

## HARRY RAMSDEN'S GROUP FSR/ASR ALLERGENS GY

*The following applies to the below chart and is a guideline only:-*

DISHES	✓ = Contains					? = may contain				No Allergic Ingredients					
															
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Can Be Made Gluten Free
<b>STARTERS</b>															
CHIP SHOP PLATTER	✓	✓	?	✓	✓		✓	?	✓	?	?	?	✓	✓	
CHICKEN WINGS	✓	?	?	✓	?		✓	?	✓	?	?	?	?	?	
HALLOUMI BITES	?	✓	?	✓	?		✓	?	✓	?	?	?	✓	✓	
FRICKLES	?	✓	?	✓	?		✓	?	✓	?	?	?	✓	✓	
PRAWNS	✓	✓	✓	✓	?		✓	?	✓	?	?	?	✓	?	
PRAWN COCKTAIL	✓	✓	✓	✓	?		✓	?	✓	?	?	?	✓	?	
<b>CHIP SHOP CLASSICS</b>															
BREADED WHOLETAIL SCAMPI	?	✓	✓	✓	?		?	?	✓	?	?	?	?	✓	
FISH BITES	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
JUMBO SAUSAGE - PLAIN (FAS)	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
JUMBO SAUSAGE - BATTERED (FAS)	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
HADDOCK LEEK & CHEDDAR F/CAKES	?	✓	?	✓	✓		✓	?	✓	?	?	?	?	✓	
HOMEMADE FISHCAKES	?	✓	?	✓	✓		✓	?	✓	?	?	?	?	✓	
<b>KENTISH MAYDE - With Chips, Peas + Gravy</b>															
PIE - STEAK & KIDNEY (FAS)	?	✓	?	✓	?		?	?	✓	?	?	?	?	✓	
PIE - STEAK & ALE (FAS)	?	✓	?	✓	?		?	?	?	?	?	?	?	✓	
PIE - STEAK & MUSHROOM (FAS)	✓	✓	?	✓	?		?	?	?	?	?	?	?	✓	
PIE - CHICKEN & MUSHROOM (FAS)	?	✓	?	✓	?		✓	?	?	?	?	?	?	✓	
PIE - SPICY BUTTERBEAN (FAS)	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
MASH POTATO		?					✓							?	
<b>MAINS</b>															
CAESAR SALAD	?	✓	?	✓	?		✓	?	?	?	?	?	✓	?	
CAESAR with Fish Bites	?	✓	?	✓	✓		✓	?	?	?	?	?	✓	?	
CAESAR with Chicken	✓	✓	?	✓	?		✓	?	?	?	?	?	✓	?	
CAESAR with Halloumi	?	✓	?	✓	?		✓	?	✓	?	?	?	✓	✓	
GREEK SALAD							✓								
COD BURGER	?	✓	?	✓	✓	?	✓	?	✓	?	?	?	✓	✓	
BBQ CHICKEN BURGER	✓	✓	?	✓	?	?	✓	?	✓	?	?	?	✓	✓	
HALLOUMI BURGER	?	✓	?	✓	?	?	✓	?	✓	?	?	?	✓	✓	

Allergens considered in this book are those recognised as per The Food Information Regulations 2014: celery & celeriac; cereals containing gluten (wheat, barley, rye, spelt and kamut); crustaceans; eggs; fish; lupin; milk; molluscs; mustard; tree nuts; peanuts; sesame; soya and sulphur dioxide. Please ask a member of staff if you have allergies other than these and we can guide accordingly.

