

# ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Boars Head to enjoy our food.

This document contains all of our allergen information.

Our dish descriptions do not mention every ingredient, just ask us if unsure.

**Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free.**

Please always inform waiting staff of an allergy before ordering so we can take extra care preparing your dish.

Should you have specific dietary requirements please ask the restaurant manager for details before you order.

The following pages highlight the known allergen ingredients within our dishes. Please use the following key for identifying the cereals that are within each dish;

W	Wheat
R	Rye
WW	Whole Wheat
WG	Whole Grain
B	Barley
S	Spelt
O	Oats

## **SPECIALS**

We are very proud of the talent within our Kitchen team and as such allow them the opportunity to express themselves within our daily specials by creating exciting fresh dishes taking advantage of our suppliers 'catch of the day' or seasonal produce.

Due to the evolving nature of the specials, our chefs may take a lead from customer feedback and react during service to improve a dish and amend ingredients.

You are welcome to discuss a dish from our specials with a manager on duty in regards to any allergens or intolerances you may have, however due to the nature of how these dishes are created it is likely that you will be advised to choose from our main menu.

## Allergen Matrix

Updated 02.09.19

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Nibbles	Marinated Olives													✓		
Nibbles	Rustic Bread	W,R,B	YES						✓					✓		
Nibbles	Pizette	W	YES						✓		✓			✓		
Deli Sharers	Oriental	W	YES	✓	✓	✓	✓	✓	✓		✓		✓	✓		
Deli Sharers	Fish	W	YES		✓	✓		✓	✓			✓	✓			✓
Deli Sharers	Sizzling Crispy Duck	W	YES					✓	✓				✓	✓		
Starters	Tempura Prawns & Breaded Sea Bass	W	YES	✓	✓	✓			✓							
Starters	Homemade Soup	W, B, R	YES					✓	✓	Walnuts	✓	✓	✓	✓		
Starters	Chargrilled Mackerel Fillet															
Starters	Homemade Chicken Liver Pate	W,B	YES						✓	Pecan, Hazelnuts, Almonds				✓		
Starters	Pan Fried Field Mushroom	W	YES		✓			✓	✓		✓			✓		
Starters	Chicken Baked in Garlic Cream Sauce	W, B, R	YES					✓	✓		✓			✓		
Starters	Popcorn Chilli Chicken	W	YES	✓	✓											
Salads	Crispy Tempura Beef	W	YES					✓					✓			
Salads	Breaded Goats Cheese	W	YES		✓				✓	Walnuts		✓		✓		
Salads	Chargrilled Chicken Caesar	W,B	YES		✓	✓			✓							
Mains	Breaded Chicken Breast	W	YES		✓			✓	✓							
Mains	Slow Roasted Belly Pork	W,B,O	YES					✓	✓					✓		
Mains	Haddock Fillet in Beer Batter	W,B	YES		✓	✓			✓					✓		
Mains	Herb Crusted Lamb Rump	W	YES					✓	✓	Pistachios		✓		✓		
Mains	Sea Bass Fillets			✓		✓			✓							
Mains	Plaice stuffed with Salmon Mousse				✓	✓		✓	✓					✓		
Mains	Beef en croute	W	YES		✓			✓	✓					✓		
Mains	Chicken, Ham & Leek Pie	W	YES		✓			✓	✓					✓		
Vegetarian & Vegan	Moroccan Tofu Skewers	W	YES					✓			✓					
Vegetarian & Vegan	Cannellini Bean & Mushroom Meatball Curry	W	YES								✓	✓		✓		
Vegetarian & Vegan	Vegan Stone Fired Pizza	W	YES					✓			✓			✓		

