



DISHES & THEIR ALLERGEN CONTENT

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FISH	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Captains Choice	✗	✓	✗	✗	✓	✗	✗	✗	M	M	M	✗	✓	✗
Captains Crunch	M	✓	✗	✗	✓	✗	M	✗	M	M	M	✗	✗	✗
Captains Combo	M	✓	✗	✗	✓	✗	M	✗	M	M	M	✗	M	✓
Fish	✗	✓	✗	✗	✓	✗	✗	✗	M	M	M	✗	✓	✗
Special Fish	M	✓	✗	✗	✓	✗	M	✗	M	M	M	✗	M	✓
Scampi	✗	✓	✓	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Fish Cakes	✗	✓	✓	✗	✓	✗	✓	✗	✓	M	M	✗	✗	✗
TRADITIONAL	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Sausage	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✓
Vegan Sausage	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Battered Hamburger	✓	✓	✗	M	✗	✗	M	✗	M	M	M	✗	✓	✓
Pizza	✗	✓	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✓	✗
Pizza Crunch	✗	✓	✗	✗	✗	✗	✓	✗	M	M	M	✗	✓	✗
King Rib	✓	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
King Rib in breadcrumbs	✓	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
White Pudding	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Chop Steak	✗	✗	✗	✗	✗	✗	✗	✗	M	M	M	✗	✗	✗
Smoked Sausage	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Smoked Sausage in Batter	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Steak Pie	✓	✓	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Black Pudding	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Haggis	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Macaroni Cheese	✗	✓	✗	✗	✗	✗	✓	✗	✓	M	M	✗	✗	✗



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BURGERS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
BL Beef Burger	✓	✓	✗	M	✗	✗	✓	✗	✗	M	M	✗	✓	✓
BL Fish Burger	✓	✓	✗	M	✓	✗	✓	✗	M	M	M	✗	✓	✓
Sweet Chilli Chicken Burger	✓	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
Chicken Burger	✓	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
Chicken Burger With Cheese	✓	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
Double Cheeseburger	✓	✓	✗	M	✗	✗	✓	✗	✗	M	M	✗	✓	✓
Cheeseburger	✓	✓	✗	M	✗	✗	✓	✗	✗	M	M	✗	✓	✓
Breakfast Burger	✗	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✗	✗
CHICKEN	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Chicken Breast	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Chicken Breast in Batter	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Chicken Goujons	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Chicken Nuggets	✓	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
BREAKFAST	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
BL Breakfast	✗	✓	✗	✓	✗	✗	✗	✗	M	M	M	✗	✓	✓
King Size Breakfast	✗	✓	✗	✓	✗	✗	✗	✗	M	M	M	✗	✓	✓
Quick Breakfast	✗	✓	✗	✓	✗	✗	✗	✗	M	M	M	✗	✓	✓
Veggie Breakfast	✗	✓	✗	✓	✗	✗	✗	✗	M	M	M	✗	✓	✗
Bacon Roll	✗	✓	✗	✗	✗	✗	M	✗	M	M	M	✗	✗	✗
Sausage Roll	✗	✓	✗	M	✗	✗	M	✗	M	M	M	✗	✓	✓
Black Pudding Roll	✗	✓	✗	✓	✗	✗	✓	✗	M	M	M	✗	✓	✗
Egg Roll	✗	✓	✗	✓	✗	✗	M	✗	✗	M	M	✗	✗	✗
Potato Scone Roll	✗	✓	✗	✗	✗	✗	M	✗	M	M	M	✗	M	✗
Sausage, Egg & Chips	✗	✓	✗	✓	✗	✗	M	✗	M	M	M	✗	✓	✓
Egg & Chips	✗	✓	✗	✓	✗	✗	✗	✗	✗	M	M	✗	✗	✗



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KIDS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Kids Fish Goujons & Chips	✗	✓	✗	✗	✓	✗	✗	✗	✗	M	M	✗	✗	✗
Kids Nuggets & Chips	✓	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Kids Sausage & Chips	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✓
SIDES	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Sausage Eclair	✗	✓	✗	✗	✗	✗	✓	✗	✓	M	M	✗	✓	✓
Onion Rings	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Mozzarella Sticks	✗	✓	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Haggis Fingers	✗	✓	✗	✗	✗	✗	✗	✗	✓	M	M	✗	✓	✗
Jar Of Mussels	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Side Chicken Nuggets	✓	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Side Chicken Goujons	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Sausage	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✓
Side Salad	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
DESSERTS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Deep Fried Mars Bar Sundae	✗	✓	✗	✓	✗	✗	✓	✗	✗	✓	✓	✗	✗	✗
Deep Fried Mars Bar	✗	✓	✗	✓	✗	✗	✓	✗	✗	✓	✓	✗	✗	✗
Ice Cream	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
GLUTEN FREE	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Fish	✗	✗	✗	✗	✓	✗	✗	✗	✗	M	M	✗	✗	✗
Smoked Sausage	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Smoked Sausage in GF batter	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
GF chips & cheese	✗	✗	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
GF Fritter	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗



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CHIPS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Loaded Bacon & cheese chips	✗	✗	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Chips	✗	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Roll & Chips	✗	✓	✗	M	✗	✗	M	✗	✗	M	M	✗	✗	✗
Chips & Gravy	M	✓	✗	✗	✗	✗	M	✗	M	M	M	✗	M	M
Chips & Curry	✗	✓	✗	✗	✗	✗	✗	✗	✓	M	M	✗	✗	✗
Chips & Cheese	✗	✗	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Chips & Coleslaw	✗	✗	✗	✓	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Chips, Cheese & Curry	✗	✓	✗	✗	✗	✗	✓	✗	✓	M	M	✗	✗	✗
Chips, Cheese & Gravy	M	✓	✗	✗	✗	✗	✓	✗	M	M	M	✗	M	M
Chips, Cheese & Coleslaw	✗	✗	✗	✓	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Fritter	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✗
Roll Fritter	✗	✓	✗	M	✗	✗	M	✗	M	M	M	✗	✓	✗
KEBABS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Doner kebab	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Doner wrap	✗	✓	✗	✗	✗	✗	✗	✗	✓	M	M	✗	✓	✗
Hoagie	✓	✓	✗	✓	✗	✗	✓	✗	✓	M	M	✗	✓	✗
Chips & doner	✗	✓	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✓	✗
Chips, cheese & doner	✗	✓	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✓	✗
Kebab Sauce	✓	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗



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EXTRAS	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Mushy Peas	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Heinz Beans	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Sterling Beans	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Cheese	✗	✗	✗	✗	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Coleslaw	✗	✗	✗	✓	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Gravy	M	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	M	M
Curry	✗	✓	✗	✗	✗	✗	✗	✗	✓	M	M	✗	✗	✗
Cheese & Curry Combo	✗	✓	✗	✗	✗	✗	✓	✗	✓	M	M	✗	✗	✗
Cheese & Gravy Combo	✓	✓	✗	✗	✗	✗	✓	✗	✓	M	M	✗	✓	✓
Dry Roll	✗	✗	✗	✓	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Pickled Onion	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
Pickled Gherkin	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Battered pickled onion	✗	✓	✗	✗	✗	✗	✗	✗	M	M	M	✗	✓	✓
Pickled Egg	✗	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Bread & Butter	✗	✓	✗	✓	✗	✗	✓	✗	✗	M	M	✗	✗	✗
Roll & Butter	✗	✓	✗	✓	✗	✗	✓	✗	✗	M	M	✗	✗	✗



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SAUCES	CELERY	GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR
Chocolate Sauce	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗
Raspberry Sauce	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Sweet Chilli Sauce	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Plain Mayonaise	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garlic Mayonnaise	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
Gold Star Tomato Sauce	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Gold Star Brown Sauce	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
AMB Tomato Ketchup	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Heinz Tomato Sauce Sachets	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
HP Sauce Sachets	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Mayonnaise Sachets	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
Tartar Sauce	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
Tartar Sauce Sachets	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	M
Kebab Sauce	✓	✗	✗	✗	✗	✗	✗	✗	✗	M	M	✗	✗	✗
Brown Vinegar	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
White Vinegar	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