






How To Use

INTRODUCTION

Hello, welcome to our allergy information guide, which details all the dishes that we offer and is designed to help you make decisions on the food and drink that you order.

If you have an allergy to any ingredient, please place your order at the bar and let a member of the team know, even if you have dined with us before. Before ordering, please read the allergy statement on our menu.

Our Allergen Matrix contains a list of all the dishes served in our Lounges. At the top we have listed the 14 declarable allergens for your reference, you can then use the key below to see which allergens are contained in which dishes. At the end of the document (pg. 33-37) you will also find information detailing which of our dishes can be made without 6 other non-declarable allergens (Garlic, Onion, Chilli, Tomatoes, Peas, Other Pulses).

	A RED dot means that the dish contains the specified allergenic ingredient. i.e. The ingredient is not included in the menu description but may be part of a sauce.
	A GREEN highlighted box means the dish can be modified to remove the specific allergenic ingredient. See Modification column and make sure to inform your waiter of your allergy(ies) when ordering at the till.
M	A black M means the dish "May Contain". The term 'May Contain' is used to highlight where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contamination may still be a risk. Cross-contamination happens when traces of allergens get into products accidentally during the manufacturing, handling, transport or storage of foods.
*	A BLUE Asterisk means that the dish is fried in oil that may also be used to fry other dishes that contains the allergen
M*	A black M with a A BLUE Asterisk * means there is a 'May Contain' risk + a fryer cross contamination risk for this allergen.
	VEGETARIAN
	VEGAN
	A PURPLE TICK shows that Made Without dishes have a GF option available - for 14 declarables see GF MENU pg 14.

CORE & KIDS MENU

MENU CATEGORY	DISH	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		SNACKPOT CONTAINS SESAME & GLUTEN																
Kids Snack Pot	Kids GF Snack Pot (No Breadsticks)											•				✓	Ⓥ	
Kids Snack Pot	Kids Snack Pot		WHEAT					M				•	M	M		✓	Ⓥ	
Kids Mains	Kids 3oz Hamburger NO SNACK POT		WHEAT RYE		M			M		M		M	•	•	M			
Kids Mains	Kids Breakfast NO SNACK POT		WHEAT RYE BARLEY		•			•				M	•	•				
Kids Mains	Kids Cheesy Beans on Toast NO SNACK POT		WHEAT RYE BARLEY		M			•				M	•			✓		
Kids Mains	Kids Chicken Strips NO SNACK POT		WHEAT			*		*	*	*								
Kids Mains	Kids Falafel in a Bun NO SNACK POT		WHEAT RYE		M			M		M		•	•		M	✓	Ⓥ	
Kids Mains	Kids Fish Fingers NO SNACK POT		WHEAT			•		*	*	•								
Kids Mains	Kids GF 3oz Hamburger NO SNACK POT				•									•				
Kids Mains	Kids GF Falafel in a Bun NO SNACK POT				•							•				✓		

DRINKS 2021

MENU CATEGORY	DRINKS																TREENUTS	VEGETARIAN	VEGAN	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂						
COCKTAILS	Long Island Spiced Tea																	✓	✓	
COCKTAILS	Mango Tiki Shake																	✓	✓	
COCKTAILS	Melonade Spritz																	✓	✓	
COCKTAILS	Mojito																	✓	✓	
COCKTAILS	Prosecco & Passion Fruit Martini																	✓	✓	
COCKTAILS	Raspberry & Vanilla Martini																	✓	✓	
COCKTAILS	Raspberry Mojito																	✓	✓	
COCKTAILS	Strawberry Sling																	✓	✓	
COCKTAILS	Tennessee Apple Highball																	✓		
COCKTAILS	Watermelon Margarita																	✓	✓	
No & Low	Amalfi Spritz																	✓	✓	
No & Low	Light & Stormy																	✓	✓	
No & Low	Tanqueray 0.0% & Tonic																	✓	✓	

DRINKS 2021

MENU CATEGORY	DRINKS	Allergens																VEGETARIAN	VEGAN	MODIFICATION
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS					
SHOTS	Blackberry Moose Fruit Shot																	✓	Ⓥ	
SHOTS	Pink Grapefruit Moose Fruit Shot																	✓	Ⓥ	
SHOTS	Spiced Peach Moose Fruit Shot																	✓	Ⓥ	
SHOTS	Sambuca																	✓	Ⓥ	
SHOTS	Tequilla Slammer (Don Julio)																	✓	Ⓥ	
SHOTS	Tequilla Slammer (el Jimador)																	✓	Ⓥ	
SHOTS	Tequilla Slammer (Strawberry Cream)							•										✓		
SHOTS	Tequilla Slammer (Coffee)																	✓	Ⓥ	
SHOTS	Moose																	✓	Ⓥ	

DRINKS 2021

MENU CATEGORY	DRINKS																	VEGETARIAN	VEGAN	MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS						
HOMEMADE DRINKS	Pink Lemonade																	✓	✓		
HOMEMADE DRINKS	Rose Garden																	✓	✓		
HOMEMADE DRINKS	Sherbet Lemonade															M		✓	✓		
HOMEMADE DRINKS	Virgin Mango Colada																	✓	✓		
HOMEMADE DRINKS	Virgin Mary	•	BARLEY			•			•								•				
HOMEMADE DRINKS	Watermelon Iced Tea																	✓	✓		
HOMEMADE DRINKS	Banana Milkshake							•										✓			
HOMEMADE DRINKS	Chocolate Milkshake							•										✓			
HOMEMADE DRINKS	Strawberry Milkshake							•										✓			
HOMEMADE DRINKS	Vanilla Milkshake							•										✓			

DRINKS 2021

MENU CATEGORY	DRINKS	Allergens																MODIFICATION	
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME	SOYA	SULPHITES & SO ₂	TREENUTS	VEGETARIAN	VEGAN		
JUICE	Sunpride Orange Juice																		
JUICE	Sunpride Cranberry Juice													•					
JUICE	Eager Pineapple Juice																		
JUICE	Eager Apple Juice																		
COFFEE	Coconut Milk											•				✓	V		
COFFEE	Oat Milk		OATS													✓	V		
COFFEE	Soya Milk											•				✓	V		
COFFEE	Dairy Full Fat milk							•								✓			
COFFEE	Dairy Skimmed Milk							•								✓			
HOMEMADE DRINKS	Banana Milkshake (Marshfield TRIAL)							•								✓			
HOMEMADE DRINKS	Chocolate Milkshake (Marshfield TRIAL)							•								✓			
HOMEMADE DRINKS	Salted Caramel Milkshake (Marshfield TRIAL)							•								✓			
HOMEMADE DRINKS	Strawberry Milkshake (Marshfield TRIAL)							•								✓			

MADE WITHOUT

MENU CATEGORY	DISH	MADE WITHOUT											MODIFICATION
		CEREALS CONTAINING GLUTEN	GARLIC	ONION	CHILLI	TOMATOES	PEAS	OTHER PULSES (BEANS, CHICKPEAS, LENTILS)	FRIED WITH PRODUCTS CONTAINING	VEGETARIAN	VEGAN	GLUTEN FREE OPTION	
BRUNCH	Back Bacon Butty	WHEAT BARLEY					•					✓	Peas = Choose White or Brown Bread only GF = Swap Bread or Brioche Roll for GF Roll
BRUNCH	Breakfast Muffin	WHEAT RYE					•					✓	GF = Swap English Muffin for GF Roll
BRUNCH	Eggs Bacon with chives	WHEAT RYE		•								✓	Onion = Remove Hollandaise Sauce and Chives GF = Swap English Muffin for GF Roll
BRUNCH	Eggs Mushrooms with chives	WHEAT RYE		•						✓		✓	Onion = Remove Hollandaise Sauce and Chives GF = Swap English Muffin for GF Roll
BRUNCH	Eggs Salmon with chives	WHEAT RYE		•								✓	Onion = Remove Hollandaise Sauce and Chives GF = Swap English Muffin for GF Roll
BRUNCH	Eggs Spinach with chives	WHEAT RYE		•						✓		✓	Onion = Remove Hollandaise Sauce and Chives GF = Swap English Muffin for GF Roll
BRUNCH	Lounge Breakfast	WHEAT RYE BARLEY		•		•	•	•	* CHICKPEA PEAS			✓	Onion = Remove Baked Beans and Hash Browns Tomato = Remove Baked Beans and Roasted Tomato Peas = Remove Cumberland Sausage Other Pulses = Remove Baked Beans GF = Swap Bread for GF Roll
BRUNCH	Sausage Butty	WHEAT BARLEY					•					✓	GF = Swap Bread or Brioche Roll for GF Roll
BRUNCH	Streaky Bacon Butty	WHEAT BARLEY					•					✓	Peas = Choose White or Brown Bread only GF = Swap Bread or Brioche Roll for GF Roll
BRUNCH	Vegan Bacon Butty	WHEAT BARLEY					•			✓	✓		Peas = Choose White or Brown Bread only GF = GF roll IS NOT VEGAN , do not offer to swap Bread
BRUNCH	Vegan Sausage Butty	WHEAT BARLEY					•			✓	✓		GF = GF Roll IS NOT VEGAN , do not offer to swap Bread NB: Vegan Sausage contains Pea Fibre
TOASTIE	MWO Grilled Cheese Toastie	WHEAT BARLEY								✓			
TOASTIE	MWO Ham & Cheese Grilled Toastie	WHEAT BARLEY											
Toastie Add Option	Toastie Add Fries						•		* ONION CHICKPEA	✓	✓	✓	NB: Fries contain Pea Protein
Toastie Add Option	Toastie Add Sweet Pot Fries								* ONION CHICKPEA PEAS	✓	✓	✓	

MADE WITHOUT													
MENU CATEGORY	DISH	CEREALS CONTAINING GLUTEN	GARLIC	ONION	CHILLI	TOMATOES	PEAS	OTHER PULSES (BEANS, CHICKPEAS, LENTILS)	FRIED WITH PRODUCTS CONTAINING	VEGETARIAN	VEGAN	GLUTEN FREE OPTION	MODIFICATION
		WHEAT RYE											
BURGERS	MWO Beyond Cheeseburger	WHEAT RYE	•	•	•	•	•	* ONION CHICKPEA	✓	✓	✓		Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries GF = Remove Vegan burger bun, offer Naked Burger NB: Beyond Burger Patty contains Pea Protein
BURGERS	MWO Lounge Bacon Cheeseburger	WHEAT RYE	•	•	•	•	•	* ONION CHICKPEA			✓		Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries GF = Swap Burger Bun for GF Roll NB: Burger Patty contains Pea Protein

