 20/04/2026

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<b>Mains</b>																			
Beer Battered Fish & Chips	M/C			✓							✓								✓
Scampi & Chips	M/C	✓		✓	M/C		M/C				✓		✓		W				
Ham Egg & Chips				✓							✓								✓
Vegan Quorn Sausage & Chips													✓		W		✓	✓	
Smashed Double Cheeseburger	M/C		✓	M/C	✓		M/C				✓		✓		W BA				✓
Buttermilk Chicken Burger	M/C		✓	M/C			✓						✓		BA O S R W				
Tomato Basil Soup	M/C		✓	M/C			✓						✓		W BA			✓	
Beef Lasagne	✓		✓	M/C			M/C				✓		✓		W BA				
Vegetable Lasagne	✓		✓	M/C			M/C				✓		✓		W BA			✓	
Katsu Curry with Chicken Mini Fillets	✓						✓	✓	M/C	M/C	M/C		✓		W				
Katsu Curry with Cauli Bites	✓						✓	✓	M/C	M/C	M/C		✓		W		✓	✓	
The Bay Fish Pie		✓	✓	✓															✓
Ploughman's Lunch	M/C		✓	✓	✓		M/C				✓		✓		W BA				
<b>Jacket Potatoes</b>																			
With Butter	M/C		✓								✓							✓	✓
With Cheese & Beans	M/C		✓								✓							✓	✓
With Tuna & Cheese	M/C		✓	✓	✓						✓								✓
With Prawn Marie Rose	M/C	✓	✓	✓							✓								✓
With Coronation Chicken	M/C		✓	✓	✓						✓		M/C		W				✓

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<b>Rolls</b>																			
Flaked Tuna Mayo Melt	M/C		✓	✓	✓		M/C				✓		✓	W BA					
Coronation Chicken & Baby Gem	M/C		✓	✓	✓		M/C				✓		✓	W BA					
Prawn Marie Rose W/ Salad	M/C	✓	✓	✓			M/C				✓		✓	W BA					
Egg Mayonaise & Salad	M/C		✓	✓			M/C				✓		✓	W BA				✓	
Gammon Ham, Grain Mustard & Tomato	M/C		✓	M/C			M/C				✓		✓	W BA					
Cheese & Tomato Chutney	M/C		✓	M/C			M/C				✓		✓	W BA				✓	
Brie, Bacon & Cranberry	M/C		✓	M/C			M/C				✓		✓	W BA					
Fish Finger & Tartare Sauce	M/C		✓	M/C	✓		M/C				✓		✓	W BA					
The BLT	M/C		✓	M/C			M/C				✓		✓	W BA					
<b>Sandwiches</b>																			
Flaked Tuna Mayo Melt	M/C		✓	✓	✓		✓				✓		✓	W BA					
Coronation Chicken & Baby Gem	M/C		✓	✓	✓		✓				✓		✓	W BA					
Prawn Marie Rose W/ Salad	M/C	✓	✓	✓			✓				✓		✓	W BA					
Egg Mayonaise & Salad	M/C		✓	✓			✓				✓		✓	W BA				✓	
Gammon Ham, Grain Mustard & Tomato	M/C		✓				✓				✓		✓	W BA					
Cheese & Tomato Chutney	M/C		✓				✓				✓		✓	W BA				✓	
Brie, Bacon & Cranberry	M/C		✓				✓				✓		✓	W BA					
Fish Finger & Tartare Sauce	M/C		✓	✓	✓		✓				✓		✓	W BA					
The BLT	M/C		✓				✓				✓		✓	W BA					

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## Allergen Information: Cakes & Bakes | Blue Anchor | Updated 20/04/2026

	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
<b>Traybakes</b>																			
Vegan GF Blackberry Crumble Traybake			M/C	M/C		M/C				M/C							✓	✓	✓
GF Caramel Shortcake Traybake		✓	M/C			✓				M/C							✓	✓	✓
GF Lemon Drizzle Traybake		✓	✓							M/C							✓	✓	✓
Vegan Blueberry Bakewell Traybake			M/C	M/C	M/C	M/C		M/C	M/C	✓			✓	All	Almonds	✓	✓	✓	
Morello Cherry Blondie			✓	✓	M/C	✓		M/C	M/C	M/C				✓			✓	✓	
Billionaires Shortbread			✓	M/C	M/C	✓		M/C	M/C	M/C				✓			✓	✓	
Vegan Dark & Fruity Flapjack			M/C	M/C	M/C	M/C		M/C	M/C	M/C				✓		✓	✓	✓	
Honeycomb Rocky Road			✓	M/C	M/C	✓		M/C	M/C	M/C				✓			✓	✓	
<b>Muffins &amp; Cookies</b>																			
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		✓	✓	✓	
<b>Traycakes</b>																			
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			✓	✓	
Lemon Drizzle Traycake			✓	✓	M/C	M/C		M/C	M/C	M/C			✓	All			✓	✓	

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## Allergen Information: Cakes, Bakes, Smoothies & Shakes | Blue Anchor | 20/04/2026

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<b>Cakes</b>																				
Vegan Chocolate Cake			M/C	M/C		✓			M/C	M/C			✓	W			✓	✓		
GF Carrot Cake			✓	✓						✓						Hazelnuts	✓	✓	✓	
GF Cappuccino Cake			✓	✓		✓				M/C								✓	✓	
GF Victoria Sponge Cake			✓	✓						M/C								✓	✓	
GF Ginger Cake			✓	✓						M/C								✓	✓	
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				✓		
<b>Doughnuts</b>																				
Lemon Puddle Doughnut			✓	✓	✓	✓							✓	W				✓		
Caramel Puddle Doughnut			✓	✓	✓	✓							✓	W				✓		
Specaloos Puddle Doughnut			✓	✓		✓							✓	W				✓		
<b>Milkshakes</b>																				
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				✓	✓	
<b>Smoothies</b>																				
Smoothie - Pash n Shoot																		✓	✓	✓
Smoothie - Blueberry Thrill																		✓	✓	✓
Smoothie - Berry Go Round																		✓	✓	✓

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## Allergen Information: Hot Drinks | Blue Anchor | 20/04/2026

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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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