

### 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           |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| ham and cheddar bons bons                   | Y<br>Whe |             |          |      |         |       |           | Y    | Y    | Y    |        |         |        |                 |                   |
| 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<br>Whe |             |          |      |         |       |           | Y    |      |      |        |         | Y      | Y               |                   |
| Nags tapas - cured italian meats            |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| nags tapas - extra flatbread                | Y<br>Whe |             |          |      |         |       |           | Y    |      |      |        |         |        |                 |                   |
| nags tapas - extra houmous                  |          |             |          |      |         |       |           |      |      |      |        |         | Y      |                 |                   |
| Nags tapas - extra olives                   |          |             |          |      |         |       |           |      |      |      |        |         |        | Y               |                   |
| Nags tapas - marinated artichokes           |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |

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| squid tapas  | Y<br>Whe             |             | Y        |      |         |       |           |      | Y    |      |        |         |        |                 |                   |
| Diavolo Pizza  | Y<br>Unknown         |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Funghi Pizza, Garlic & Truffle Butter, Portobello Mushrooms, Spinach, Parsley and Olive Oil                            | Y<br>Unknown         |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Garlic flat bread  | Y<br>Unknown         |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Garlic flat bread with cheese  | Y<br>Unknown         |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Giardiniera Pizza, Olives, Red Onions, Artichokes, Cherry Tomatoes and Basil   | Y<br>Unknown         |             |          |      |         |       |           | Y    |      |      |        |         |        |                 |                   |
| Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano   | Y<br>Unknown         |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Pork , honey and leek sausage roll with farmhouse pickle   | Y<br>Unknown         |             |          |      |         |       |           |      | Y    | Y    |        | Y       |        | Y               |                   |
| Brakspear beef Burger 2020 !   | Y<br>Whe Rye Bar Oat |             |          |      |         |       |           | M    | Y    | Y    | Y      | Y       | M      | Y               |                   |
| 10oz Dry aged Native breed Sirloin steak , rocket and parmesan salad, traditional cut chips and garlic herb butter £24 |                      |             |          |      |         |       |           |      |      | Y    |        |         |        | Y               |                   |
| 2020 Ale battered sustainable haddock and traditional chips , crushed peas   | Y<br>Whe             |             |          | Y    |         |       |           |      | Y    | Y    |        |         |        | Y               |                   |
| add bacon  |                      |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| add chicken large  |                      |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |

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|--------------------------------|--------------|-------------|----------|------|---------|-------|-----------|------|------|------|--------|---------|--------|-----------------|-------------------|
| add swiss cheese               |              |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| rocket and parmesan side salad |              |             |          |      |         |       |           |      |      | Y    |        |         |        | Y               |                   |
| Skin on Fries                  | Y<br>Unknown |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Truffle and Parmesan fries     |              |             | 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     |