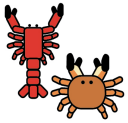
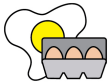
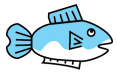
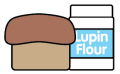
DISHES AND THEIR ALLERGEN CONTENT - The Mill Tavern

STARTERS														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Soup of the Day	Varies See Staff													
Potato Skins		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Nachos							✔							✔
Black Pudding Tower		✔					✔							✔
King Prawns in Panko with Sukiyaki		✔	✔	✔	✔		✔	✔	✔	✔	✔	✔	✔	✔
Halloumi Fries		✔	✔	✔	✔		✔	✔	✔	✔	✔	✔	✔	✔
SFC Goujons		✔	✔	✔	✔		✔			✔	✔		✔	
Spring Rolls		✔	✔	✔	✔		✔			✔	✔		✔	✔

Review date:

Reviewed by:

Food Standards Agency
food.gov.uk

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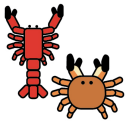
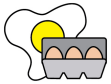
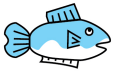
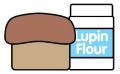
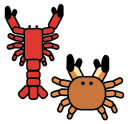
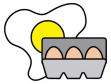
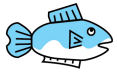
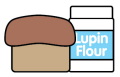
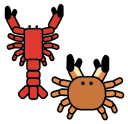
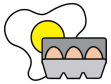
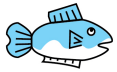
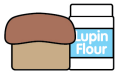
MAINS

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast of the Day		✔	✔	✔	✔		✔			✔	✔		✔	
Fish & Chips		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Scampi & Chips		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Parmesan Chicken		✔	✔	✔	✔		✔			✔	✔		✔	
Massaman		✔	✔	✔	✔		✔			✔	✔	✔	✔	✔
Mince & Dumplings		✔											✔	
Gyros		✔	✔	✔	✔		✔		✔	✔	✔	✔	✔	✔
Salt & Chilli Gyros		✔	✔	✔	✔		✔		✔	✔	✔	✔	✔	✔
Salt & Chilli Chicken	✔	✔	✔	✔	✔		✔		✔	✔	✔	✔	✔	
Lasagne		✔					✔							✔
Steak Chilli							✔							✔
Bean Chilli							✔							✔

Mains continued														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
MAgpye	✔	✔	✔	✔	✔		✔			✔	✔	✔	✔	✔
Chilli King Prawn & Chicken Salad										✔	✔	✔	✔	✔
Roast without gluten containing ingredients	Our roast can be served with GF gravy, no Yorkshire pudding or roast potatoes.													
KIDS MEALs														
Fish		✔	✔	✔	✔		✔			✔	✔		✔	
Goujons		✔	✔	✔	✔		✔			✔	✔		✔	
Pizza		✔	✔	✔	✔		✔			✔	✔		✔	
Beef Burger		✔	✔	✔	✔		✔			✔	✔		✔	

Burgers														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Classic		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Juicy Lucy		✔	✔	✔	✔		✔		✔	✔	✔		✔	
BBQ Pulled Pork	✔	✔	✔	✔	✔		✔		✔	✔	✔		✔	
Mexicana		✔	✔	✔	✔		✔		✔	✔	✔		✔	✔
Chicken Breast		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Southern Fried Chicken		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Stavros	✔	✔	✔	✔	✔		✔	✔	✔	✔	✔	✔	✔	✔
Moving Mountains Burger		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Vegicana		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Pizza Burger		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Signature Burger		✔	✔	✔	✔		✔		✔	✔	✔		✔	

Pizzas														
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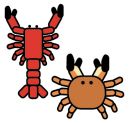
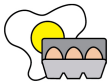
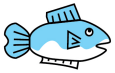
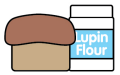
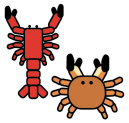
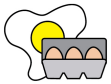
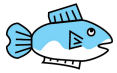
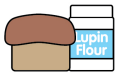
Margherita		✔					✔							
Pepperoni		✔					✔							
Bolognese		✔					✔							✔
Hawaiian		✔					✔							
Chicken Kiev		✔					✔							
Meat Feast		✔					✔							
Hot & Spicy		✔					✔							
Vegetarian Pizza		✔					✔							
Vegan Cheese Pizzas		✔					✔							

