

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
nags head tapas - smoked tomatoes															
nags head tapas - balsamic borretane onions														Y	
Nags head Tapas - marinated mixed peppers															
nags head tapas - stuffed cherry red pepers										Y					
Nags tapas - base board	Y Whe							Y					Y	Y	
Nags tapas - cured italian meats															
nags tapas - extra flatbread	Y Whe							Y							
nags tapas - extra houmous													Y		
Nags tapas - extra olives														Y	
Nags tapas - marinated artichokes															
12oz New York strip steak , confit roasted garlic, truffle mushroom, watercress and triple cooked chips										Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
32oz Belted galloway 40 day dry aged Tomahawk steak for two , confit roasted garlic, truffle mushroom, watercress and triple cooked chips										Y					
Argentinian fillet steak , confit roasted garlic, truffle mushroom, watercress and triple cooked chips										Y					
Black and braised onion									Y	Y				Y	
BBQ Buffalo Wings	Y Bar								Y	Y	Y	Y			
Garlic Buttered Dough Balls	Y Unknown									Y					
Hot Buffalo Wings									Y	Y	Y	Y			
Large BBQ Pulled pork nachos , sour cream, pico de gallo, jalapenos	Y Whe Rye Bar									Y				Y	
Nags tapas - base board	Y Whe							Y					Y	Y	
Salt & Pepper Squid with Ailoi and Padron Peppers	Y Unknown	Y	Y						Y	Y					
small Autumn Harvest salad , poached pears , walnuts, Roasted squash , pumpkin seeds , radicchio , beetroot , rocket , pomegranate ,white balsamic & maple dressing					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal					Y		Y	1
Small BBQ pulled pork nachos, pico de gallo, sour cream, jalapenos , coriander	Y Whe Rye Bar									Y				Y	
Tempura Fried broccoli , sesame miso dressing , pickled Chinese cabbage £6.50 vg	Y Unknown							Y					Y	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Warm Table bread , garlic butter , salted butter , balsamic olive oil	Y Whe Rye Bar Oat						Y Alm Haz Pec Pis Wal	Y	Y	Y			Y	Y	
BBQ Buffalo Wings	Y Bar								Y	Y	Y	Y			
Garlic Buttered Dough Balls	Y Unknown									Y					
Hot Buffalo Wings									Y	Y	Y	Y			
Large BBQ Pulled pork nachos , sour cream, pico de gallo, jalapenos	Y Whe Rye Bar									Y				Y	
Nags tapas - base board	Y Whe							Y					Y	Y	
Salt & Pepper Squid with Ailoi and Padron Peppers	Y Unknown	Y	Y						Y	Y					
small Autumn Harvest salad , poached pears , walnuts, Roasted squash , pumpkin seeds , radicchio , beetroot , rocket , pomegranate ,white balsamic & maple dressing					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal					Y		Y	1
Small BBQ pulled pork nachos, pico de gallo, sour cream, jalapenos , coriander	Y Whe Rye Bar									Y				Y	
Tempura Fried broccoli , sesame miso dressing , pickled Chinese cabbage £6.50 vg	Y Unknown							Y					Y	Y	
Warm Table bread , garlic butter , salted butter , balsamic olive oil	Y Whe Rye Bar Oat						Y Alm Haz Pec Pis Wal	Y	Y	Y			Y	Y	

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Chicken , bacon and avocado sandwich , gem lettuce	Y Unknown							M	Y	M			M		
nags outside 8oz rump steak															
nags outside 6oz fillet															
Dry Aged 8oz ribeye steak , confit roasted garlic, truffle mushroom, watercress and traditional chips										Y					
Brakspear beef Burger 2020 !	Y Whe Rye Bar Oat							M	Y	Y	Y	Y	M	Y	
Dry Aged 10oz ribeye steak , slow roasted beef tomato , truffle mushroom, watercress and triple cooked chips										Y					
"Moving mountains" 100% plant-based vegan burger, flat mushroom, herb dressing gem lettuce, tomato and skin on fries	Y Whe Rye Bar Oat				Y		Y Unknown	Y	M	M		Y	M	Y	
2020 Ale battered sustainable haddock and traditional chips , crushed peas	Y Whe			Y					Y	Y				Y	
Grilled Chicken Burger, Streaky Bacon, avocado Tomato, Lettuce, harissa mayo and Skin on Fries	Y Whe Rye Bar Oat							M	Y	M			M		
Large Autumn Harvest salad , poached pears , walnuts, Roasted squash , pumpkin seeds , radicchio , beetroot , rocket , pomegranate ,white balsamic & maple dressing					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal					Y		Y	1
Prawn and chorizo linguine	Y Whe	Y													
roasted cauliflower steak , sautéed wild mushrooms, artichokes , tarragon , roasted shallot puree vg 13.95	Y Whe Rye Bar Oat				Y		Y Alm				Y				1

