Boathouse Allergen Policy

We are aware of the serious health risk to people with allergies Please find attached a list from our Head Chef of all dishes served and their allergen content

Once alerted to an allergy by a customer;

we will do our best to ensure your food/drink is allergen free

– however due to the presence of gluten, nuts and other allergens on the premises we cannot categorically state that our products are 100% free of these ingredients as with all food establishments there is always the possibility of cross-contamination at some point in the food chain

BOATHOUSE ALLERGEN SHEETS: NOV 2023 MENU

| DISHES | | | | | | Jupin Flour | Milk | | MUSTARD | | | (S. C. | | WINE |
|---|--------|---------------------------------|-------------|------|------|----------------|------|----------|---------|------|---------|--|------|--------------------|
| Breakfast | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Avocado On Toast (add poached eggs) | | x | | Х | | | | | | | | | | х |
| Full English | | x | | Х | | | | | | | | | х | |
| salmon on sourdough | | х | | х | х | | х | | | | | | | х |
| NYC Pancakes | | х | | х | | | | | | | | | | |
| Yogurt & berries | | Х | | | | | х | | | | | | | |
| Benedict | | x | | x | | | x | | | | | | х | x |
| Breakfast Ciabatta | | х | | х | | | | | | | | | х | |
| Scottish Oats | | х | | | | | х | | | | | | | |
| Vegetarian Ciabatta | | Х | | | | | х | | | | | | х | х |
| Vegan Full english | | х | | х | | | | | | | | | х | х |

| | **** | | | | | John Hour | Wilk | | MAJSTARD | | | | | Wine |
|----------------|--------|---------------------------------|-------------|------|------|-----------|------|----------|----------|------|---------|--------------|------|--------------------|
| <u>Sharers</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Meze | | X | | | | | Χ | | | | | | X | Χ |
| Thai | X | X | X | | | | X | X | X | | X | X | X | X |
| Camembert | | X | | | | | X | | | | | | Χ | X |
| C&G Flatbread | | X | | | | | X | | | | | | | |
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| DISHES | ** | | | | | | Milk | | (************************************* | 2 | | | | WINE |
|-------------------|--------|---------------------------------|-------------|------|------|-------|------|----------|--|------|---------|-----------------|------|--------------------|
| <u>Nibbles</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Olives | | | | | | | | | | | | | | |
| Bread Board | | Χ | | | | | | | | | | | | X |
| Edamame beans | | | | | | | | | | | | | X | Χ |
| Zucchini Frites | | | | | | | X | | | | | | X | |
| Halloumi | | | | | | | X | | | | | | X | X |
| Smoked almonds | | | | X | | | | | | X | | | | |
| Pork Crackling | | | | | | | | | | | | | | |
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| DISHES | *** | | | | | - | Milk | | | | | Price | | WINE |
|----------------------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| <u>Starters</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Calamari | | | | X | | | Χ | Χ | Χ | | | | Χ | Χ |
| mackeral Pate | | Χ | | | Χ | | Χ | | | | | | Χ | Χ |
| Mushroom Arancini | | Х | | X | | | X | | | | | | Х | X |
| Crispy Pork Belly | | | | | | | | | | | | | X | |
| Pasta of the week | | Х | | X | | | | | | | | | X | |
| Scallops | | | | | | | X | Х | | | | | Х | |
| Burrata | | X | | | | | | | | | | | Х | |
| Gambas Pil Pil | | Х | Х | | | | | | | | | | Х | |
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| DISHES | *** | | | | | - | Milk | | (miller) | | | Paul Paul Paul Paul Paul Paul Paul Paul | | WINE |
|-----------------|--------|---------------------------------|-------------|------|------|-------|------|----------|----------|------|---------|---|------|--------------------|
| <u>Mains</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Chicken Skewer | | | | | | | X | | | | | | | |
| Battered Cod | | | | Х | Х | | | | Х | | | | Х | X |
| Luxury fish Pie | X | x | X | | Х | | Х | | | | | | | |
| Moules | | | | | | | Х | Х | | | | | Х | X |
| Thai Red Curry | | | | | | | | | | | | | X | |
| Rack of Lamb | | | | | | | Х | | | | | | Х | X |
| Baby back Ribs | X | | | | | | | | X | | | | X | X |
| Noodles | | Х | | Х | | | | | | | | X | X | X |
| Rib eye | | | | | | | | | | | | | X | |
| Fillet steak | | | | | | | | | | | | | X | |
| Fish Of the Day | | | | | X | | | | | | | | X | |

| | *** | | | | | | Milk | | (1118111) | | | The state of the s | | WINE |
|-----------------------|--------|---------------------------------|-------------|------|------|-------|------|----------|-----------|------|---------|--|------|--------------------|
| Burgers & Salads | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Boat burger | | Х | | X | | | X | | X | | | X | X | Х |
| Chicken Burger | | X | | X | | | X | | X | | | X | X | Х |
| Garden Burger | | Х | | | | | | | | Х | | Х | Х | |
| Sticky Beef | | X | | | | | | | | Х | | X | X | Х |
| Caesar | | | | X | X | | X | | X | | | | X | Х |
| Super | | | | | | | | | | | | | Х | |
| Mini Caesar | | | | Х | Х | | Х | | Х | | | | Х | Х |
| Mini Walnut & Blue | | Х | | | | | Х | | | | | | | |
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| DISHES | ** | | T. | | | - | Milk | | MUSTARD | | | | | WINE |
|-------------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| Pizzas | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Margherita | | X | | | | | Х | | | | | | | |
| Caprino | | Х | | | | | Х | | | | | | | X |
| Beef & Blue | | Х | | | | | Х | | | | | | | X |
| Gambero | | Х | Х | | | | Х | | | | | | | |
| Tonno | | Х | | | Х | | Х | | | | | | | |
| Diavola | | Х | | | | | Х | | | | | | | X |
| Duck | | Х | | | | | Х | | | | | X | X | X |
| London | Х | Х | | | | | Х | | X | | | | | X |
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| DISHES | AND SHOW | | T | | | | Milk | | MUSTARD | 2 | | | | WINE |
|-----------------------|----------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| <u>Sides</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Fries | | | | | | | | | | | | | X | |
| Aspen Fries | | | | | | | X | | | | | | X | |
| Sweet Potato Fries | | | | | | | | | | | | | X | |
| Winter Greens | | | | | | | Х | | | | | | | |
| Coronation Slaw | | | | Х | | | | | Х | | | | | Х |
| Root Vegetables | | | | | | | Х | | | | | | Х | |
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| DISHES | ** | | T | | | - | Milk | | MUSTARD | | | | | WINE |
|-----------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| Ciabattas | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Pollo | | Х | | | | | Х | | | | | | X | |
| Tuna | | Х | | Х | Х | | Х | | Х | | | | | Х |
| Duck | | Х | | | | | Х | | | | | X | X | Х |
| Cosmo | | Х | | | | | Х | | | | | | | |
| Halloumi | | Х | | | | | Х | | | X | X | | X | |
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| DISHES | | | T | | | - | Milk | | MUSTARD | | | | | WINE |
|-----------------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| <u>Desserts</u> | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Sticky Toffee | | X | | X | | | X | | | | | | | |
| Brownie | | | | X | | | X | | | | | | X | |
| Cheese Cake | | Х | | | | | X | | | | | | | |
| Fruit Crumble | | Х | | X | | | X | | | X | | | | |
| Affogato | | | | X | | | X | | | X | X | | | |
| Cheese Board | X | X | | | | | X | | | | | | | X |
| Movenpick | | | | Х | | | Х | | | Х | Х | | | |

| DISHES | | | T. | | | - | Milk | | MUSTARD | | | | | WINE |
|----------------------------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|------|---------|-----------------|------|--------------------|
| Kids | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Cruidtes & Hummous | | | | | | | X | | | | | X | X | |
| margherita Pepperoni | | Х | | | | | X | | | | | | | |
| Margherita | | Х | | | | | X | | | | | | | |
| Fish & Chips | | | | | Х | | | | Х | | | | X | X |
| Kids Bolognese | X | Х | | | | | | | | | | | X | |
| Cheesy Pasta | | Х | | | | | X | | | | | | | |
| chicken Goujans & fries | X | | | | | | | | | | | | X | |
| Kids sausage & fries | | Х | | | | | | | | | | | Х | |
| Cheese Burger & fries | | | | Х | | | Х | | | | | | Х | |