## 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：April 2024 menu

| DISHES | Na |  |  | कn | 血定家 |  |  | O（0） |  | $\text { (1) } 1$ | O80 |  |  | ${ }_{-}^{\text {mime }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Avocado＋ Toast |  | X |  | X |  |  |  |  |  |  |  |  |  | X |
| Salmon on Sourdough |  | X |  | X | X |  | X |  |  |  |  |  |  |  |
| Pancakes |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Pancakes yoghurt |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Granola |  | X |  |  |  |  | X |  |  | X |  |  |  |  |
| Vegitarian Bap |  | X |  |  |  |  | X |  |  |  |  |  |  | X |
| Benedict |  | X |  | X |  |  | X |  |  |  |  |  |  | X |
| Breakfast Bap |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| Full English |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| Vegitarian Full English |  | X |  |  |  |  |  |  |  |  |  |  |  | X |


|  | * | 逶 |  | cos | O-m | - | C | - | E | (2) | - 50 | 曾 | deg | ${ }^{\text {E }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\frac{\text { Sharers/ }}{\text { Starters }}$ | celen | Cereals | custa | ${ }_{\text {Eg8 }}$ | fish | Lupin | mik | Moluss | mustard | Nuts | Peanuts | ${ }_{\substack{\text { Sesme } \\ \text { seess }}}^{\substack{\text { Sed }}}$ | Sova | ${ }_{\text {cose }}^{\substack{\text { suphur } \\ \text { dioxide }}}$ |
| Meze Plater |  | X |  |  |  |  |  |  |  |  |  |  | X | X |
| Thai Platter |  | X | X |  |  |  |  |  |  |  | X | X | X | X |
| Duck salad |  | X |  |  |  |  |  |  |  |  |  | X | X | X |
| Gambas Pil Pil |  | X | X |  |  |  |  |  |  |  |  |  |  |  |
| Scallops |  |  |  |  |  |  | X | X |  |  |  |  |  |  |
| ${ }_{\substack{\text { Edamame } \\ \text { beans }}}$ |  |  |  |  |  |  |  |  |  |  |  | X | X |  |
| $\begin{gathered} \text { Tomato/Feta } \\ \text { salad } \end{gathered}$ |  |  |  |  |  |  | X |  |  |  |  |  |  | X |
| Calamari |  |  |  | X |  |  |  | X |  |  |  |  |  |  |
| Cured salmon |  |  |  |  | X |  | X |  |  |  |  |  |  |  |
| Pork Bites |  |  |  |  |  |  |  |  |  |  |  | X | X | X |
| Ravioli |  | X |  | x |  | X |  |  |  |  |  |  |  |  |


| osites | \％ | ＊ | 整等 |  | 20 | － |  | \％ 0 | 同 | 209 | 年 |  | 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Nibles | ater | － | ＝ cmamem | $\pm$ | ＂nan | 4 | m＂ | ＂ | mama | ms | mis |  |  |
| ofmes |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beast coed |  | x |  |  |  |  |  |  |  |  |  |  |  |
| tatame |  |  |  |  |  |  |  |  |  |  | $x$ | x |  |
| Cratire |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Anaminin |  | x |  | x |  |  | $x$ |  |  |  |  | x |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| oshts | * | * |  |  | \% | 㐫 |  | $\cdots$ |  | 209 | \% |  | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sates | cemer |  | -mme | ${ }^{\circ}$ | nn | umo | m" | Mamas | mame | mom | masme | sm | come |
| Caman |  |  |  | x |  |  | x | $x$ | x |  |  | x |  |
| dearate |  | x |  |  | $x$ |  | x |  |  |  |  | x |  |
| cimitiomm |  | x |  | x |  |  | x |  |  |  |  | x | x |
|  |  |  |  |  |  |  |  |  |  |  |  | x |  |
| Remotive |  | x |  | $\times$ |  |  |  |  |  |  |  | $\times$ |  |
| Scalos |  |  |  |  |  |  | $\times$ | $x$ |  |  |  | $\times$ |  |
| Buras |  | $\times$ |  |  |  |  |  |  |  |  |  | x |  |
| emmas Primi |  | $\times$ | $x$ |  |  |  |  |  |  |  |  | $\times$ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| oshts | ＊ | ＊ | 整等 |  | \％ | － |  | $\bullet$ |  | 2 ${ }^{1}$ |  |  | c |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\underline{\text { mans }}$ | cear |  | ammeme | \％ex | Nin | umo | mer | matas | memat | $\cdots$ | 0 | sm |  |
| ${ }^{\text {cod }}$ |  | $x$ |  |  | x |  |  | x |  |  |  | $x$ |  |
| cury | $x$ | x | $x$ | $\times$ |  |  |  |  |  |  |  | x |  |
| Lamb culee |  | x |  |  |  |  |  |  |  |  |  | x |  |
| Coidess sieme |  | x |  |  |  |  | $x$ |  |  |  |  |  | x |
| Findoractive |  |  |  | x | x |  |  |  |  |  |  | $x$ | x |
| mbis | $x$ | x |  |  |  |  | $x$ |  |  |  |  | x |  |
| Moues |  |  |  |  |  |  | x | x |  |  |  | x | $x$ |
| Pote Bow |  |  |  |  | x |  | ${ }^{\times}$ |  |  |  |  | x |  |
| Filesseek |  |  |  |  |  |  |  |  |  |  |  | x |  |
| Aliesesterk |  |  |  |  |  |  |  |  |  |  |  | x |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ＊ | ＊ | 整亚 | cos | \％ | n | ＝ | $\bullet$ | － | 20\％${ }^{2}$ | 自 |  |  |


|  | ater | = |  | mame | \% |  | men | umo |  |  | matas |  |  | nom | 4 | $\pm$ | sm |  | \%mis |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Beefurer |  | x |  |  | x |  |  |  | x | x |  | x |  |  |  |  | x |  | - |
| vesen unger |  | x |  |  | x |  |  |  |  |  |  |  |  |  |  |  | x |  | $\times$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chiser cease |  |  |  |  | $\times$ |  | x |  |  |  |  |  |  |  |  |  | $\times$ |  | $\times$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ${ }^{\text {ostus }}$ | * |  |  | ${ }^{\text {\% }}$ |  |  |  |  |  |  |  |  |  | \% |  |  | \% |  |  |
| frass |  |  |  |  |  |  | nin | uno |  |  | mater | mome |  | Nomm | mas | = |  |  |  |


| Magereita |  | $\times$ |  |  |  |  | x |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Leon |  | x |  |  |  |  | $\times$ |  |  |  |  |  |  |  |
| намаі |  | $\times$ |  |  |  |  | x |  |  |  |  |  |  |  |
| Nenorlen |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Lonom |  | x |  |  |  |  | $\times$ |  |  |  |  |  | x | x |
| ${ }_{\text {Eaing }}$ |  | $\times$ |  |  |  |  | $\times$ |  |  |  |  |  |  |  |
| nome |  | $\times$ |  |  |  |  | $\times$ |  |  |  |  |  |  |  |
| veencia |  | $\times$ |  |  | x |  | $\times$ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| osths | * | 娄 | \% ${ }^{\text {\% }}$ |  | \% | = |  |  |  |  | -38 | , | \% | 8 |
| Sues | ${ }_{\text {cemer }}$ |  |  | \%ex | min | wim |  | \% |  |  | and | mismem |  |  |


| ${ }_{\text {fies }}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Suef irieso |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\times$ |  |
| zuctiminfines |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\times$ |  |
| Asenties |  |  |  |  | x |  |  | x |  |  |  |  |  |  | x |  |
| Brooif |  |  |  |  |  |  |  |  |  |  |  |  |  | x | x | $\times$ |
| Maxees Slad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beast oasd |  | x |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | x |  |  |  |  |  |  | x |  |
| Pexae wemut |  | $\times$ |  |  |  |  |  | x |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| oshts | * |  |  | $Y_{\text {梀 }}$ |  |  |  |  |  |  |  |  |  |  | 0 |  |
| Cabatas |  | $\cdots$ |  |  | \%ex | mim | -3/4men | - | - mam | mamma |  | may | 5 | m | smom | mex |


| come |  | $\times$ |  |  |  |  | $\times$ |  |  |  |  | $\times$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Tune |  | x |  | x | $\times$ |  | $\times$ |  |  |  |  | x |  |
| Stak |  | $\times$ |  | $\times$ |  |  | x |  |  |  |  | $\times$ |  |
| Bsonomediele |  | $\times$ |  |  |  |  | x |  |  |  |  | x |  |
| Halumi |  | x |  |  |  |  | $\times$ |  |  |  |  | x | x |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| oshes |  | * | Y |  |  |  |  |  |  |  |  |  |  |
| Oesers |  |  |  |  |  | unm |  |  |  | $5$ |  |  |  |


| Pavlova |  |  |  | x |  |  | x |  |  | x |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Brownie |  |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Brulee |  |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Sticky foffee <br> putding |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Chese Board |  | x |  | x |  |  |  |  |  |  |  |  |  | x |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |




