

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Kids Roast Beef ATB Sunday Lunch	Y <small>Whe Bar</small>							M	Y	Y	Y	Y		Y	
Kids Roast Chicken ATB Sunday Lunch	Y <small>Whe Bar</small>							M	Y	Y	Y	Y		Y	
Kids Veg Tart Beef ATB Sunday Lunch	Y <small>Whe Bar</small>						M <small>Alm Brz Cas Haz Mac Pec Pis Wal</small>	M	Y	Y	Y	M		Y	
Roast Beef ATB Sunday Lunch	Y <small>Whe Bar</small>							M	Y	Y	Y	Y		Y	
Roast Chicken ATB Sunday Lunch	Y <small>Whe Bar</small>							M	Y	Y	Y	Y		Y	
Veg Tart ATB Sunday Lunch	Y <small>Whe Bar</small>						M <small>Alm Brz Cas Haz Mac Pec Pis Wal</small>	M	Y	Y	Y	M		Y	

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Lemon Meringue Tart	Y Whe				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	M	Y	Y					
PopDots Stracciatella Bomb	Y Whe						M Haz	Y	M	Y		M			
PopDots Cocoa	Y Whe						M Haz	Y	M	Y		M			
PopDots Strawberry Sensation	Y Whe						M Haz Wal	Y	M	Y		M			
Caramel Meringue								M	Y	Y					
Strawberry Meringue								M	Y	Y					
Homemade Lemon Drizzle Cake	Y Whe								Y	Y					
Homemade Chocolate Brownie	Y Whe							Y	Y	Y					
Victoria Sponge Cake Slice									Y	Y					
Lemon Curd Sponge Cake Slice									Y	Y				Y	
Chocolate Fudge Sponge Cake Slice								Y	Y	Y					
Homemade Tiramisu	Y Whe								Y	Y					
Full English Breakfast	Y Whe									Y	M	M		Y	

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Choice Fried Egg (Lido / ATB Full English)									Y						
Choice Poached Egg (Lido / ATB Full English)									Y						
Choice Scrambled Egg (Lido / ATB Full English)									Y						
Bread Choice Brown (Toast w/ Breakfast)	Y Whe						M Unknown		M	M					
Bread Choice White (Toast w/ Breakfast)	Y Whe														
The Big Full English	Y Whe Bar Oat									Y	M	M		Y	
Choice Fried Egg (The Big Lido / ATB)									Y						
Choice Poached Egg (The Big Lido / ATB)									Y						
Choice Scrambled Egg (The Big Lido / ATB)									Y						
The Veggie Breakfast	M Whe									Y	M	M			
Vegan Breakfast	Y Whe									M	M	M			
Avocado on Sourdough	Y Whe								Y		M	M	Y	Y	
Kids Sandys Breakfast	Y Whe								Y					Y	
Ultimate Breakfast Roll	Y Whe								Y	Y				Y	

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Bacon Roll	Y Whe								Y	Y					
Sausage Roll	Y Whe								Y	Y				Y	
Toast & Preserve										Y					
Bread Choice Brown (Toast & Preserves)	Y Whe						M Unknown		M	M					
Bread Choice White (Toast & Preserves)	Y Whe														
Brioche French Toast Berry Compote	Y Whe						M Alm Haz Pec Pis Wal		Y	Y					
Cereal	Y Whe Bar				Y		Y Haz	M		Y					
Loaded Waffles - Strawberry & Nutella	Y Whe						Y Haz	Y	Y	Y					
Loaded Waffles - Bacon & Syrup	Y Whe							Y	Y	Y					
Loaded Waffles - Honey & Banana	Y Whe							Y	Y	Y					
Add Sausage	Y Whe													Y	
Add Bacon															
Add Black Pudding	Y Whe Bar Oat														

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Add Fried Egg									Y						
Add Scrambled Egg									Y						
Add Poached Egg									Y						
Add Hash Brown	M Whe									M					
Add Beans															
Add Mushroom															
Add Tomato															
New York Croissant Roll	Y Whe						M Alm Haz Wal	M	Y	Y		M			
Grilled Mushrooms & Smashed Avocado	Y Whe										M	M	M		
Granola	Y Oat									Y					
Broccoli & Stilton Soup	Y Whe									Y					
Leek & Potato Soup	Y Whe									Y					
Carrot Ginger & Coriander Soup	Y Whe									Y	M				
Sweet Potato Coconut & Chilli Soup	Y Whe									Y	M				

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Mature Cheddar Sandwich	Y Whe									Y				Y	
Coronation Chicken Sandwich	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y	Y			Y	
Carved Ham & Mature Cheddar Sandwich	Y Whe									Y				Y	
King Prawn Marie Rose Sandwich	Y Whe	Y								Y				Y	
Smugglers Hot Chicken Club	Y Whe									Y				Y	
Croque Madame	Y Whe								Y	Y		Y		Y	
Smoked Vegan Applewood Cheese, Caponata & Red Pesto Toasted Sandwich	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		M	Y			Y	
Add Skin On Fries (ATB Sandwiches)															
Add Cheesy Skin On Fries (ATB Sandwiches)										Y					
Add Cheese & Bacon Skin On Fries (ATB Sandwiches)										Y					
Cheese & Bacon Burger	Y Whe Bar			Y				Y	Y	Y	Y	Y	M	Y	
Moroccan Chicken Salad	Y Whe							M		Y		M	Y	Y	

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Brie & Red Onion Quiche									Y	Y		Y		Y	
Teriyaki Salmon Salad	Y Whe Bar	M		Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	M	M	M	Y	M	
Cheese & Ham Quiche									Y	Y				Y	
Chicken and Chorizo Quiche									Y	Y				Y	
Fish & Chips	Y Whe Bar			Y					Y		M	Y			
Sweet Potato Falafel Mezze Bowl	Y Whe								Y		M	Y	Y	Y	
Minced Beef & Onion Pie	Y Whe Bar							M	Y	Y	M	M		Y	
Chip Shop Chicken Curry Pie	Y Whe Bar							M	Y	Y	Y	M		M	
Chicken, Ham & Leek Pie	Y Whe Bar							M	Y	Y	M	M			
BBQ Pulled Pork Pie	Y Whe Bar							M	Y	Y	Y	Y			
Steak & Ale Pie	Y Whe Bar							M	Y	Y	M	M		M	
Steak & Kidney Pie	Y Whe Bar							M	Y	Y	M	M		Y	
Retro School Pudding	Y Whe							M	Y	Y					

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Baked Alaska Ice Cream Sundae	Y Whe Rye Bar Oat							Y	Y	Y					
Salted Caramel Chocolate Tart	Y Whe				M		Y Alm Brz Cas Haz Pec Pis Wal	Y	M						
Vegan Sticky Toffee Pudding	Y Whe				M		M Alm Haz Pec Wal	Y						Y	
Warm Chocolate Fudge and Ice Cream	M Whe Rye Bar Oat							Y	Y	Y					
Ice Cream Scoop Vanilla	M Whe Rye Bar Oat							M		Y					
Ice Cream Scoop Chocolate	M Whe Rye Bar Oat							Y		Y					
Ice Cream Scoop Strawberry	M Whe Rye Bar Oat							M		Y					
Ice Cream Scoop Salted Caramel	M Whe Rye Bar Oat							M		Y					
Ice Cream Scoop Raspberry Ripple	M Whe Rye Bar Oat							M		Y					
Ellas Kitchen Baby Brekkie Banana Organic	Y Oat									Y					
Ellas Kitchen Chicken Casserole															

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Ellas Kitchen Strawberries & Apples															
Ellas Kitchen Strawberry Greek Yoghurt										Y					
Tomato Soup	Y Whe									Y	Y				
Mature Cheddar Sandwich (Kids ATB)										Y					
Ham & Mature Cheddar Sandwich (Kids ATB)										Y					
Bread Choice Brown (ATB Sandwiches)	Y Whe						M Unknown		M	M					
Bread Choice White (ATB Sandwiches)	Y Whe														
Kids Hummus Starter	Y Whe												Y		
Kids Fish Bites	Y Whe Bar			Y											
Kids Chicken Nuggets	Y Whe														
Kids Burger	Y Whe Rye Bar Oat							Y	Y	Y				Y	
Choice Peas (Kids Menu)															
Choice Baked Beans (Kids Menu)															
Add Cheese Slice (Burger)										Y					