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Whole grilled Cornish sole , roasted new potatoes , asparagus , samphire , seaweed crumb , parsley butter £17.95	Y Whe	Y		Y			Y Alm Haz	Y	Y	Y					
Whole grilled Cornish sole , roasted new potatoes , asparagus , samphire , seaweed crumb , parsley butter £17.95	Y Whe	Y		Y			Y Alm Haz	Y	Y	Y					
Diavolo Pizza	Y Unknown									Y					
Funghi Pizza, Garlic & Truffle Butter, Portobello Mushrooms, Spinach, Parsley and Olive Oil	Y Unknown									Y					
Giardiniera Pizza, Olives, Red Onions, Artichokes, Cherry Tomatoes and Basil	Y Unknown									Y					
Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
metre of pizza	Y Unknown									Y					
Milano Pizza, Salami, Prosciutto, Mozzarella, Oregano and Rocket	Y Unknown									Y					
Sheep and bull House Pizza	Y Bar			Y					Y	Y	Y	Y		Y	
Diavolo Pizza	Y Unknown									Y					
Funghi Pizza, Garlic & Truffle Butter, Portobello Mushrooms, Spinach, Parsley and Olive Oil	Y Unknown									Y					
Garlic flat bread	Y Unknown									Y					

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Garlic flat bread with cheese	Y Unknown									Y					
Giardiniera Pizza, Olives, Red Onions, Artichokes, Cherry Tomatoes and Basil	Y Unknown									Y					
Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
Milano Pizza, Salami, Prosciutto, Mozzarella, Oregano and Rocket	Y Unknown									Y					
Brakspear beef Burger 2020 !	Y Whe Rye Bar Oat							M	Y	Y	Y	Y	M	Y	
"Moving mountains" 100% plant-based vegan burger, flat mushroom, herb dressing gem lettuce, tomato and skin on fries	Y Whe Rye Bar Oat				Y		Y Unknown	Y	M	M		Y	M	Y	
1/2 kg BBQ Buffalo Wings , crushed chilli	Y Bar											Y			
2020 Ale battered sustainable haddock and traditional chips , crushed peas	Y Whe			Y					Y	Y				Y	
12oz rump steak , confit roasted garlic, truffle mushroom, watercress and triple cooked chips										Y					
14oz bone in sirloin steak , confit roasted garlic, truffle mushroom, watercress and triple cooked chips										Y					
Macaroni Cheese	Y Whe							Y	Y	Y		Y			
Kids Burger	Y Whe Rye Bar Oat							M	M	M			M		

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Kids fish and chips	Y Whe			Y										Y	
kids Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
1/2 Roasted chicken sunday roast , , sage and onion bread sauce	Y Whe						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y			M	Y	
Roast Gammon , fat roast potatoes , roots , apple sauce	Y Whe						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	
Roasted topside , yorkie, horseradish sauce	Y Whe						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	
vegan wellington Roast dinner	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y			Y	
steamed tenderstem broccoli , maldon salt, chilli flakes															
chunky chips side															
Fries															
Red onion , parmesan and semi dried tomato salad , balsamic dressing									Y	Y				Y	
steamed tenderstem broccoli , maldon salt, chilli flakes															
chunky chips side															

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Fries															
Red onion , parmesan and semi dried tomato salad , balsamic dressing									Y	Y				Y	
add bacon															
add pesto										Y					
add swiss cheese										Y					
nags head tapas - balsamic borretane onions														Y	
nags head tapas - stuffed cherry red pepers										Y					
Nags tapas - cured italian meats															
nags tapas - extra flatbread	Y Whe							Y							
nags tapas - extra houmous													Y		
Nags tapas - extra olives														Y	
Nags tapas - marinated artichokes															
pizza - add mozzarella										Y					
Fries															
Fries															
garlic mayonaise side									Y						
side of house slaw									Y	Y				Y	

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sweet chilli sauce side							M Unknown						Y		
pizza - add chorizo															
pizza - add mozzarella										Y					
Pizza - Add olives															
pizza - add pepper															
pizza - add portobello mushrooms															
pizza - add salami															
pizza - add semi dried tomatoes															
Pizza - add sliced red onions															
pizza - add spinach															
pizza- add pepperoni															
pizza- add prosciutto															
2 Scoop Ice Cream	Y Unknown						Y Cas		Y	Y					
3 Scoop Ice Cream	Y Unknown						Y Cas		Y	Y					
Individual apple crumble	Y Whe Rye Bar Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
Mixed berry summer pudding , crushed meringue , strawberry coulis , Pimms sorbet £6.50 v	Y Rye Bar						Y Alm Brz Haz Mac Pec Pis Wal	Y	Y	Y				M	

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Rich chocolate tart , pistachio soil , raspberry gel 7.00 vg	Y Whe Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	Y					
Signature apple and honeycomb crumble to share , vanilla ice cream and baileys custard	Y Whe Rye Bar Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				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	Cashew Nuts
Haz	Hazelnuts
Mac	Macedamia Nuts
Pec	Pecan

Pis	Piastachios
Wal	Walnuts