SIDES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chips		✔	✔	✔	✔		✔			✔	✔		✔	
Fries		✔	✔	✔	✔		✔			✔	✔		✔	
Onion Rings		✔	✔	✔	✔		✔			✔	✔		✔	
Coleslaw				✔					✔					
Cheesy Chips		✔	✔	✔	✔		✔			✔	✔		✔	
Salt & Chilli Fries		✔	✔	✔	✔		✔			✔	✔		✔	
Garlic Bread		✔					✔							

GRILL														
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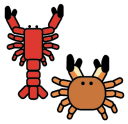
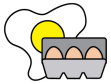
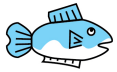
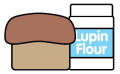
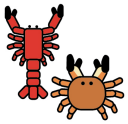
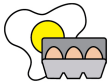
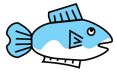
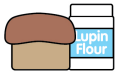
8oz Rump		✔	✔	✔	✔		✔			✔	✔		✔	
8oz Sirloin		✔	✔	✔	✔		✔			✔	✔		✔	
10oz Gammon		✔	✔	✔	✔		✔			✔	✔		✔	
Hunters	✔	✔	✔	✔	✔		✔			✔	✔		✔	✔
Mix Grill		✔	✔	✔	✔		✔			✔	✔		✔	
King Prawns			✔				✔							✔
Peppercorn Sauce							✔							✔
Dance Sauce							✔							✔
Garlic Butter							✔							✔
Mushrooms														
Grill without gluten containing ingredients	Chips are fried in the same oil as gluten containing products for example onion rings, see staff for options of alternative sides EG rice, mash, veg or salad.													

DESSERTS														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Bueno Waffle		✔					✔							
Strawb Waffle		✔					✔							
Choc Fudge Cake		✔					✔							
Biscoff Brownie		✔					✔							
Honeycomb Cheesecake		✔					✔							
Sticky Toffee Pudding		✔					✔							
Crumble		✔					✔							
Sundaes		✔					✔							
Brownie With no biscoff							✔							

CARVERY														
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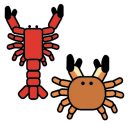
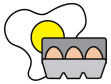
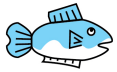
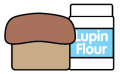
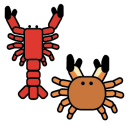
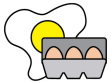
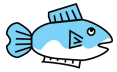
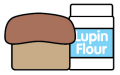
Due to the nature of a carvery there is a very real risk of cross contamination between items. For people with severe allergies we would recommend alternative dishes.														
Roast Potatoes		✔	✔	✔	✔		✔			✔	✔		✔	
Yorkshire Pudding		✔		✔			✔							
Gravy		✔												

Sandwiches														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Fish Goujons		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Roast of the Day		✔	✔	✔	✔		✔			✔	✔		✔	
Tuna Melt		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Chicken Salad		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Chicken Goujons		✔	✔	✔	✔		✔			✔	✔	✔	✔	✔
Cheese Savoury		✔	✔	✔	✔		✔		✔	✔	✔		✔	
BBQ Chicken	✔	✔	✔	✔	✔		✔		✔	✔	✔		✔	✔
BBQ Pulled Pork	✔	✔	✔	✔	✔		✔		✔	✔	✔		✔	✔

Xmas														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Lentil Soup		✔					✔							
Prawn Cocktail		✔	✔	✔			✔		✔					
Chicken Liver Pate		✔					✔						✔	✔
Pan Fried Halloumi							✔							✔
Roast Dinner		✔	✔	✔	✔		✔		✔	✔	✔		✔	
Salmon Hollandaise				✔	✔		✔						✔	
Slow Cooked Beef	✔	✔		✔			✔						✔	✔
Roast Pepper														
Xmas Pudding		✔					✔							✔
Caramel Tart		✔		✔			✔							
Baked Cheesecake		✔		✔			✔							
Cheese & Biscuits		✔					✔							

ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient:

Date: Chef:

Celery ☐	Cereals containing gluten ☐	Crustaceans ☐	Eggs ☐	Fish ☐
Lupin ☐	Milk ☐	Molluscs ☐	Mustard ☐	Nuts ☐
Peanuts ☐	Sesame seeds ☐	Soya ☐	Sulphur dioxide ☐	TICK THE ALLERGENS WHICH ARE IN THE DISH ✓

Notes:

ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient:

Date: Chef:

Celery ☐	Cereals containing gluten ☐	Crustaceans ☐	Eggs ☐	Fish ☐
Lupin ☐	Milk ☐	Molluscs ☐	Mustard ☐	Nuts ☐
Peanuts ☐	Sesame seeds ☐	Soya ☐	Sulphur dioxide ☐	TICK THE ALLERGENS WHICH ARE IN THE DISH ✓

Notes: