

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

HARRYS ASR MENU 2018 - WEST QUAY



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	Lupin

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	✓	

LIGHT BITES

WINTER 17 CHICKEN CAESAR SALAD REST	✓	✓							✓		✓											✓			
WINTER 17 CLASSIC CAESAR SALAD REST	✓	✓							✓		✓											✓			
WINTER 17 FISH CAESAR SALAD REST	✓	✓					✓		✓	M	✓											✓			
WINTER 17 FISH CURRY REST	✓	✓					✓		M	M	✓									M	✓	✓	M		
WINTER 17 FISHBITE CLASSIC WRAP Tartare	✓	✓					✓		✓	M	M											✓		✓	
WINTER 17 FISHCAKES WITH RICE	✓	✓					✓		✓		✓										✓	✓			
WINTER 17 SPICY JERK RICE REST	✓	✓				M	✓		✓	✓	✓										✓	✓		✓	
WINTER 17 SPICY PIRI PIRI FISH BITES RICE	✓	✓				M	✓		✓	✓	✓										✓	✓		M	

CHIP SHOP CLASSICS

WINTER 17 BATTERED SAUSAGE MEAL	✓	✓							M	✓	M											M		✓	
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Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										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	Peanuts	Celery			Mustard	Sesame	
WINTER 17 BBQ CHICKEN BURGER	✓	✓			✓					✓	✓	✓											✓	✓	M	✓	
WINTER 17 CHEESE BURGER	✓	✓								✓	✓	✓											✓	✓	M	✓	
WINTER 17 DOUBLE CHEESE BURGER CHILLED CHIPS	✓	✓								✓	✓	✓											✓	✓	M	✓	
WINTER 17 GRILLED HALLOUMI BURGER	✓	✓								✓	✓	✓											✓	✓	M	✓	
WINTER 17 JUMBO SAUSAGE	✓	✓								M	✓	M												✓		✓	
WINTER 17 SWEET CHILLI FISH BURGER	✓	✓			M	✓				✓	✓	M												✓	M	M	
PIES OF THE DAY																											
WINTER 17 BEEF MUSHROOM PIE	✓	✓			✓					✓	✓	✓															
WINTER 17 CHICKEN HAM PIE	✓	✓								✓	✓	✓												✓			
WINTER 17 FOUR CHEESE PIE	✓	✓								✓	✓	✓															
SIDES																											
WINTER 17 BAKED BEANS REST																											
WINTER 17 BREAD AND BUTTER	✓	✓			M					✓	✓													M			
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										✓														✓			

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										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	Peanuts	Celery			Mustard	Sesame	
WINTER 17 TOPPED CHIPS CHEESE												✓													✓		
KIDS MENU MAINS																											
WINTER 17 KIDS CHEESEBURGER							M			✓	M	✓													M	✓	✓
WINTER 17 KIDS CHICKEN CHUNKS	✓	✓								✓		✓														✓	✓
WINTER 17 KIDS MAC N CHEESE	✓	✓		✓	✓	✓				✓	✓	✓														✓	✓
WINTER 17 KIDS SAUSAGE	✓	✓									✓															✓	✓
WINTER 17 KIDS WRAP REST	✓	✓					✓			M	M	M												✓	M	✓	✓
KIDS MENU DESSERT																											
WINTER 17 KIDS COOKIE N CREAM ICECREAM	✓	✓								✓	✓	✓															
WINTER 17 KIDS JELLY N ICECREAM												✓														✓	
DESSERTS																											
WINTER 17 BREAD AND BUTTER PUDDING	✓	✓		M	M	M				✓	M	✓	M												M	✓	
WINTER 17 DOUGHNUT SANDWICH (CHCOCO)	✓	✓								✓	✓	✓	M									M			M		
WINTER 17 DOUGHNUT SANDWICH STRAWBERRY SUPRISE	✓	✓								✓	✓	✓													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	✓	
WINTER 17 SOFT SERVE STATION	M											✓															
STARTERS																											
WINTER 17 HARISSA NUTS													✓	✓			✓					✓					

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	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

WINTER 17 MARINATED OLIVES																											
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BREAKFAST

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		