MADE WITHOUT

MENU CATEGORY	DISH	MADE WITHOUT											MODIFICATION	
		CEREALS CONTAINING GLUTEN	GARLIC	ONION	CHILLI	TOMATOES	PEAS	OTHER PULSES (BEANS, CHICKPEAS, LENTILS)	FRIED WITH PRODUCTS CONTAINING	VEGETARIAN	VEGAN	GLUTEN FREE OPTION		
BURGERS	MWO Lounge Burger	WHEAT RYE	•	•	•	•	•		*	ONION CHICKPEA			✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries GF = Swap Burger Bun for GF Roll NB: Burger Patty contains Pea Protein
BURGERS	MWO Lounge Cheeseburger	WHEAT RYE	•	•	•	•	•		*	ONION CHICKPEA			✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries GF = Swap Burger Bun for GF Roll NB: Burger Patty contains Pea Protein
NAKED BURGERS	Beyond Cheeseburger NAKED		•	•	•	•	•		*	ONION CHICKPEA	✓	Ⓥ	✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries
NAKED BURGERS	Lounge Bacon Cheeseburger NAKED		•	•	•	•	•		*	ONION CHICKPEA			✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries NB: Burger Patty contains Pea Protein
NAKED BURGERS	Lounge Burger NAKED		•	•	•	•	•		*	ONION CHICKPEA			✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries NB: Burger Patty contains Pea Protein
NAKED BURGERS	Lounge Cheeseburger NAKED		•	•	•	•	•		*	ONION CHICKPEA			✓	Garlic = Remove Side Salad, offer Fries Onion = Remove Side Salad, offer Fries Chilli = Remove Side Salad, offer Fries Tomatoes = Remove Side Salad, offer Fries NB: Burger Patty contains Pea Protein
Burger Side Option	Burger Side Fries						•		*	ONION CHICKPEA	✓	Ⓥ	✓	NB: Fries contain Pea Protein
Burger Side Option	Burger Side Sweet Pot Fries								*	ONION CHICKPEA PEAS	✓	Ⓥ	✓	
Burger Side Option	Burger Side Salad		•	•	•	•					✓	Ⓥ	✓	
MAINS	Mac Cheese	WHEAT		•							✓			NB: Mac Cheese contains Onion Powder
MAINS	Mac Cheese with Bacon	WHEAT		•										NB: Mac Cheese contains Onion Powder
MAINS	Mac Cheese with Spring Greens & Broccoli	WHEAT		•							✓			NB: Mac Cheese contains Onion Powder

MADE WITHOUT													
MENU CATEGORY	DISH												MODIFICATION
		CEREALS CONTAINING GLUTEN	GARLIC	ONION	CHILLI	TOMATOES	PEAS	OTHER PULSES (BEANS, CHICKPEAS, LENTILS)	FRIED WITH PRODUCTS CONTAINING	VEGETARIAN	VEGAN	GLUTEN FREE OPTION	
MAINS	Steak Frites		•				•		* ONION CHICKPEA			✓	Garlic = Remove Garlic Butter
SIDES	Fries						•		* ONION CHICKPEA	✓	✓	✓	NB: Fries contain Pea Protein
SIDES	Fries with Cheese						•		* ONION CHICKPEA	✓		✓	NB: Fries contain Pea Protein
SIDES	House Slaw									✓	✓	✓	
SIDES	Mac Cheese	WHEAT		•						✓			NB: Mac Cheese contains Onion Powder
SIDES	Sweet Pot Fries								* ONION CHICKPEA PEAS	✓	✓	✓	

MADE WITHOUT

MENU CATEGORY	DISH	MADE WITHOUT											MODIFICATION
		CEREALS CONTAINING GLUTEN	GARLIC	ONION	CHILLI	TOMATOES	PEAS	OTHER PULSES (BEANS, CHICKPEAS, LENTILS)	FRIED WITH PRODUCTS CONTAINING	VEGETARIAN	VEGAN	GLUTEN FREE OPTION	
PUDDINGS	Chocolate Sundae	WHEAT								✓		✓	
PUDDINGS	Churros & Two Sauces	WHEAT						* ONION	✓				
PUDDINGS	Mango & Passionfruit Sundae								✓		✓		
PUDDINGS	Sticky Toffee Pudding	WHEAT							✓				
PUDDINGS	Warm Chocolate Brownie	M							✓		✓		
PUDDINGS	Vegan Mango Sorbet								✓	Ⓥ	✓		
CAKES	Blueberry & Lemon Drizzle Loaf Slice	WHEAT							✓				
CAKES	Brownie	M							✓		✓		
CAKES	Carrot Cake Slice	WHEAT					•		✓	Ⓥ			NB: Carrot Cake contains Fava Beans
CAKES	Chocolate & Raspberry Torte Slice						•		✓	Ⓥ	✓		NB: Chocolate & Raspberry Torte contains Lentil Protein
CAKES	Dark Fruity Flapjack Bar								✓	Ⓥ	✓		
CAKES	Tea Cake	WHEAT							✓				