**The Birds and Bees Allergen information**

If you have a food allergy or intolerance, please let a member of staff know before ordering or consuming any food from our menu.

Whilst we take extensive steps to ensure that the list of allergen ingredients in our menus is accurate, **we cannot guarantee that any dish on our menu is completely “free from” any allergen,** but only that it does not contain that allergen as an ingredient. Dishes may be handled and prepared in an environment which contain allergens so there is risk of cross contamination. For certain foods which are deep fried, such as chips, there is an increased risk of cross contamination.

We use genetically modified refined Soyabean oil to cook with in our kitchen, whilst it is generally suitable for customers with a Soya allergy and is not required to be listed as an allergen, please let a member of staff know if you would like your meal to be prepared without it.

If you cannot see your allergy on this list, please speak to a member of staff.

**Key**

X - Menu item contains allergen

X\* - Menu item can be prepared without allergen **on request**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Starters** | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Bruschetta | **X\*** | **X\*** |  |  | **X\*** | **X\*** |  |  |  |  |  |  |  | **X\*** |
| Haggis | **X** |  | **X\*** |  |  |  |  |  |  | **X\*** |  |  |  | **X\*** |
| Soup | **Ask server about today’s soup** | | | | | | | | | | | | | |
| Tempura Prawns | **X\*** |  |  |  |  |  |  |  | **X** | **X\*** |  |  |  |  |
| Garlic Ciabatta | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Camenbert | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Pulled Pork Nachos |  | **X\*** |  |  |  | **X\*** |  |  |  | **X\*** | **X\*** |  |  |  |
| Cheese Nachos |  | **X\*** |  |  |  | **X\*** |  |  |  | **X\*** | **X\*** |  |  |  |
| Beef Chilli  Nachos |  | **X\*** |  |  |  | **X** |  |  |  | **X\*** | **X\*** |  |  |  |
| Shredded Chicken Nachos |  | **X\*** |  |  |  | **X** |  |  |  | **X\*** | **X\*** |  |  |  |
| Scallops | **X\*** | **X\*** |  |  |  | **X\*** |  | **X** |  |  | **X\*** |  |  | **X\*** |
| Halloumi | **X\*** | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Pork Taco | **X** | **X\*** |  |  |  |  |  |  |  |  |  |  |  | **X** |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Chicken Taco | **X** | **X\*** |  |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Manchego Chorizo Croquette | **X** | **X** | **X** |  |  | **X** |  |  |  | **X** |  |  |  | **X\*** |
| Smoked Haddock Vol au Von | **X** | **X** |  |  |  | **X** | **X** |  |  |  | **X** |  |  | **X** |

**Main Courses**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Chilli |  | **X\*** |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Steak Pie | **X** | **X\*** | **X\*** |  |  | **X** |  |  |  |  |  |  |  | **X** |
| Chicken Satay | **X** | **X** |  | **X** |  | **X** |  |  | **X** |  |  |  |  | **X** |
| Chicken Ecosse | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Peppercorn Chicken | **X\*** | **X** |  |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Jambalaya |  |  |  |  |  |  |  |  | **X\*** |  |  |  |  | **X** |
| Chicken Fajita | **X** | **X\*** |  |  |  | **X** | **X** |  |  | **X\*** | **X\*** |  |  | **X** |
| Beef Fajita | **X** | **X\*** |  |  |  | **X** | **X** |  |  | **X\*** | **X\*** |  |  | **X** |
| Prawn Fajita | **X** | **X\*** |  |  |  | **X** | **X** |  | **X** | **X\*** | **X\*** |  |  | **X** |
| Vegetable Fajita | **X** | **X\*** |  |  |  | **X** |  |  |  | **X\*** | **X\*** |  |  | **X** |
| Macaroni Cheese | **X** | **X** |  |  |  |  |  |  |  | **X** |  |  |  |  |
| Chicken Gyros | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Lamb Cutlet |  | **X\*** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Chicken Chimichanga | **X** | **X\*** |  |  |  | **X** |  |  |  | **X** | **X\*** |  |  | **X\*** |
| Vegetable Chimichanga | **X** | **X\*** |  |  |  | **X\*** |  |  |  | **X** | **X\*** |  |  | **X\*** |
| Pork Chimichanga | **X** | **X\*** |  |  |  | **X\*** |  |  |  | **X** | **X\*** |  |  | **X\*** |
| Chicken Parmigiana | **X** | **X** | **X** |  |  | **X** |  |  |  | **X\*** | **X** |  |  | **X** |
| Mushroom Ravioli | **X** | **X** | **X** |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Scampi | **X** |  | **X\*** |  |  |  |  |  | **X** | **X\*** |  |  |  | **X\*** |
| Haddock | **X** |  | **X\*** |  |  |  | **X** |  |  | **X\*** |  |  |  | **X** |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Salmon |  | **X\*** |  |  |  |  | **X** |  |  |  |  |  |  | **X** |
| Hake | **X\*** | **X\*** | **X\*** |  |  | **X** | **X** |  |  |  |  |  |  | **X** |
| Fillet Steak | **X\*** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ribeye Steak | **X\*** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| T-Bone Steak | **X\*** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Burger\* | **X** | **X\*** | **X\*** |  |  | **X** |  |  |  | **X\*** |  |  |  | **X** |
| Veg Burger\* | **X** | **X\*** | **X\*** |  |  |  |  |  |  | **X\*** |  |  |  |  |
| Chicken Breast Burger\* | **X\*** | **X\*** | **X\*** |  |  |  |  |  |  | **X\*** |  |  |  |  |
| Breaded Chicken Burger\* | **X** | **X** | **X** |  |  |  |  |  |  | **X\*** |  |  |  |  |

**\*Ask server about burger toppings**

**Lunch exclusive main courses**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Steak sandwich | **X** |  | **X\*** |  |  |  |  |  |  | **X\*** |  |  |  | **X\*** |
| Baked Pot w/ cheese + pickle | **X** | **X** |  |  |  |  |  |  |  | **X\*** |  |  |  | **X** |
| Baked Pot w/ coleslaw | **X\*** |  | **X** |  |  |  |  |  |  | **X** |  |  |  |  |
| Baked Pot w/ Tuna | **X\*** |  | **X** |  |  |  | **X** |  |  | **X** |  |  |  | **X** |
| Baked Pot w/ Beans | **X\*** |  |  |  |  |  |  |  |  | **X\*** |  |  |  |  |
| Baked Pot w/ Chilli | **X\*** |  |  |  |  | **X** |  |  |  | **X\*** |  |  |  |  |
| Bloomer w/ Ham, Cranberry, Camembert | **X** | **X** |  |  |  | **X** |  |  |  | **X\*** |  |  |  |  |
| Bloomer w/ Tomato, Mozzarella, Pesto | **X** | **X** |  |  | **X** | **X** |  |  |  | **X\*** |  |  |  |  |
| Bloomer w/ Tuna, Cheese | **X** | **X** | **X** |  |  | **X** | **X** |  |  | **X** |  |  |  | **X** |
| Bloomer w/ Applewood, Sun blushed tomato | **X** | **X** |  |  |  | **X** |  |  |  | **X\*** |  |  |  |  |

**Sides and Sauces**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| King prawn skewer |  | **X\*** |  |  |  |  |  |  | **X** |  |  |  |  |  |
| Sweet potato fries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wedges | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Onion rings | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coconut rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fried mushrooms |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olives |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peppercorn sauce |  | **X** |  |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Blue cheese sauce |  | **X** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Haggis + Bacon and whiskey sauce | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Garlic Butter |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Mashed Potato |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |

**Kids Mains + Kids Desserts**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Beef burger | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  | **X** |
| Cheeseburger | **X** | **X** |  |  |  | **X** |  |  |  |  |  |  |  | **X** |
| Macaroni Cheese | **X** | **X** |  |  |  |  |  |  |  | **X** |  |  |  |  |
| Tomato Pasta | **X** | **X\*** |  |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Pizza | **X** | **X** |  |  |  |  |  |  |  | **X\*** |  |  |  |  |
| Chicken nuggets | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Haddock Goujons | **X** |  |  |  |  |  | **X** |  |  |  |  |  |  | **X** |
| Cheese and ham salad | **X\*** | **X** |  |  |  |  |  |  |  | **X\*** |  |  |  |  |
| Vanilla ice cream | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Mint choc ice cream | **X\*** | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Chocolate ice cream | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry ice cream | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |

**Desserts**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Sticky Toffee Pudding | **X** | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  |
| Banoffee slice | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Affogato | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheesecake | **Ask server about today’s cheesecake** | | | | | | | | | | | | | |
| Lemon meringue pie | **X** | **X** | **X** |  | **X** |  |  |  |  |  |  |  |  |  |
| Kinder Tiramisu | **X** | **X** | **X** |  | **X** | **X** |  |  |  |  |  |  |  | **X** |
| Chocolate fudge cake | **X** | **X** | **X** |  |  | **X** |  |  |  |  |  |  |  |  |
| Ice cream selection | **X\*** | **X** | **X\*** |  |  | **X\*** |  |  |  |  |  |  |  |  |
| Cheese selection | **X** | **X** |  |  |  |  |  |  |  | **X\*** |  |  |  | **X\*** |
| Custard side option |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cream side Option |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla ice cream side option | **X\*** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |

**Vegan Starters, Main courses and Desserts**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Tempura Vegetables | **X\*** |  |  |  |  |  |  |  |  |  |  |  |  | **X\*** |
| Cauliflower Wings | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  | **X\*** |
| Bruschetta | **X\*** |  |  |  | **X\*** | **X\*** |  |  |  |  |  |  |  | **X\*** |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| Beef burger | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  | **X\*** |
| Chicken burger | **X** |  |  |  |  | **X** |  |  |  |  | **X** |  |  | **X\*** |
| Vegetable Burger | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  | **X\*** |
| Mediterranean vegetable tart | **X** |  |  |  |  | **X** |  |  |  |  | **X** |  |  | **X** |
| Vegetable Fajita | **X** |  |  |  |  | **X** |  |  |  | **X\*** | **X\*** |  |  | **X** |
| Vegetable chimichanga | **X** |  |  |  |  | **X\*** |  |  |  | **X** | **X\*** |  |  | **X\*** |
| Biscoff Cheesecake | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Sorbet or Ice cream | **Ask server about today’s flavours** | | | | | | | | | | | | | |
| Sticky Toffee | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  | **X** |
| Affogato |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Brownie Torte |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Custard side option |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| **Kids** Quorn chicken nuggets | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kids** fishless fingers | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kids** ice cream or sorbet | **Ask server about today’s flavours** | | | | | | | | | | | | | |

**Gluten & Dairy free menu exclusive items**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Eggs | Peanuts | Other Nuts | Soya | Fish | Molluscs | Crust-  aceans | Mustard | Celery | Sesame | Lupin | Sulphites |
| GF Scampi |  |  | **X\*** |  |  |  |  |  | **X** | **X\*** |  |  |  | **X\*** |
| GF/DF Chicken stir fry |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sorbet | **Ask server about todays flavours** | | | | | | | | | | | | | |
| GF/DF Chocolate Torte |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |