

## All dishes marked with \* are served with Crusty Bread or Flat Bread & will contain GLUTEN. All salad dishes & dishes with side salad will contain GLUTEN & SULPHITES & MUSTARD **All Allergens For Dishes** Fish Soybeans Milk/Dairy Gluten Crustacens Eggs Peanuts Nuts Celery Mustard Sesame Sulphites Lupin Soya Honey Molluscs **Starters** MAY CONTAIN TRACES IAY CONTAIN TRACES AY CONTAIN TRACES Skins MAY CONTAIN Creamy Garlic Mushrooms х х х TRACES 1AY CONTAIN TRACES MAY CONTAIN **Battered Garlic Mushrooms** х х TRACES MAY CONTAIN Calamari х х х TRACES IAY CONTAI TRACES MAY CONTAIN TRACES AY CONTA TRACES Salt & Pepper Wings х х х х Nacho's х х MAY CONTAIN Haddock Goujons х х х TRACES **Garlic King Prawns** х х BREAD х **Battered King Prawns** х х х х Prawn Cocktail х BREAD х х х х **Moules Marinere** BREAD х Half Rack Ribs X (Buffalo Hot MAY CONTAIN X (JD **Chicken Wings** X (JD Wings) X (JD Wings) TRACES TRACES TRACES Wings) Honey Wings) MAY CONTAIN 1AY CONTAIN **Chicken Goujons** х х х х TRACES TRACES AY CONTAIN TRACES MAY CONTAIN Halloumi Fries х х х TRACES X (Buffalo Hot X (JD X (JD X (JD **Chicken Tenders** х х х Tenders) Tenders) Tenders) Honey Tenders) **Flowering Onion** х х х Loaded Skins х **Baked Camembert** х X (Bread) Salt & Pepper Calamari х х х х SAUCES/TOPPINGS Garlic Mayo х х **BBQ Sauce** Sweet Chilli Hot Chilli Tartare Sauce х х х х Salsa х

х

Guacamole

| $(\mathcal{E})$ | $\mathcal{T}$ | TRAEGARK   |
|-----------------|---------------|------------|
|                 |               | RESTAURANT |
|                 |               | &t 1979    |

| All Allergens For Dishes     | Gluten                          | Crustacens            | Eggs | Fish                  | Peanuts | Soybeans | Milk/Dairy | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Soya | Honey | Molluscs |
|------------------------------|---------------------------------|-----------------------|------|-----------------------|---------|----------|------------|------|--------|---------|--------|-----------|-------|------|-------|----------|
| Jack Daniels                 |                                 |                       |      |                       | х       |          |            | x    |        |         |        |           |       |      |       |          |
| Sour Cream                   |                                 |                       |      |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| Cerole Sauce                 | x                               |                       |      |                       |         |          |            | x    |        |         |        |           |       |      |       |          |
| Pulled Pork(Nachos)          |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Fajita Chicken(Nachos)       |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| PARMESANS                    |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Regular Parmesan Base        | x                               |                       | x    |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| Vegetarian Parmesan Base     | x                               |                       | x    |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| GF Parmesan Base             |                                 |                       | x    |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| Hotshot Parmesan Topping     |                                 |                       |      |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| Pulled Pork Parmesan Topping |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Zacharoff Parmesan Topping   |                                 |                       |      |                       |         |          | x          |      |        |         |        | x         |       |      |       |          |
| Marashala Parmesan Topping   | x                               |                       |      |                       |         |          | x          |      |        |         |        | x         |       |      |       |          |
| STEAKS/SAUCES                |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Sirloin Steak                |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Fillet Steak                 |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Ribeye Steak                 |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| T-Bone Steak                 |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Peppercorn Sauce             | x                               |                       | x    | x                     |         |          | х          |      | x      | x       |        | x         |       | х    |       |          |
| Diane Sauce                  | x                               |                       |      | x                     |         |          | x          |      |        | x       |        | x         |       |      |       |          |
| Blue Cheese                  |                                 |                       |      |                       |         |          | х          |      |        |         |        |           |       |      |       |          |
| Garlic Butter                |                                 |                       |      |                       |         |          | x          |      |        |         |        |           |       |      |       |          |
| SIDES                        |                                 |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Onion Rings                  | x                               | MAY CONTAIN<br>TRACES |      | MAY CONTAIN<br>TRACES |         |          |            |      |        |         |        |           |       |      |       |          |
| Hotshot Chips                | MAY CONTAIN<br>TRACES           | MAY CONTAIN<br>TRACES |      | MAY CONTAIN<br>TRACES |         |          | x          |      |        |         |        |           |       |      |       |          |
| Fries                        | MAY CONTAIN<br>TRACES           |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Roast Potatoes               | MAY CONTAIN<br>TRACES           | MAY CONTAIN<br>TRACES |      | MAY CONTAIN<br>TRACES |         |          |            |      |        |         |        |           |       |      |       |          |
| Chunky Chips                 | MAY CONTAIN<br>TRACES           | MAY CONTAIN<br>TRACES |      | MAY CONTAIN<br>TRACES |         |          |            |      |        |         |        |           |       |      |       |          |
| Hash Browns                  | TRACES<br>MAY CONTAIN<br>TRACES | TRACES                |      | TRACES                |         |          |            |      |        |         |        |           |       |      |       |          |
| Vegetables                   | TRACES                          |                       |      |                       |         |          |            |      |        |         |        |           |       |      |       |          |
| Side Salad                   | x                               |                       |      |                       |         |          |            |      |        | x       |        |           |       |      |       |          |



| All Allergens For Dishes   | Gluten | Crustacens | Eggs | Fish | Peanuts | Soybeans | Milk/Dairy   | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin   | Soya | Honey | Molluscs |
|----------------------------|--------|------------|------|------|---------|----------|--------------|------|--------|---------|--------|-----------|---------|------|-------|----------|
| Coleslaw                   |        |            | x    |      |         |          |              |      |        | x       |        |           |         |      |       |          |
| BURGERS                    |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Beef Patties               |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Chicken                    | x      |            | х    |      |         |          | х            |      |        |         |        |           |         |      |       |          |
| Buns                       | x      |            | x    |      |         |          | х            | x    |        | x       |        |           |         | x    |       |          |
| Gluten Free Buns           |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Gluten Free Ciabatta       |        |            |      |      |         |          |              |      |        | x       |        |           |         |      |       |          |
| American Smash             | x      |            | BUN  |      |         |          | х            | BUN  |        | x       |        |           |         | BUN  |       |          |
| Central Park Burger        | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| JD Burger                  | x      |            | BUN  |      | x       |          | x            | x    |        | BUN     |        |           |         | BUN  |       |          |
| BBQ Cheese & Bacon         | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Pulled Pork Beef Burger    | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Pulled Pork Chicken Burger | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Classic Beef Burger        | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Classic Chicken Burger     | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Tenneessee Chicken Burger  | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Louisiana Hot Burger       | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| Parmo Burger               | x      |            | BUN  |      |         |          | х            | BUN  |        | BUN     |        |           |         | BUN  |       |          |
| FAJITA DIPS                |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Cheese                     |        |            |      |      |         |          | х            |      |        |         |        |           |         |      |       |          |
| Sour Cream                 |        |            |      |      |         |          | х            |      |        |         |        |           |         |      |       |          |
| Guacamole                  |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Salsa                      |        |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Wraps                      | x      |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Mixed Fajitas              | WRAPS  | x          |      |      |         |          | DIPS CONTAIN |      |        |         |        |           |         |      |       |          |
| King Prawn Fajitas         | WRAPS  | x          |      | x    |         |          | DIPS CONTAIN |      |        |         |        |           |         |      |       |          |
| Chicken Fajitas            | WRAPS  |            |      |      |         |          | DIPS CONTAIN |      |        |         |        |           |         |      |       |          |
| Beef Fajitas               | WRAPS  |            |      |      |         |          | DIPS CONTAIN |      |        |         |        |           |         |      |       |          |
| Veggie Fajitas             | WRAPS  |            |      |      |         |          | DIPS CONTAIN |      |        |         |        |           |         |      |       |          |
| KEBABS                     |        |            |      |      |         | ՝<br>    |              |      | ·      |         | ·      | ·         | <u></u> |      | ·     |          |
| Beef Kebab                 | BREAD  |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |
| Chicken Kebab              | BREAD  |            |      |      |         |          |              |      |        |         |        |           |         |      |       |          |



| All Allergens For Dishes | Gluten | Crustacens | Eggs | Fish | Peanuts | Soybeans | Milk/Dairy | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Soya | Honey | Mollusc |
|--------------------------|--------|------------|------|------|---------|----------|------------|------|--------|---------|--------|-----------|-------|------|-------|---------|
| <b>Chicken Tikka</b>     | BREAD  |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Halloumi Kebab           | BREAD  |            |      |      |         |          | x          |      |        |         |        |           |       |      |       |         |
| Mixed Kebab              | BREAD  | x          |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Vegan Kebab              | BREAD  |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| SAUCES                   |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Sweet Chilli             |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Teriyaki                 |        |            |      |      |         | x        |            |      | x      | x       |        | x         |       | x    |       |         |
| Peppercorn Sauce         | x      |            | x    | x    |         | x        |            |      |        |         |        | x         |       | x    |       |         |
| Garlic Butter            |        |            |      |      |         |          | х          |      |        |         |        |           |       |      |       |         |
| Jack Daniels             |        |            |      |      | x       |          |            | x    |        |         |        |           |       |      |       |         |
| Tatziki                  |        |            | x    |      |         |          | x          |      |        |         |        |           |       |      |       |         |
| Louisiana Hot Sauce      |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Garlic Dip               |        |            | x    |      |         |          |            |      |        | x       |        |           |       |      |       |         |
| PIZZA                    |        |            |      |      |         |          |            | 1    |        |         |        |           |       |      |       |         |
| Pizza Base               | X      |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Garlic Pizza             | x      |            |      |      |         |          | x          |      |        |         |        |           |       |      |       |         |
| Margherita Pizza         | x      |            |      |      |         |          | x          |      |        |         |        |           |       |      |       |         |
| BBQ Base                 | x      |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Gluten Free Base         |        |            |      |      |         |          |            |      |        | x       |        |           |       | x    |       |         |
| BBQ Sauce For Pizza      |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| TOPPINGS                 |        |            |      |      |         |          |            |      |        |         |        | 1         |       |      |       |         |
| Basil                    |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Bolognese                |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Peppers                  |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Onion                    |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Mushrooms                |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Pepperoni                |        |            |      |      |         |          | x          |      |        |         |        |           |       |      |       |         |
| Ham                      |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Nduja                    |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Chicken                  |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |
| Fajita Chicken           |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |         |

|          | - CAF |                 | _          |    |     |   |
|----------|-------|-----------------|------------|----|-----|---|
| CET      | ITD / | A (             | <i>P</i> ( | 10 | )1/ | r |
| $C_{GI}$ |       | $ \rightarrow $ | 57         | 1  | X   |   |
| BAR &    | RES   | ΤА              | UR         | А  | Ν   | т |

| All Allergens For Dishes        | Gluten                | Crustacens | Eggs  | Fish  | Peanuts | Soybeans | Milk/Dairy | Nuts  | Celery | Mustard               | Sesame | Sulphites | Lupin | Soya  | Honey | Molluscs |
|---------------------------------|-----------------------|------------|-------|-------|---------|----------|------------|-------|--------|-----------------------|--------|-----------|-------|-------|-------|----------|
| Peppercorn Sauce                | x                     |            | x     | x     |         | x        | х          |       | x      | x                     |        | x         |       | х     |       |          |
| Diane Sauce                     | x                     |            |       | x     |         |          | x          |       |        | x                     |        | x         |       |       |       |          |
| Gravy                           |                       |            |       |       |         |          |            |       |        |                       |        |           |       |       |       |          |
| Henry VIII                      | x                     |            |       |       |         |          | х          |       |        | x                     |        | x         |       |       |       |          |
| Katsu                           | x                     |            |       |       |         | x        | х          |       |        | x                     |        |           |       | х     |       |          |
| Sicillian                       |                       | x          |       | x     |         |          | x          |       |        | x                     |        | x         |       |       |       |          |
| Cerole Sauce                    | x                     |            |       |       |         |          |            |       | x      |                       |        |           |       |       |       |          |
| HOUSE SPECIALS                  |                       |            |       |       |         |          |            |       |        |                       |        |           |       |       |       |          |
| Seabass                         |                       | x          |       | x     |         |          | x          |       |        |                       |        | x         |       |       |       |          |
| Haddock & Chips                 | x                     |            | x     | x     |         |          | х          |       |        | x                     |        |           |       | х     |       |          |
| Salmon with Mussels             | x                     |            |       | x     |         |          | x          |       |        |                       |        | x         |       |       |       | x        |
| Cajun Chicken                   | SAUCE                 |            |       |       |         |          |            | SAUCE |        |                       |        |           |       |       |       |          |
| Katsu Chicken                   | x                     |            | x     |       |         | SAUCE    | x          |       |        | SAUCE                 |        |           |       | SAUCE |       |          |
| Chargrilled Chicken             | MAY CONTAIN<br>TRACES |            |       |       |         |          |            |       |        | MAY CONTAIN<br>TRACES |        |           |       |       |       |          |
| Henry VIII                      | SAUCE                 |            |       |       |         |          | SAUCE      |       |        | SAUCE                 |        | SAUCE     |       |       |       |          |
| Scillian Chicken                | SAUCE                 | SAUCE      |       | ×     |         |          | SAUCE      |       |        | SAUCE                 |        | SAUCE     |       |       |       |          |
| Chicken Diane                   | SAUCE                 |            |       | SAUCE |         |          | SAUCE      |       |        | SAUCE                 |        |           |       |       |       |          |
| Peppered Chicken                | SAUCE                 |            | SAUCE | SAUCE |         |          | SAUCE      |       | SAUCE  | SAUCE                 |        |           |       | SAUCE |       |          |
| Scampi                          | x                     | x          |       |       |         |          |            |       |        |                       |        |           |       |       |       |          |
| King Prawns Main(Garlic Butter) | BREAD                 | x          |       | x     |         |          | x          |       |        | x                     |        |           |       |       |       |          |
| King Prawns Main(Battered)      | x                     | x          |       | x     |         |          |            |       |        | x                     |        |           |       |       |       |          |
| PASTAS                          |                       |            |       |       |         |          |            |       |        |                       |        |           |       |       |       |          |
| Tagliatelle Pasta(Raw)          | x                     |            | x     |       |         | x        |            |       |        | x                     |        |           |       | х     |       |          |
| Lasagne Sheets(Raw)             | x                     |            | x     |       |         | x        |            |       |        | x                     |        |           |       | х     |       |          |
| Spaghetti (Raw)                 | x                     |            |       |       |         | x        |            |       |        | x                     |        |           |       | x     |       |          |
| Penne                           | x                     |            |       |       |         |          |            |       |        | x                     |        |           |       | x     |       |          |
| Tortellini                      | x                     |            | x     |       |         | x        |            |       |        | x                     |        |           |       | х     |       |          |
| Gluten Free Penne               |                       |            |       |       |         |          |            |       |        |                       |        |           | x     |       |       |          |
| Spaghetti Bolognese             | x                     |            |       |       |         | x        |            |       |        | x                     |        |           |       | x     |       |          |
| Tortellini Bolognese            | x                     |            | x     |       |         | x        |            |       |        | x                     |        |           |       | x     |       |          |
| Lasagne                         | x                     |            | x     |       |         | x        | x          |       |        | x                     |        |           |       | x     |       |          |
| Tortellini Gratitanti           | x                     |            | x     |       |         | x        | x          |       |        | x                     |        | x         |       | x     |       |          |



## All dishes marked with \* are served with Crusty Bread or Flat Bread & will contain GLUTEN. All salad dishes & dishes with side salad will contain GLUTEN & SULPHITES & MUSTARD

| All Allergens For Dishes       | Gluten | Crustacens | Eggs | Fish | Peanuts | Soybeans | Milk/Dairy | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Soya | Honey | Molluscs |
|--------------------------------|--------|------------|------|------|---------|----------|------------|------|--------|---------|--------|-----------|-------|------|-------|----------|
| Spaghetti Carbonara            | x      |            | x    |      |         | x        | х          |      |        | x       |        |           |       | x    |       |          |
| Spaghetti Carbonara - Halloumi | х      |            | х    |      |         | x        | х          |      |        | x       |        | x         |       |      |       |          |
| Penne Alfredo                  | х      |            |      |      |         |          | х          |      |        | x       |        |           |       | x    |       |          |
| Chicken & Chorizo Al Forno     | x      |            |      |      |         |          | х          |      |        |         |        |           |       | x    |       |          |
| Spicy Nduja                    | х      |            |      |      |         |          | х          |      |        |         |        |           |       | x    |       |          |
| Pollo Fungi                    | x      |            |      |      |         |          | х          |      |        |         |        |           |       | x    |       |          |
| King Prawn Spaghetti           | x      | х          | х    | x    |         | x        | х          |      |        |         |        | x         |       |      |       |          |
|                                |        |            |      |      |         |          |            |      |        |         |        |           |       |      |       |          |

Please be aware that although some of our dishes don't contain allergens, they are prepared in an environment where allergens are present and although care is taken to avoid any contamination, allergen traces may be found in any of our dishes.