The Birds and Bees, Stirling Key

 X – contains allergen

 X\*- can be made without on request

Allergen List

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| STARTERS | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| Caprese Bruschetta | X\* | X\* | X\* |  |  |  | X\* |
| Haggis | X |  |  | X\* |  |  |  |
| Soup | Ask your server |
| Tempura Prawn | X\* |  |  |  |  | X | X\* |
| Garlic Ciabatta | X | X |  |  |  |  |  |
| Baked Camembert | X\* | X |  |  |  |  |  |
| Pulled Pork Nachos |  | X\* |  |  |  |  | X\* |
| Cheese Nachos |  | X\* |  |  |  |  | X\* |
| Beef Chilli Nachos |  | X\* |  |  |  |  | X |
| Shredded Chicken Nachos |  | X\* |  |  |  |  | X |
| Scallops and black pudding  | X\* | X\* |  |  |  | X | X\* |
| Halloumi fries | X\* | X |  |  |  |  |  |
| Smoked Haddock vol au von  | X | X |  |  | X |  | X |
| Manchego & Chorizo croquette | X | X |  | X |  |  |  |
| Pulled pork soft taco | X | X\* |  |  |  |  |  |
| Shredded chicken taco | X | X\* |  |  |  |  | X |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| MAINS | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| Mexican Chilli |  | X\* |  |  |  |  | X |
| Steak pie | X |  |  | X\* |  |  | X |
| Chicken Satay | X | X | X |  |  | X | X |
| Chicken Ecosse  | X\* | X |  |  |  |  |  |
| Peppercorn Chicken | X\* | X |  |  |  |  | X |
| Jambalaya |  | X |  |  |  | X\* |  |
| Chicken Fajita | X | X\* |  |  | X\* | X\* | X\* |
| Beef Fajita | X | X\* |  |  | X\* | X\* | X\* |
| Prawn Fajita | X | X\* |  |  | X\* | X | X\* |
| Veg Fajita | X | X\* |  |  | X\* | X\* | X\* |
| Macaroni Cheese | X | X |  |  |  |  |  |
| Chicken Chimichanga | X | X\* |  |  |  |  | X |
| Pork Chimichanga | X | X\* |  |  |  |  | X\* |
| Veg Chimichanga  | X | X\* |  |  |  |  | X\* |
| Chicken Parmigiana | X | X |  | X |  |  | X |
| Chicken Gyros | X | X |  |  |  |  |  |
| Lamb Cutlets |  | X\* |  |  |  |  | X |
| Mushroom Ravioli | X | X |  | X |  |  | X |
| Hake | X\* | X\* |  | X\* | X |  |  |
| Haddock | X |  |  |  | X |  |  |
| Scampi | X\* |  |  |  |  | X |  |
| Salmon  |  | X\* |  |  | X |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| LUNCH | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| Steak Ciabatta | X |  |  | X\* |  |  |  |
| Tom, mozz, pesto bloomer | X | X | X |  |  |  | X |
| Tuna and cheddar bloomer | X | X |  | X | X |  |  |
| Cam, ham, cran bloomer | X | X |  |  |  |  |  |
| Applewood and tom bloomer | X | X |  |  |  |  |  |
| Baked potato | Ask server about toppings |

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| SIDES AND SAUCES | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| King prawn skewer |  | X\* |  |  |  | X |  |
| Sweet potato fries |  |  |  |  |  |  |  |
| Wedges | X |  |  |  |  |  |  |
| Onion rings | X |  |  |  |  |  |  |
| Coconut rice |  |  |  |  |  |  |  |
| Mushrooms |  |  |  |  |  |  |  |
| Olives |  |  |  |  |  |  |  |
| Peppercorn sauce |  | X |  |  |  |  | X |
| Blue cheese sauce |  | X |  |  |  |  |  |
| Haggis, whisky bacon sauce | X\* | X |  |  |  |  |  |
| Garlic butter |  | X |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| KIDS MENU | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| Beef burger | X |  |  |  |  |  | X |
| Cheeseburger | X | X\* |  |  |  |  | X |
| Mac and cheese | X | X |  |  |  |  |  |
| Tomato pasta | X |  |  |  |  |  | X |
| Pizza | X | X |  |  |  |  |  |
| Chicken nuggets | X |  |  |  |  |  |  |
| Haddock goujons | X |  |  |  | X |  |  |
| Cheese and ham salad | X\* | X\* |  |  |  |  |  |
| Van, strawb, choc ice cream | X\* | X\* |  |  |  |  |  |
| Mint choc ice cream | X\* | X\* |  |  |  |  | X |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| DESSERTS | Gluten | Lactose | Nut | Egg | Fish | Shellfish | Soya |
| Sticky toffee pudding | X | X |  | X\* |  |  |  |
| Banoffee Slice | X | X |  |  |  |  |  |
| Affogato |  | X\* |  |  |  |  |  |
| Cheesecake | X | X |  |  |  |  |  |
| Lemon Meringue Pie | X | X | X | X |  |  |  |
| Kinder bueno tiramisu | X | X | X | X |  |  |  |
| Choc fudge cake | X | X |  | X |  |  | X |
| Ice cream selection | X\* | X\* |  | X\* |  |  | X\* |
| Cheese selection | X\* | X |  |  |  |  |  |