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Pizza	Chorizo and Pepperoni	W	YES						✓		✓			✓		
Pizza	Margherita	W	YES						✓		✓			✓		
Pizza	Crispy Duck	W	YES					✓	✓		✓		✓	✓		
Pizza	BBQ Chicken	W	YES						✓		✓	✓		✓		
Pizza	Goats Cheese	W	YES						✓		✓			✓		
Chargrill	8oz Rib Eye	W,B	YES			✓								✓		
Chargrill	8oz Fillet	W,B	YES			✓								✓		
Chargrill	10oz Rump	W,B	YES			✓								✓		
Chargrill	Black and Blue Burger	W,B	YES		✓	✓			✓		✓	✓	✓	✓		
Chargrill	Steak Burger	W,B	YES		✓	✓			✓		✓	✓	✓	✓		
Chargrill	Thai Chicken Skewer			✓	✓				✓							
Chargrill	Teriyaki Salmon Skewer	W,B	YES			✓		✓					✓			
Chargrill	Argentinian Beef Skewer				✓									✓		
Chargrill	Pesto Halloumi Skewer								✓							
Lunch	Baked Flatbreads	W	YES						✓				✓	✓		
Lunch	Deep Fried Breaded Whitebait	W	YES		✓	✓										
Lunch	Fried Nacho Chips	W	YES					✓	✓		✓			✓		
Lunch	Chicken Breast & Chorizo Ciabatta	W,B,R	YES		✓				✓					✓		
Lunch	Chargrilled Steak Melt	W,B,R	YES		✓			✓	✓		✓			✓		
Lunch	Smoked Salmon & Prawns on Focaccia	W,B,R	YES	✓	✓	✓					✓	✓		✓		
Lunch	Baked Roasted Red Peppers on Ciabatta	W,B,R	YES		✓				✓					✓		
Lunch	Beer Battered Haddock Goujon Sandwich	W,B	YES		✓	✓								✓		
Lunch	Sizzling Cajun Chicken Fajita	W	YES		✓									✓		
Lunch	Pork & Apple Sausages	W	YES					✓	✓					✓		
Lunch	Chargrilled 8oz Gammon				✓									✓		
Lunch Pizette	Mixed Salad for Pizette											✓		✓		
Lunch Pizette	Caesar for Pizette	W	YES		✓	✓			✓							
Lunch Pizette	Margherita Pizette	W	YES						✓		✓			✓		
Lunch Pizette	Chorizo & Pepperoni Pizette	W	YES						✓		✓			✓		
Lunch Pizette	Crispy Duck Pizette	W	YES					✓	✓		✓		✓	✓		
Lunch Pizette	Goats Cheese Pizette	W	YES						✓		✓			✓		

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Childrens	Soup Starter	W, B, R	YES					✓	✓	Walnuts	✓	✓	✓	✓		
Childrens	Baked Dough Ball Starter	W	ü		✓				✓			✓				
Childrens	Cucumber, Carrot & Red Pepper Crudites												✓			
Childrens	Pan fried Chicken Fillet							✓	✓					✓		
Childrens	Linguini	W	YES								✓			✓		
Childrens	Sausages	W	YES					✓	✓					✓		
Childrens	Burger	W	YES						✓		✓		✓	✓		
Childrens	Haddock Fillet	W,B	YES			✓			✓					✓		
Childrens	Margherita	W	YES						✓		✓			✓		
Childrens	Chicken Salad															
Childrens	Fruit Salad								✓							
Childrens	Chocolate Brownie	W	YES		✓			✓	✓							
Childrens	Ice Cream or Sorbet	W	YES		✓			✓	✓							
Sunday Lunch	Seasonal Soup	W, B, R	YES					✓	✓	Walnuts	✓	✓	✓	✓		
Sunday Lunch	Flat Field Mushrooms	W	YES					✓	✓		✓			✓		
Sunday Lunch	Beer Battered Haddock Goujons	W,B	YES		✓	✓								✓		
Sunday Lunch	Chicken Baked in Garlic & Rosemary Sauce	W,B	YES					✓	✓		✓			✓		
Sunday Lunch	Roast Staffordshire Beef	W	YES		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Honey & Mustard Glazed Roasted Ham	W	YES		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted Chicken Supreme	W	YES		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Best of Both	W	YES		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Vegetarian roast	W	✓		✓			✓	✓		✓			✓		
Sunday Lunch	Poached Haddock					✓			✓					✓		



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Desserts	Passionfruit Cheesecake	W	YES						✓							
Desserts	Key Lime Pie	W	YES		✓				✓							
Desserts	Freshly Made Waffles	W	YES		✓			✓	✓							
Desserts	Lemon Baked Alaska	W	YES		✓				✓							
Desserts	Chocolate Brownie	W	YES		✓			✓	✓							
Desserts	White Choc & Raspberry Cookie Dough	W	YES		✓			✓	✓							
Desserts	Sticky Toffee Pudding	W	YES		✓				✓							
Desserts	Canape Sweet Sharer	W	YES		✓			✓	✓	✓				✓		
Desserts	Ice Cream Selection	W	YES		✓			✓	✓							
Desserts	Cheese Slate	W,B	YES						✓		✓					