

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

	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk/Dairy	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Soya	Honey	Molluscs
STARTERS																
Garlic Bread	X						X									
Skins	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES												
Creamy Garlic Mushrooms	X	MAY CONTAIN TRACES		MAY CONTAIN TRACES			X			X						
Battered Garlic Mushrooms	X	MAY CONTAIN TRACES		MAY CONTAIN TRACES			X									
Salt & Pepper Wings	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES	MAY CONTAIN	X		MAY CONTAIN			MAY CONTAIN			X		
Nacho's							X									
Haddock Goujons	X	MAY CONTAIN TRACES	IN SAUCE	X			MAY CONTAIN			IN SAUCE				MAY CONTAIN		
Garlic King Prawns	BREAD	X		X			X									
Battered King Prawns	X	X	MAY CONTAIN	X			MAY CONTAIN							MAY CONTAIN		
Prawn Cocktail	BREAD	X		X						MAY CONTAIN IN SAUCE						
Moules Marinere	BREAD			X			X					X				X
Half Rack Of Ribs																
Chicken Wings	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES	X (JD Wings)			X (JD Wings)							X (Buffalo Hot Honey)	
Chicken Goujons	X	MAY CONTAIN TRACES	MAY CONTAIN	MAY CONTAIN TRACES			MAY CONTAIN							MAY CONTAIN		
Halloumi Fries	X	MAY CONTAIN TRACES		MAY CONTAIN TRACES			X									
Chicken Tenders	X	MAY CONTAIN TRACES	X	MAY CONTAIN TRACES	X (JD Tenders)		X	X (JD Tenders)							X (Buffalo Hot Honey)	
Flowering Onion	X	MAY CONTAIN TRACES	X	MAY CONTAIN TRACES			X									
Loaded Potato Skins							X			MAY CONTAIN IN DIP						
Baked Camembert	BREAD						X									
Salt & Pepper Calamari	X			X	MAY CONTAIN			MAY CONTAIN			MAY CONTAIN					
Salt & Pepper Chips					MAY CONTAIN			MAY CONTAIN			MAY CONTAIN			X		
Hotshot Loaded Chips	X						X									
SAUCES/TOPPING																
Garlic Mayo			X							MAY CONTAIN						
BBQ Sauce																
Hot Chilli																
Tartare Sauce			X							X						
Jack Daniels					MAY CONTAIN			MAY CONTAIN								
Sour Cream							X									
Cerole Sauce	X								X							
Peppercorn Sauce	X		MAY CONTAIN	X		MAY CONTAIN	X		MAY CONTAIN	MAY CONTAIN		X		MAY CONTAIN		
Diane Sauce	X			X			X			X		X				
Gravy																
Henry 8th Sauce	X						X			X		X				

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Katsu Sauce	X					X				X				X		
Sicilian Sauce	X	X		X			X			X		X				
Pulled Pork (Nachos)							X									
Fajita Chicken (Nachos)							X									
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				
Marshala Parmesan Topping	X						X					X				
STEAKS																
Sirloin Steak	ONION RING															
Fillet Steak	ONION RING															
T-Bone Steak	ONION RING															
SIDES																
Onion Rings	X	MAY CONTAIN TRACES	MAY CONTAIN	MAY CONTAIN TRACES			MAY CONTAIN							MAY CONTAIN		
Fries	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES												
Roast Potatoes	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES								X				
Chunky Chips	MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN TRACES								X				
Hash Browns	MAY CONTAIN TRACES															
Vegetables																
Side Salad	X									X						
Coleslaw			X							MAY CONTAIN						
BURGERS																
Beef Patty																
Chicken For Chicken Burgers	X		X				X									
Buns	X		X				X				MAY CONTAIN			X		
Gluten Free Buns																
Gluten Free Ciabatta										MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	X		
American Smash	X		BUN				BUN			X	MAY CONTAIN			BUN		
JD Burger	X		BUN		MAY CONTAIN		BUN	MAY CONTAIN		X	MAY CONTAIN			BUN		
BBQ Cheese & Bacon Burger	X		BUN				X			X	MAY CONTAIN			BUN		
Pulled Pork Beef Burger	X		BUN				BUN			X	MAY CONTAIN			BUN		
Pulled Pork Chicken Burger	X		X				BUN			MAY CONTAIN	MAY CONTAIN			BUN		
Classic Beef Burger	X		BUN				BUN			X	MAY CONTAIN			BUN		
Classic Chicken Burger	X		X				BUN			MAY CONTAIN	MAY CONTAIN			BUN		

