MENU ALLERGEN GUIDE

MENU DATE: MARCH 2026

IF YOU HAVE AN ALLERGY please inform our team before ordering, or preordering; so that we can take additional reasonable steps to minimise the risk of allergen cross-contamination. **However we cannot guarantee any item is allergen-free.**

This allergen guide, details all of the 14 key allergens that are present in the ingredients of each dish. However as our food is mainly homemade in our multi use kitchen (which handles all of the 14 key allergens), and suppliers of prepared foods vary, **all food <u>may contain</u> traces of any of the 14 key allergens.**

Some dishes may be adapted to remove the allergen containing ingredient (e.g. we have gluten free bread that can be swapped for normal bread) please ask our team, **however adapted dishes still <u>may contain</u> traces of any of the 14 key allergens.**

Red indicates presence of an allergen in a dish

	MENU SECTION	MENU SUB SECTION	Aditional ALLERGEN Notes	Celery	Gluten	Crustaceans	Fish	Eggs	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
MAIN MENU STARTERS & SMALL PLATES																	
SOMERSET BRIE, CRISPY BACON & CRANBERRY	STARTER	FLATBREAD															
BBQ CHICKEN, PINK PICKLED ONIONS & MOZZARELLA CHEESE	STARTER	FLATBREAD															
GARLIC & MIXED HERBS, MELTED CHEDDAR & MOZZARELLA (V)	STARTER	FLATBREAD															
GARLIC & MIXED HERB (VE)	STARTER	FLATBREAD															
BBQ BEEF SOFT SHELL TACOS	STARTER	SMALL PLATE															
FRIED VEGETABLE GREEN GYOZAS (VE)	STARTER	SMALL PLATE															
CHORIZO & MOZZARELLA ARANCINI	STARTER	SMALL PLATE															
SHELL OFF KING PRAWNS	STARTER	SMALL PLATE	CAN REMOVE GLUTEN														
CREAMY GARLIC & CHIVE MUSHROOMS (V) WITH TOASTED SOURDOUGH	STARTER	SMALL PLATE	CAN REMOVE GLUTEN														
	STARTER	SMALL PLATE															
DUCK GYOZAS WITH SOY, HONEY & SESAME DIPPING SAUCE	STARTER	SMALL PLATE															
LOADED NACHO'S (V)	STARTER	SMALL PLATE															
FIXED PRICE STARTERS																	
FP CRAYFISH & ATLANTIC PRAWN COCKTAIL	STARTER	FIXED PRICE STARTE	CAN REMOVE GLUTEN														
FP BREADED WHITEBAIT	STARTER	FIXED PRICE STARTE															
FP DUCK GYOZAS	STARTER	FIXED PRICE STARTE															
FP VEGETABLE GREEN GYOZAS (VE)	STARTER	FIXED PRICE STARTE															
FP CHORIZO & MOZZARELLA ARANCINI	STARTER	FIXED PRICE STARTE															
FP LOADED NACHOS (V)	STARTER	FIXED PRICE STARTE															
FP BRIE, BACON & CRANBERRY FLATBREAD	STARTER	FIXED PRICE STARTE															
MAIN MENU MAINS																	
CRISPY BREADED PORK SCHNITZEL	MAINS	MAINS															
12 HOUR PULLED & ROLLED BEEF	MAINS	MAINS															
MALAYAN KING PRAWN KATSU CURRY	MAINS	MAINS	CAN REMOVE GLUTEN														
TOMATO, ROAST PEPPER & ONION GNOCCHI (VE)	MAINS	MAINS															
PAN FRIED FRESH SEABASS FILLETS ON A BED OF MIXED SEAFOOD LINGUINI	MAINS	MAINS															

CHICKEN, LEEK & MUSHROOM 'PROPER' PIE	MAINS	MAINS																
SMALL CLASSIC 'FISH & CHIPS'	MAINS	MAINS	MUSTARD IS ONLY IN SALAD EXTRA															
LARGE CLASSIC 'FISH & CHIPS'	MAINS	MAINS	MUSTARD IS ONLY IN SALAD EXTRA															
FISH PIE + CHEESY MASH + VEG	MAINS	MAINS																
SMALL FAMOUS LASHFORDS FAGGOTS	MAINS	MAINS																
LARGE FAMOUS LASHFORDS FAGGOTS	MAINS	MAINS																
GRASS FED 8OZ SIRLOIN STEAK	MAINS	MAINS	CAN REMOVE GLUTEN															
THICK 10 OZ GAMMON STEAK	MAINS	MAINS	CAN REMOVE GLUTEN															
DOUBLE STEAK BURGER WITH BACON + CHEESE + BURGER SAUCE	MAINS	MAINS	Salad contains Mustard															
CRISPY HUNTERS BBQ CHICKEN BURGER	MAINS	MAINS																
	MAINS	MAINS																
FIXED PRICE MAINS																		
LUNCH FAGGOTS	MAINS	LUNCH																
LUNCH FISH & CHIPS	MAINS	LUNCH	CAN REMOVE GLUTEN, MUSTARD IS ONLY IN SALAD EXTRA															
LUNCH TOMATO, PEPPER & ONION GNOCCHI (VE)	MAINS	LUNCH																
LUNCH ROAST BEEF & HORSERADISH WARM BAGUETTE	MAINS	LUNCH																
EVENING CRISPY PORK SCHNITZEL	MAINS	EVENING																
EVENING TOMATO, PEPPER & ONION GNOCCHI (VE)	MAINS	EVENING																
EVENING FISH PIE	MAINS	EVENING																
EVENING HUNTERS BBQ CHICKEN BURGER	MAINS	EVENING																
SUNDAY ROAST LEG OF PORK + STUFFING	MAINS	SUNDAY	CAN REMOVE GLUTEN without Yorkshire Pudding or Stuffing															
SUNDAY SLOW ROASTED BEEF	MAINS	SUNDAY	CAN REMOVE GLUTEN without Yorkshire Pudding															
SUNDAY ROAST BREAST OF TURKEY	MAINS	SUNDAY	CAN REMOVE GLUTEN without Yorkshire Pudding or Stuffing															
SUNDAY THE THROCKMORTON TRIO	MAINS	SUNDAY	CAN REMOVE GLUTEN without Yorkshire Pudding or Stuffing															
SUNDAY PULLED + ROLLED SHOULDER OF LAMB	MAINS	SUNDAY	CAN REMOVE GLUTEN without Yorkshire Pudding															
SUNDAY TOMATO, ROASTED VEGETABLE & WALNUT TART (VE)	MAINS	SUNDAY																
SIDES																		
PEPPERCORN SAUCE	SIDE	MAIN SIDE																
CRUMBED MOZZARELLA STICKS (V)	SIDE	MAIN SIDE																
HAND BATTERED ONION RINGS (V)	SIDE	MAIN SIDE																
DRESSED MIXED SALAD (V)	SIDE	MAIN SIDE																
HOMEMADE CHIPS (VE)	SIDE	MAIN SIDE																
SKIN ON FRIES (VE)	SIDE	MAIN SIDE																
HAND BATTERED FRICKLES (V)	SIDE	MAIN SIDE																
HONEY ROASTED PARSNIPS	SIDE	SUNDAY SIDE																
EXTRA YORKSHIRE PUDDING	SIDE	SUNDAY SIDE																
HOMEMADE CAULIFLOWER & LEEK CHEESE	SIDE	SUNDAY SIDE																
EXTRA STUFFING	SIDE	SUNDAY SIDE																
SIX PIGS IN BLANKETS	SIDE	SUNDAY SIDE																
EXTRA BOWL OF ROASTIES	SIDE	SUNDAY SIDE																
ROASTED CARROTS (VE)	SIDE	SUNDAY SIDE																
SANDWICHES/ADDITIONAL SNACKS																		
CRAYFISH & ATLANTIC PRAWN WRAP	SIDE	SANDWICHES																
SLOW ROAST BEEF IN WARM BAGUETTE	SIDE	SANDWICHES																
BRIE & CRANBERRY SOURDOUGH BAGUETTE (V)	SIDE	SANDWICHES																

BRIE & CRANBERRY SOURDOUGH BAGUETTE ADD BACON	SIDE	SANDWICHES			■					■						■		
HAND BATTERED FISH GOUJON WRAP	SIDE	DIRTY FRIES			■		■	■				■				■		
SMALL DIRTY FRIES MALAYAN KATSU CURRY SAUCE (V)	SIDE	DIRTY FRIES			■											■		
LARGE DIRTY FRIES MALAYAN KATSU CURRY SAUCE (V)	SIDE	DIRTY FRIES			■											■		
SMALL DIRTY FRIES LASHFORDS SAUSAGE SLICES	SIDE	DIRTY FRIES			■											■		
LARGE DIRTY FRIES LASHFORDS SAUSAGE SLICES	SIDE	DIRTY FRIES			■											■		
SMALL DIRTY FRIES MELTED CHEDDAR & MOZZARELLA CHEESE	SIDE	DIRTY FRIES								■						■		
LARGE DIRTY FRIES MELTED CHEDDAR & MOZZARELLA CHEESE	SIDE	DIRTY FRIES								■						■		
SMALL DIRTY FRIES BBQ CHICKEN & MELTED CHEESE	SIDE	DIRTY FRIES			■			■		■		■				■		
LARGE DIRTY FRIES BBQ CHICKEN & MELTED CHEESE	SIDE	DIRTY FRIES			■			■		■		■				■		
MAIN MENU DESSERTS																		
APPLE CRUMBLE TART (V)	DESSERT	MAIN DESSERT			■			■		■								
STICKY TOFFEE PUDDING (VEO)	DESSERT	MAIN DESSERT	Vegan option available		■					■								
CRÈME BRULEE (V)	DESSERT	MAIN DESSERT						■		■								■
CHEESECAKE (V)	DESSERT	MAIN DESSERT			■					■								
CHOCOLATE BROWNIE (V)	DESSERT	MAIN DESSERT						■		■								
AFFOGATO (VEO)	DESSERT	MAIN DESSERT	Vegan option available															
ICECREAM - CARAMELISED BISCUIT V	DESSERT	MAIN DESSERT			■					■								
ICE CREAM - STRAWBERRY	DESSERT	MAIN DESSERT								■								
ICE CREAM - AMARETTI CHERRY	DESSERT	MAIN DESSERT						■		■								■
ICE CREAM - VANILLA	DESSERT	MAIN DESSERT								■								
ICE CREAM - MANGO SORBET	DESSERT	MAIN DESSERT																
ICE CREAM - BELGIAN CHOCOLATE	DESSERT	MAIN DESSERT								■								
ICE CREAM - VEGAN VANILLA	DESSERT	MAIN DESSERT																
ICE CREAM - RUM & RAISIN	DESSERT	MAIN DESSERT								■								■
FP FRUITS OF THE FOREST SUNDAE	DESSERT	FIXED PRICE DESSER			■			■		■								
FP CRÈME BRULEE (V)	DESSERT	FIXED PRICE DESSER						■		■								
FP STICKY TOFFEE PUDDING	DESSERT	FIXED PRICE DESSER	Vegan option avaliable		■													
FP APPLE CRUMBLE TART	DESSERT	FIXED PRICE DESSER			■			■		■								
AFFOGATO (VEO)	DESSERT	FIXED PRICE DESSER	Vegan option available															
CHOCOLATE BROWNIE ICE CREAM SUNDAE (V)	DESSERT	FIXED PRICE DESSER			■					■						■		
BREAKFAST MENU																		
FULL ENGLISH	BREAKFAST	BREAKFAST			■			■		■						■		■
BIGGER BREAKFAST	BREAKFAST	BREAKFAST			■			■		■						■		■
VEGETARIAN BREAKFAST	BREAKFAST	BREAKFAST			■			■		■						■		■
LIGHTER BREAKFAST	BREAKFAST	BREAKFAST			■			■		■						■		
POACHED EGGS HOLANDAISE BACON	BREAKFAST	BREAKFAST			■			■		■								
POACHED EGGS HOLANDAISE SPINACH	BREAKFAST	BREAKFAST			■			■		■								
KIPPERS & SCRAMBLED EGGS	BREAKFAST	BREAKFAST			■		■	■		■						■		
EGGS ON MUFFIN	BREAKFAST	BREAKFAST			■			■		■								
BREAKFAST BAGUETTE	BREAKFAST	BREAKFAST			■			■								■		
PANCAKES BACON & SYRUP	BREAKFAST	BREAKFAST			■			■		■						■		
KIDS BREAKFAST	BREAKFAST	BREAKFAST			■			■		■						■		
KIDS MENU																		

KIDS KOFTAS STARTER	KIDS	KIDS																
KIDS GARLIC BREAD STARTER	KIDS	KIDS																
KIDS MOZZARELLA DIPPERS + RELISH STARTER	KIDS	KIDS																
KIDS LASHFORDS PORK SAUSAGES (WHOLE DISH)	KIDS	KIDS																
KIDS HANDMADE CHICKEN NUGGETS (WHOLE DISH)	KIDS	KIDS	CAN REMOVE GLUTEN															
KIDS QUORN SAUSAGES & MASH (WHOLE DISH)	KIDS	KIDS																
KIDS CHEESE BURGER (WHOLE DISH)	KIDS	KIDS																
KIDS HAND BATTERED FISH GOUJONS (WHOLE DISH)	KIDS	KIDS	CAN REMOVE GLUTEN															
KIDS SUNDAY ROAST (WHOLE DISH)	KIDS	KIDS																
KIDS PANCAKE & VANILLA ICE CREAM DESSERT	KIDS	KIDS																
KIDS STICKY TOFFEE + CUSTARD DESSERT	KIDS	KIDS																
KIDS PEPPA PIG DESSERT	KIDS	KIDS																