

## **Allergen statement**

*Please speak to your server before ordering if you suffer from any food allergies or intolerances as not all ingredients are listed in our menu descriptions. You have been provided with this allergen guide so that you can make an informed choice about the dishes that you order. Whilst every effort is made to minimise cross-contamination our ingredients are manufactured and our dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free.*

*Where a dish 'contains' one or more allergens, this is where they are present as an intentional ingredient.*

*Where a dish 'may contain' an allergen, this is where our supplier has told us that the ingredient is produced in a factory where this allergen is handled and there is a significant risk of cross-contamination.*

*The ingredients within our dishes which are deep-fried will be cooked in the same fryers as other ingredients which may contain allergens and there may be a risk of cross-contamination.*

*Please check the allergen information every time you visit our restaurant because we may have changed the recipe or the ingredients of one or more of our dishes.*

*By ordering your meal using this guide:*

- ✓ You agree to advise your server if you suffer from a food allergy or intolerance.*
- ✓ You confirm your understanding that due to the products that we handle in our kitchens and the processes we use for cooking, we cannot guarantee that any of your dishes will be completely free from allergens.*

# Menu FIR Intolerance Report

## Harry Ramsdens Full Restaurants Drink Menu

Dish Name	Cereals containing Gluten :										Tree Nuts :														
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites

### Cocktails

Harrys - Pimms Actual																											
Harry's Cocktail - Bloody Mary																						✓					
Harry's Cocktail - Cosmopolitan																											
Harry's Cocktails - Mojito																											
Harry's Cocktails - Passion Martini																											
Harry's Cocktails - Pina Colada											✓																
Harry's Cocktails - Strawberry Daiquiri																											

### Beers

Harrys - Budweiser Prohibition	✓				✓																						
Harrys - Crabbies Ginger Beer	✓				✓																						
Harry's - Doombar	✓				✓																						
Harrys - Peroni	✓				✓																						
Harrys - Rekorderlig Strawberry Lime																										✓	

### Wine

Harrys - Ayrum Tempranillo Tinto																									✓	✓	
Harrys - Brancott Sauvignon Blanc																									✓	✓	
Harrys - Imperativo																									✓	✓	
Harrys - Monte Verde Merlot																									✓	✓	
Harrys - Thorns Chardonnay											✓	✓													✓	✓	



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Harrys - Hendricks Slimline Tonic																											
Harry's - Plymouth Gin																											
Harrys - Plymouth Gin Slimline Tonic																											
single - BAILEYS												✓															
single - TIA MARIA																											
<b>Hot Drink</b>																											
Harry's - Bailey's Latte												✓															
Harry's - Chai Tea																											
Harry's - Chamomile Tea																											
Harry's - Coffee																											
Harry's - Earl Grey																											
Harry's - Green Tea																											
Harry's - Hot Chocolate Actual												✓															
Harry's - Hot Chocolate with Cream												✓															
Harry's - Milk												✓															
Harry's - Peppermint Tea																											
Harry's - Rooibos Tea																											
Harry's - Yorkshire Tea																											

**Dish Name**

Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
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**STARTERS**

WINTER 17 BREADED BRIE WEDGES	✓	✓									✓	✓	✓			✓							✓				
WINTER 17 CHICKEN TENDERS	✓	✓																				✓	✓				
WINTER 17 FISH BITES FORKS REST	✓	✓					✓			✓	M	M											✓	✓			
WINTER 17 GLAZED CHICKEN SKEWER											✓																
WINTER 17 HARISSA NUTS													✓	✓			✓					✓					
WINTER 17 HARRYS CHIP SHOP PLATTER	✓	✓			✓		✓	✓	✓	✓	M	✓		✓			✓						M	✓	M	M	
WINTER 17 MARINATED OLIVES																											
WINTER 17 MIX SOUP	✓	✓			M						✓	✓										✓	✓	M			
WINTER 17 PLAIN NACHOS	✓	✓			M					✓	✓	✓											✓	✓		M	
WINTER 17 PRAWN COCKTAIL	✓	✓			✓		✓	✓		✓		✓											✓	✓			
WINTER 17 SALT AND PEPPER SQUID BITES	✓	✓					✓		✓	✓		✓											✓	✓			

**FISH & CHIPS**

WINTER 17 FILLET PLAICE	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
WINTER 17 LARGE COD REST	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
WINTER 17 LARGE HADDOCK REST	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
WINTER 17 REGULAR COD REST	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
WINTER 17 REGULAR HADDOCK REST	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
WINTER 17 WHOLETAIL SCAMPI REST	✓	✓					✓			✓													✓	✓		✓
XXXL HARRYS COD	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓
XXXL HARRYS HADDOCK	✓	✓			M	✓				✓	✓	✓											✓	✓	M	✓

**MAINS**

**Dish Name**

Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										
Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame

WINTER 17 BATTERED SAUSAGE MEAL	✓	✓								M	✓	M																	
WINTER 17 BBQ CHICKEN BURGER	✓	✓			✓					✓	✓	✓											✓	✓	M	✓			
WINTER 17 BEEF MUSHROOM PIE	✓	✓			✓					✓	✓	✓																	
WINTER 17 CHEESE BURGER	✓	✓			✓					✓	✓	✓											✓	✓	M	✓			
WINTER 17 CHICKEN HAM PIE	✓	✓								✓	✓	✓												✓					
WINTER 17 DOUBLE CHEESE BURGER CHILLED CHIPS	✓	✓								✓	✓	✓											✓	✓	M	✓			
WINTER 17 FISH CURRY REST	✓	✓					✓			M	M	✓								M	✓	✓	✓	M					
WINTER 17 FOUR CHEESE PIE	✓	✓								✓	✓	✓																	
WINTER 17 GRILLED HALLOUMI BURGER	✓	✓								✓	✓	✓										✓	✓	M	✓				
WINTER 17 HUNTERS CHICKEN	✓	✓			✓					M	✓	✓										✓	✓						
WINTER 17 JUMBO SAUSAGE	✓	✓								M	✓	M																✓	
WINTER 17 SEABASS BASIL PESTO REST	M	M			M		✓			✓	M	✓	✓							✓	✓	M	M	M					
WINTER 17 SWEET CHILLI FISH BURGER	✓	✓			M		✓			✓	✓	M											✓	M	M				

**LIGHTER MAINS**

WINTER 17 CHICKEN CAESAR SALAD REST	✓	✓					✓			✓	✓	✓	M															M
WINTER 17 FISH CAESAR SALAD REST	✓	✓					✓			✓	M	✓														✓		
WINTER 17 FISH CURRY REST	✓	✓					✓			M	M	✓							M	✓	✓	✓	M					
WINTER 17 FISHCAKES WITH RICE	✓	✓					✓			✓	✓	✓								✓	✓	✓						
WINTER 17 PLAIN CAESAR SALAD REST	✓	✓					✓			✓	✓	✓	M														M	
WINTER 17 SEABASS							✓			✓		✓								✓								

**SIDES**

WINTER 17 BAKED BEANS REST																												
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Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :																	
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin				
WINTER 17 BREAD AND BUTTER	✓	✓			M						✓	✓																M		
WINTER 17 CREAMY MASH												✓	✓																	
WINTER 17 CURRY SAUCE REST	✓	✓									✓	M															M	✓		
WINTER 17 DOUBLE COOKED CHIPS REST																														✓
WINTER 17 GRAVY REST											✓	✓																		
WINTER 17 HARRYS ONION RINGS REST	✓	✓								M	M	M																M		
WINTER 17 HOUSE SALAD BOWL																														
WINTER 17 MUSHY PEAS REST																														
WINTER 17 PICKLED GHERKINS REST																														✓
WINTER 17 PICKLED ONIONS REST	✓					✓																								✓
WINTER 17 SIDE SLAW										✓																		✓		
<b>KIDS MENU</b>																														
WINTER 17 KIDS CHEESEBURGER							M			✓	M	✓																M		✓
WINTER 17 KIDS CHICKEN CHUNKS	✓	✓								✓		✓																		✓
WINTER 17 KIDS FISH BURGER	✓	✓					✓			✓		M	M														✓	M		✓
WINTER 17 KIDS MAC N CHEESE	✓	✓		✓	✓	✓				✓	✓	✓																		✓
WINTER 17 KIDS SAUSAGE	✓	✓									✓																			✓
WINTER 17 KIDS WRAP REST	✓	✓					✓			M	M	M															✓	M		✓
<b>KIDS DESSERT</b>																														
WINTER 17 KIDS COOKIE N CREAM ICECREAM	✓	✓								✓	✓	✓																		
WINTER 17 KIDS JELLY N ICECREAM												✓																		✓
<b>DESSERTS</b>																														

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :											Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut										
WINTER 17 BREAD AND BUTTER PUDDING	✓	✓			M	M	M			✓	M	✓	M																M	✓
WINTER 17 ETON MESS										✓		✓																		
WINTER 17 HOT BROWNIE RESTAURANT/ASR										✓	✓	✓	M																	
WINTER 17 KNICKERBOCKER GLORY (AMEND)										✓	✓	✓																		
WINTER 17 SHARING SUNDAE (CHOCOLATE)	✓	✓			✓					✓	✓	✓	M											M		M	✓			
<b>BREAKFAST</b>																														
HR BACON BAP	✓	✓								✓	✓	✓																✓	M	
HR BEANS ON TOAST	✓	✓			M					✓	✓	✓																M		
HR EGGS ON TOAST	✓	✓			M					✓	✓	✓																M		
HR FULL ENGLISH BAP	✓	✓								✓	✓	✓																M	✓	
HR FULL ENGLISH BREAKFAST	✓	✓			M					✓	✓	✓																M	✓	
HR KIDS BREAKFAST	✓	✓			M					✓	✓	M																M	✓	
HR SAUSAGE BAP	✓	✓								✓	✓	✓														✓		M	✓	
HR SCRAMBLED EGGS ON TOAST	✓	✓			M					✓	✓	✓																M		
HR TOAST	✓	✓			M						✓	✓																M		
HR TRADITIONAL BREAKFAST	✓	✓								✓	✓	M																	✓	
HR VEGGIE BAP	✓	✓								✓	✓	✓														✓		M		
HR VEGGIE BREAKFAST	✓	✓			M					✓	✓	✓														✓		M		