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Tennessee Chicken Burger	X		X		MAY CONTAIN		X	MAY CONTAIN		MAY CONTAIN	MAY CONTAIN			BUN		
Parm Burger	X		X				X			MAY CONTAIN	MAY CONTAIN			BUN		
FAJITAS / DIPS																
Cheese							X									
Sour Cream							X									
Guacomole																
Salsa																
Wraps	X															
Mixed Fajitas	WRAPS	X		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									
SAUCES																
Sweet Chilli																
Teriyaki	X				MAY CONTAIN	X		MAY CONTAIN						X		
Peppercorn Sauce	X		MAY CONTAIN	X		MAY CONTAIN	X		MAY CONTAIN	MAY CONTAIN		X		MAY CONTAIN		
Garlic Butter							X									
Blue Cheese Sauce							X									
Jack Daniels					MAY CONTAIN			MAY CONTAIN								
Tatziki			X				X									
Louisana Hot Sauce																
Garlic Dip			X							MAY CONTAIN						
PIZZA																
Pizza Base	X															
Marinara Pizza	X															
Margherita Pizza	X						X									
Diavola Pizza	X						X									
American Hot Pizza	X						X								X	
Pizza Pollo	X						X									
Veggie Pizza	X						X									
Calzone	X						X									
Pepperoni Volcano Pizza	X						X									
HOUSE SPECIALS																
Seabass		X		X			X					X				
Haddock & Chips	X		IN SAUCE	X			MAY CONTAIN			IN SAUCE				MAY CONTAIN		
Salmon With Mussels	X			X			X			X		X				X
Cajun Chicken	IN SAUCE								IN SAUCE							
Katsu Chicken	X		X			IN SAUCE				IN SAUCE				IN SAUCE		

[illegible]

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Kids Margherita Pizza	X						X									
Kids Pepperoni Pizza	X						X									
Kids Ham Pizza	X						X									
Kids Spaghetti Bolognese	X					MAY CONTAIN				MAY CONTAIN		X		MAY CONTAIN		
Kids Lasagne	X		X			MAY CONTAIN	X			MAY CONTAIN		X		MAY CONTAIN		
Kids Carbonara	X		X			MAY CONTAIN	X			MAY CONTAIN				MAY CONTAIN		
Fries	MAY CONTAIN	MAY CONTAIN TRACES	MAY CONTAIN TRACES	MAY CONTAIN												
Beans																
Peas																
DESSERTS																
Bakewell Tart	X		X		MAY CONTAIN		X	X						MAY CONTAIN TRACES		
Cornflake Tart	X		X				X							MAY CONTAIN TRACES		
Banana Mctoffee	X						X									
Chocolate Fudge Cake	X		X				X	X						X		
Sticky Toffee Pudding	X		X				X							MAY CONTAIN TRACES		
Totally Toffee Sundae							X									
Oreo Sundae	X						X							X		
Brownie Sundae	X		X				X							MAY CONTAIN TRACES		
Cheesecake OfThe Week	Various *See Staff Members For More Information*															
Brownie OfThe Week	Various *See Staff Members For More Information*															
Cookie Dough	X						X							MAY CONTAIN TRACES		
Oreo Cookie Dough	X						X							X		
Biscoff Cookie Dough	X						X							X		
Kinder Cookie Dough	X						X	X						X		
Vanilla Milkshake							X									
Strawberry Milkshake							X									
Chocolate Milkshake							X									
Oreo Milkshake	X						X							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.