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Kids Penne Rigate & Tomato Sauce	Y Whe Rye Bar Oat						M Alm Cas Haz	M					M	Y	
Sweet Potato Falafel Mezze Bowl (Kids ATB)	Y Whe								Y		M	Y	Y	Y	
A&B Fruit Shoot 200ml (Kids Meal Choice)															
Orange Fruit Shoot 200ml (Kids Meal Choice)															
Retro School Pudding (Kids ATB)	Y Whe							M	Y	Y					
Rainbow Ice Lolly															
Berry Ice Lolly															
Ice Cream & Summer Berry Sundae (Kids ATB)	M Whe Rye Bar Oat							M	Y	Y					
Garlic Ciabatta	Y Whe Rye Bar						M Alm Cas Haz			Y	M		M		
Garlic Ciabatta Cheese	Y Whe Rye Bar						M Alm Cas Haz			Y	M		M		
Side Salad														Y	
Skin On Fries															
Cheesy Skin On Fries										Y					
Side Cheese & Bacon Skin On Fries										Y					
Blueberry Lemonade															

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Mango & Passionfruit Sparkler															
Peach Iced Tea															
Sweet Raspberry Sparkler															
Passion Fruit & Mango Crush Smoothie															
Strawberry Krush Smoothie															
Cafe Frappe										Y					
Chocolate Frappe										Y					
Salted Caramel Frappe										Y					
White Chocolate & Raspberry Frappe										Y					
Ube Frappe										Y					
(Capsule) Americano Black	Y Whe							Y							
(Capsule) Americano Black Decaf	Y Whe							Y							
(Capsule) Americano White	Y Whe							Y		Y					
(Capsule) Americano White Decaf	Y Whe							Y		Y					
(Capsule) Cappuccino	Y Whe							Y		Y					
(Capsule) Cappuccino Decaf	Y Whe							Y		Y					

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(Capsule) Double Espresso	Y Whe							Y							
(Capsule) Double Espresso Decaf	Y Whe							Y							
(Capsule) Espresso	Y Whe							Y							
(Capsule) Espresso Decaf	Y Whe							Y							
(Capsule) Flat White	Y Whe							Y		Y					
(Capsule) Flat White Decaf	Y Whe							Y		Y					
(Capsule) Latte	Y Whe							Y		Y					
(Capsule) Latte Decaf	Y Whe							Y		Y					
(Capsule) Mocha	Y Whe							Y		Y					
(Capsule) Mocha Decaf	Y Whe							Y		Y					
Add Soya Milk								Y							
Add Oat Milk	Y Whe Rye Bar Oat														
Babychino										Y					

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Hot Chocolate (Zhoca)	Y Whe							Y		Y					
Hot Chocolate Kids (Zhoca)	Y Whe							Y		Y					
Deluxe Hot Chocolate (Zhoca)	Y Whe							Y		Y					
S'mores Hot Chocolate (Zhoca)										Y					
White Hot Chocolate										Y					
Billionaire Hot Chocolate (Zhoca)	Y Whe							Y		Y					
Ube Latte										Y					
Ube Latte Decaf										Y					
Iced Ube Latte										Y					
Iced Ube Latte Decaf										Y					
(Capsule) Iced Americano Black															
(Capsule) Iced Americano Black Decaf															
(Capsule) Iced Americano white										Y					
(Capsule) Iced Americano white Decaf										Y					
(Capsule) Iced Latte										Y					
(Capsule) Iced Latte Decaf										Y					

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(Capsule) Iced Biscoff Latte	Y Whe							Y		Y					
(Capsule) Iced Biscoff Latte Decaf	Y Whe							Y		Y					
Caramel Iced Latte (Capsule)										Y					
Caramel Iced Latte Decaf (Capsule)										Y					
Vanilla Iced Latte (Capsule)										Y					
Vanilla Iced Latte Decaf (Capsule)										Y					
Camomile Tea	Y Whe							Y							
Caramel Syrup															
Chai Syrup															
Cinnamon Syrup															
French Vanilla Syrup															
Gingerbread Syrup															
Hazelnut Syrup															
Iced Tea Syrup															
Salted Caramel Syrup															
Pink Guava & Lime Syrup															
Raspberry & Pomegranate Syrup															
Sugar Free Hazelnut Syrup															
Sugar Free Lemon Iced Tea Syrup															

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Sugar Free Vanilla Syrup															
English Breakfast Tea	Y Whe							Y		Y					
Cranberry & Raspberry Tea															
Lemon & Ginger Tea															
De-Caf Tea	Y Whe							Y		Y					
Earl Grey Tea	Y Whe							Y		Y					
Extra Milk										Y					
Glass of Milk										Y					
Green Tea	Y Whe							Y							
Marshmallows								M		M					
Peppermint Tea															
Take-Away Coffee Cup															
Whipped Cream										Y					

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts