MENU ALLERGEN GUIDE

MENU DATE: NOVEMBER 2023

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 may contain 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 may contain 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
STARTERS & SMALL PLATES																	
SALMON + SPRING ONION FISHCAKE + CUCUMBER + SWEET CHI	STARTER	MAIN STARTER	FRENCH DRESSING CONTAINS MUSTARD														
CHICKEN + HAM HOCK TERRINE + CHUTNEY + LEAVES + CROSTIN	STARTER	MAIN STARTER	GLUTEN FREE BREAD AVAILABLE														
SMALL CHEESE NACHOS, GUAC, SALSA + SOUR CREAM	STARTER	MAIN STARTER															
LARGE CHEESE NACHOS, GUAC, SALSA + SOUR CREAM	STARTER	MAIN STARTER															
HALF ROSEMARY/GARLIC CAMEMBERT + TOAST	STARTER	MAIN STARTER															
CHICKEN + RED ONION + BBQ SAUCE + CHEESE FLATBREAD	STARTER	FLATBREAD															
BRIE + BACON FLATBREAD	STARTER	FLATBREAD															
GARLIC/HERB + CHEDDAR/MOZZARELLA FLATBREAD	STARTER	FLATBREAD															
PORK BELLY BITES + HONEY/APPLE GLAZE	STARTER	SMALL PLATE															
BREAD, OLIVES + DIPPING OIL	STARTER	SMALL PLATE															
PRAWNS & SQUID	STARTER	SMALL PLATE															
CRISPY FRIED CHICKEN WINGS + SWEET/SOUR DIP	STARTER	SMALL PLATE															
CREAMY TARRAGON MUSHROOMS + CRISPY CIABATTA	STARTER	SMALL PLATE	Can be gluten free (Swap ciabatta for GF bread)														
CRISPY TOFU + SWEET CHILLI DIPPING SAUCE VE	STARTER	SMALL PLATE															
CHICKEN + HAM HOCK TERRINE + CHUTNEY + CROSTINIS	STARTER	LUNCH STARTER															
WHITEBAIT + TARTARE SAUCE	STARTER	LUNCH STARTER															
ROASTED ROOT VEGETABLE SOUP + CRUSTY BREAD	STARTER	LUNCH STARTER	Can be gluten free (Swap bread for GF bread)														
NACHOS + CHEESE, GUAC, SALSA + SOUR CREAM	STARTER	LUNCH STARTER															
CHICKEN + HAM HOCK TERRINE + CHUTNEY + CROSTINIS	STARTER	SUNDAY STARTER															
PRAWNS & SQUID	STARTER	SUNDAY STARTER															
HALF CAMEMBERT	STARTER	SUNDAY STARTER															
ROASTED ROOT VEGETABLE SOUP + CRUSTY BREAD	STARTER	SUNDAY STARTER	Can be gluten free (Swap bread for GF bread)														
HOMEMADE CHICKEN + HAM HOCK TERRINE + CHUTNEY + CROS	STARTER	FESTIVE CELEBRATIO	GLUTEN FREE BREAD AVAILABLE														
TARRAGON MUSHROOMS + BRIE TOPPED SOURDOUGH	STARTER	FESTIVE CELEBRATION															
PANKO SALMON + SPRING ONION FISHCAKE + HOLLANDAISE	STARTER	FESTIVE CELEBRATIO	FRENCH DRESSING CONTAINS MUSTARD														
MELON + POMEGRANATE SALAD + MINT/CUCUMBER PESTO	STARTER	FESTIVE CELEBRATIO															
POTTED GAME RILLETTE + DIJON/APPLE SLAW + CROUTONS	STARTER	FESTIVE CELEBRATIO	Can be gluten free (Without croutons)														

MAINS																	
BACON WRAPPED CHICKEN BALLOTINE + MUSHROOM STUFFING	MAINS	FROM THE LAND															
SMALL LASHFORD FAGGOTS + MASH + PEAS	MAINS	FROM THE LAND															
LARGE LASHFORD FAGGOTS + MASH + PEAS	MAINS	FROM THE LAND															
HOMEMADE GAME PIE + CREAMY MASH + PORT GRAVY + VEGET	MAINS	FROM THE LAND															
ROLLED LAMB SHOULDER + RED WINE/BACON/SHALLOT SAUCE	MAINS	FROM THE LAND															
BATTERED KING PRAWNS + CRISPY SQUID + SWEET/SOUR VEGET	MAINS	FROM THE SEA															
SEABASS FILLET + BOMBAY POTATOES + MANGO/CORIANDER SA	MAINS	FROM THE SEA															
SMALL FISH + CHIPS + PEAS	MAINS	FROM THE SEA	if salad also contain Mustard														
LARGE FISH + CHIPS + PEAS	MAINS	FROM THE SEA	if salad also contain Mustard														
FISH PIE + CHEESY MASH + VEG	MAINS	FROM THE SEA															
BATTERED HALLOUMI + HOMEMADE CHIPS + MUSHY PEAS + LEM	MAINS	GARDEN	Can be gluten free batter (Extra Charge)														
CRISPY TOFU + SWEET/SOUR VEGETABLES + RICE + PUFFED NOO	MAINS	GARDEN															
VEGETABLE HOT POT + MEDLEY OF VEGETABLES VE	MAINS	GARDEN															
PLANT BASED BURGER + VEGAN MAYO + FRIES + SALAD	MAINS	GARDEN	Salad contains Mustard														
8OZ SIRLOIN STEAK, MUSHROOM, TOMATO + CHUNKY CHIPS	MAINS	GRILL															
10OZ GAMMON STEAK, MUSHROOM, TOMATO, PINEAPPLE, FRI	MAINS	GRILL															
STEAK BURGER (CHEESE + BACON) SEEDED BUN, MAYO, SALAD +	MAINS	BURGER	Salad contains Mustard														
STEAK BURGER (STILTON + MUSHROOM) SEEDED BUN, MAYO, S	MAINS	BURGER	Salad contains Mustard														
CAJUN CHICKEN BURGER + SEEDED BUN, MAYO, SALAD + FRIES	MAINS	BURGER	Salad contains Mustard														
PAN FRIED LAMBS LIVERS + PEPPERCORN SAUCE + MASH + VEGE	MAINS	LUNCH															
SOUTHERN FRIED CHICKEN BREAST + SEASONED FRIES + SALAD +	MAINS	LUNCH	Salad contains Mustard														
FISH + CHIPS + PEAS	MAINS	LUNCH	if salad also contain Mustard														
CRISPY TOFU + SWEET/SOUR VEGETABLES + RICE	MAINS	LUNCH															
LASHFORDS FAGGOT + MASHED POTATO + MUSHY PEAS + GRAV	MAINS	LUNCH															
ROAST LEG OF PORK + STUFFING	MAINS	SUNDAY	Can be gluten free without Yorkshire Pudding or Stuffing														
SLOW ROASTED BEEF	MAINS	SUNDAY	Can be gluten free without Yorkshire Pudding														
ROAST BREAST OF TURKEY	MAINS	SUNDAY	Can be gluten free without Yorkshire Pudding or Stuffing														
THE THROCKMORTON TRIO	MAINS	SUNDAY	Can be gluten free without Yorkshire Pudding or Stuffing														
PULLED + ROLLED SHOULDER OF LAMB	MAINS	SUNDAY	Can be gluten free without Yorkshire Pudding														
SPINACH/CAULIFLOWER/LENTIL EN CROUTE V	MAINS	SUNDAY															
HOME ROAST TURKEY + GAMMON HAM + ALL THE TRIMMINGS	MAINS	FESTIVE CELEBRATIO	Can be gluten free without Stuffing														
GLAZED BELLY OF PORK + APPLE/THYME RED CABBAGE + CIDER	MAINS	FESTIVE CELEBRATIO															
PAN FRIED SEABASS FILLET + SEAFOOD/LOBSTER BISQUE + CRUS	MAINS	FESTIVE CELEBRATIO															
BRAISED + ROLLED BEEF + BOURGUIGNON SAUCE + PARSNIP CRI	MAINS	FESTIVE CELEBRATIO															
CAULIFLOWER/LENTIL/SPINACH EN CROUTE + ROSEMARY JUS +	MAINS	FESTIVE CELEBRATIO															
GUINEA FOWL + MUSHROOMS + PANCETTA + ROAST POTATOES	MAINS	FESTIVE CELEBRATIO															

SIDES																	
PEPPERCORN SAUCE	SIDE	MAIN SIDE															
HALLOUMI FRIES	SIDE	MAIN SIDE															
GARLIC BREAD	SIDE	MAIN SIDE															
GARLIC BREAD + CHEESE	SIDE	MAIN SIDE															
ONION RINGS	SIDE	MAIN SIDE															
DRESSED SALAD	SIDE	MAIN SIDE															
STEAMED VEGETABLES	SIDE	MAIN SIDE															
CHUNKY CHIPS	SIDE	MAIN SIDE															
SKINNY FRIES	SIDE	MAIN SIDE															
HONEY ROASTED PARSNIPS	SIDE	SUNDAY SIDE															
EXTRA YORKSHIRE PUDDING	SIDE	SUNDAY SIDE															
HOMEMADE CAULIFLOWER CHEESE	SIDE	SUNDAY SIDE															
EXTRA STUFFING	SIDE	SUNDAY SIDE															
SIX PIGS IN BLANKETS	SIDE	SUNDAY SIDE															
EXTRA BOWL OF ROASTIES	SIDE	SUNDAY SIDE															
RED CABBAGE	SIDE	SUNDAY SIDE															
MASH	SIDE	SUNDAY SIDE															
SANDWICHES/ADDITIONAL SNACKS																	
LASHFORD'S SAUSAGES + CHUTNEY	SIDE	SANDWICHES	Gluten free bread avaliable														
BRIE + BACON + CRANBERRY	SIDE	SANDWICHES	Gluten free bread avaliable														
MATURE CHEDDAR + LETTUCE + TOMATO	SIDE	SANDWICHES	Gluten free bread avaliable														
HAND BATTERED FISH FINGERS + TARTARE	SIDE	SANDWICHES	Gluten free bread avaliable														
ROAST MEAT SANDWICH + GRAVY TURKEY	SIDE	SANDWICHES	Gluten free bread avaliable														
ROAST MEAT SANDWICH + GRAVY PORK	SIDE	SANDWICHES	Gluten free bread avaliable														
ROAST MEAT SANDWICH + GRAVY BEEF	SIDE	SANDWICHES	Gluten free bread avaliable														
DESSERTS																	
CHEESE PLATTER, BISCUITS,CHUTNEY, CELERY + WALNUTS	DESSERT	MAIN DESSERT															
ORANGE + CHOCOLATE TART + COINTREAU WHIPPED CREAM V	DESSERT	MAIN DESSERT															
STEAMED TREACLE PUDDING + CUSTARD	DESSERT	MAIN DESSERT															
VANILLA CRÈME BRULEE + THYME SHORTBREAD	DESSERT	MAIN DESSERT															
GRENADINE POACHED PEAR + MANGO SORBET + RASPBERRY CO	DESSERT	MAIN DESSERT															
CHOCOLATE BROWNIE + VANILLA ICE CREAM	DESSERT	MAIN DESSERT															
CINNAMON + APPLE CRUMBLE + CUSTARD	DESSERT	MAIN DESSERT	no milk if vegan icecream														
ICECREAMS	DESSERT	MAIN DESSERT															
CINNAMON + APPLE CRUMBLE + CUSTARD	DESSERT	LUNCH DESSERT	no milk if vegan icecream														
STEAMED TREACLE SPONGE + CUSTARD	DESSERT	LUNCH DESSERT															
VANILLA CRÈME BRULEE	DESSERT	LUNCH DESSERT															
CHOCOLATE SUNDAE	DESSERT	LUNCH DESSERT															
VANILLA CRÈME BRULEE	DESSERT	SUNDAY DESSERT															
CHOCOLATE SUNDAE	DESSERT	SUNDAY DESSERT															
CINNAMON + APPLE CRUMBLE + CUSTARD	DESSERT	SUNDAY DESSERT	no milk if vegan icecream														
STEAMED TREACLE SPONGE + CUSTARD	DESSERT	SUNDAY DESSERT															
TRADITIONAL CHRISTMAS PUDDING + BRANDY SAUCE	DESSERT	FESTIVE CELEBRATIC															
LAYERED LEMON MASCARPONE MOUSSE + STRAWBERRY COMP	DESSERT	FESTIVE CELEBRATIC															
GRENADINE POACHED PEAR + MANGO SORBET	DESSERT	FESTIVE CELEBRATIC															
TWO CHEESE PLATE + BISCUITS + CHUTNEY + WALNUTS	DESSERT	FESTIVE CELEBRATIC															
CHOCOLATE BROWNIE SUNDAE + COOKIE DOUGH ICE CREAM +	DESSERT	FESTIVE CELEBRATIC															

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															
BRERAKFAST SANDWICHES	BREAKFAST	BREAKFAST															
KIDS BREAKFAST	BREAKFAST	BREAKFAST															
KIDS MENU																	
KIDS NACHOS + CHEESE	KIDS	KIDS															
KIDS GARLIC BREAD	KIDS	KIDS															
KIDS HALLOUMI FRIES + RELISH	KIDS	KIDS															
KIDS LASHFORDS PORK SAUSAGES	KIDS	KIDS															
KIDS HANDMADE CHICKEN NUGGETS	KIDS	KIDS	Can be Gluten free														
KIDS QUORN SAUSAGES & MASH	KIDS	KIDS															
KIDS HAND BATTERED FISH GOUJONS	KIDS	KIDS	Can be Gluten free														
KIDS SUNDAY ROAST	KIDS	KIDS															
KIDS WAFFLE & VANILLA ICE CREAM	KIDS	KIDS															
KIDS HARTLEYS JELLY POT + ICE CREAM	KIDS	KIDS															
KIDS PEPPA PIG	KIDS	KIDS															