**Review date:** \_\_\_\_\_

**Reviewed by** \_\_\_\_\_

## FSR/ASR ALLERGENS GY

*The following applies to the below chart and is a guideline only:-*

DISHES	✓ = Contains					? = may contain				No Allergic Ingredients					
<b>CLUB 60</b>															
FISH & CHIPS	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
+TEA OR COFFEE							✓								
BREAD & BUTTER PUDDING		✓		✓			✓			?	?	?	?	✓	
VANILLA ICE CREAM							✓								
<b>FAMOUS FISH &amp; CHIPS</b>															
COD & CHIPS	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
HADDOCK & CHIPS	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
HAKE & CHIPS	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
PLAICE	?	✓	?	✓	✓		?	?	✓	?	?	?	?	✓	
SAILORS SUPPER	?	✓	?	✓	✓		✓	?	✓	?	?	?	✓	✓	
<b>SIDE KICKS</b>															
CHUNKY CHIPS	?	?	?	?	?		?	?	?	?	?	?	?	✓	
BREAD & BUTTER		✓					✓						✓		
ONION RINGS	?	✓	?	?	?		?	?	?	?	?	?	?	?	
MUSHY PEAS															
GARDEN PEAS															
GRAVY	?	✓					?		?			?	?		
CURRY SAUCE	✓	✓					?		✓				✓	?	
GHERKINS		✓							✓					✓	
PICKLED ONIONS		✓												✓	
BAKED BEANS															
SIDE SALAD															
PICKLED EGG				✓											
HALLOUMI BITES	?	✓	?	✓	?		✓	?	✓	?	?	?	✓	✓	
JUMBO SAUSAGE PLAIN	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
JUMBO SAUSAGE BATTERED	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
VEG SAUSAGE	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
SCAMPI PORTION	?	✓	✓	?	?		?	?	?	?	?	?	?	?	
HOMEMADE TARTARE SAUCE	?	?	?	✓	?		?	?	✓	?	?	?	?	✓	
<b>DESSERTS</b>															
ETON MESS				✓			✓								
LUXURY CHOCOLATE FUDGE CAKE		✓		✓			✓			?	?	?	✓	✓	
APPLE AND CINNAMON PIE		✓		✓			?			?	?	?	✓	✓	
STICKY TOFFEE PUDDING		?		✓			✓			?	?	?	?	?	
BAKED AMERICAN CHEESECAKE		✓		✓			✓			?	?	?	✓	?	
With Vanilla ice cream		?					✓			?	?		?		
With custard		?					✓			?	?		?		

Allergens considered in this book are those recognised as per The Food Information Regulations 2014: celery & celeriac; cereals containing gluten (wheat, barley, rye, spelt and kamut); crustaceans; eggs; fish; lupin; milk; molluscs; mustard; tree nuts; peanuts; sesame; soya and sulphur dioxide. Please ask a member of staff if you have allergies other than these and we can guide accordingly.

**Review date:** \_\_\_\_\_

**Reviewed by** \_\_\_\_\_

## FSR/ASR ALLERGENS GY

*The following applies to the below chart and is a guideline only:-*

✓ = Contains

? = may contain

No Allergic Ingredients

DISHES															
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Can Be Made Gluten Free
<b>ICE CREAM SCOOPS</b>															
Vanilla							✓						?		
Strawberry							✓						?		
Chocolate							✓						✓		
<b>KID'S MEALS</b>															
<b>MAINS</b>															
KID'S CHICKEN CHUNKS	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
KID'S SAUSAGE - plain	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
KID'S SAUSAGE - battered	?	✓	?	?	?		?	?	?	?	?	?	✓	✓	
KID'S FISHCAKE	?	✓	?	?	✓		✓	?	✓	?	?	?	?	✓	
KID'S FISH BITES	?	✓	?	?	✓		?	?	?	?	?	?	?	✓	
<b>SIDES</b>															
CHIPS	?	?	?	?	?		?	?	?	?	?	?	?	✓	
MASH		?					✓							?	
BAKED BEANS															
GRAVY	?	✓					?		?				?	?	
MUSHY PEAS															
SIDE SALAD															
<b>DESSERTS</b>															
VANILLA ICE CREAM SCOOP		?					✓			?	?		?		
KIDS CHOCOLATE BROWNIE + I/CREAM		?		✓			✓			?	?	?	✓	?	

Allergens considered in this book are those recognised as per The Food Information Regulations 2014: celery & celeriac; cereals containing gluten (wheat, barley, rye, spelt and kamut); crustaceans; eggs; fish; lupin; milk; molluscs; mustard; tree nuts; peanuts; sesame; soya and sulphur dioxide. Please ask a member of staff if you have allergies other than these and we can guide accordingly.

**Review date:** \_\_\_\_\_

**Reviewed by** \_\_\_\_\_