

WELCOME BREAK

HARRY RAMSDEN

Gluten (Containing Cereals)	Celery	Egg	Fish	Crustaceans	Molluscs	Milk	Peanuts / Groundnuts	Tree Nuts	Sesame Seeds	Mustard	Soyabeans	Sulphite (over 10mg/kg)	Lupin
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BREAKFAST & BRUNCH

Floured Breakfast Bap (on its own)	✓		M			M		M	M		✓		
Cholla Breakfast Bap	✓		✓			M			M		✓		
Bacon Rasher	M												
Sausage (breakfast and brunch)	✓											✓	
Black Pudding	✓												
Eggs	M		✓										
Hash Browns	M												
Tomato	M												
Mushrooms	M												
Heinz Baked Beans	M												
White Bread/Toast	✓								M		✓		
Brown Bread/Toast	✓								M		✓		
White Fried Bread	✓								M		✓		
Brown Fried Bread	✓								M		✓		
Butter Portions						✓							
Tiptree Jam or Marmalade													

FISH

Battered Cod	✓		M	✓	M	M				M	M		
Battered Fish Bites	✓		M	✓	M	M				M	M		
Peri Peri Seasoning	✓	M				M				M	M	M	
Jerk Seasoning	✓	M				M				M	✓	M	
Breaded Scampi	✓				✓								
Battered Shrimps (no sauce)	✓		M	M	✓	M				M	M		
Dynamite Sauce	M	✓	✓						M	✓			

CHIP SHOP CLASSICS

Battered Jumbo Sausage	✓		M			M				M	M	✓	
Plain Jumbo Sausage	✓											✓	
Chicken & Ham Pie	✓		✓			✓				✓			
Beef & Ale Pie	✓		✓										

BURGERS & WRAPS

Fish Burger with Sweet Chilli Mayo	✓		✓	✓	M	M			M	✓	✓		
Halloumi Burger with Sweet Chilli Mayo	✓		✓			✓			M	✓	✓		
Fish Wrap with Sweet Chilli Mayo	✓		✓	✓	M	M				✓	✓		
Halloumi Wrap with Sweet Chilli Mayo	✓		✓			✓				✓	✓		
Sweet Chilli Mayo	M		✓							✓			
Halloumi Bites	✓		M			✓				M	M		
Peri Peri Seasoning	✓	M				M				M	M	M	
Jerk Seasoning	✓	M				M				M	✓	M	

LITTLE NIPPERS KIDS MEALS

Little Nippers Battered Fish Bites	✓		M	✓	M	M				M	M		
Little Nippers Chicken Chunks	✓	M	✓	M		M			M	M	M		
Little Nippers Battered Jumbo Sausage	✓		M			M				M	M	✓	
Little Nippers Jumbo Sausage	✓											✓	

CHIPS & SIDES

Chips	M		M	M	M	M				M	M		
Battered Onion Rings	✓		M	M	M					M	M		
Mushy Peas	M												
Gravy	✓	✓									✓		
Curry Sauce	✓	M	M			M				✓	✓	M	
Baked Beans	M												
Floured bread roll	✓								M				
Cholla Bap	✓		✓			M				M	✓		
Heinz Tomato Ketchup	M	✓	M			M				M		M	
Heinz Mayonnaise			✓							✓			
Heinz Tartar Sauce			✓							✓			

DRINKS & DESERTS

Coffee Beans													
Scone (Fruit or Plain)	✓		✓			✓		M					
Clotted Cream						✓							
Tiptree Strawberry Jam													
Carrot Cake	✓		✓			✓		✓			✓		
Chocolate Cake	✓		✓			✓		M			✓		

NB - Due to flour used for batter being present on the premises we can not guarantee that any of our products will be gluten free

Definitely Contains	✓
May Contain	M