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: 2025

DISHES / APPETISERS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
OLIVES																
EDAMAME												X	X	X	X	
CHORIZO ARANCINI		X		X			X						X	X	X	X
ANCHOVIES					X								X	X		
CIABATTAS																
CHICKEN/ CHORIZO		X					X						X		X	
HALLOUMI		X					X						X	X	X	X
PROSCUITTO/ SALAMI		X					X		X				X		X	
BACON/ CAMEMBERT		X					X						X	X		X
TUNA MELT		X		X	X		X						X			

MINUTE STEAK		X					X		X				X	X		X

DISHES / Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
FRIES													X			
SWEET POT FRIES													X		X	X
ZUCCHINI				X			X						X		X	X
BROCCOLLI												X	X	X	X	X
CREAMY MASH							X									
BREAD BOARD		X										X	X	X		
TOMATO SALAD									X				X	X	X	X
PARMENTIER POTATOES							X						X		X	

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
WALNUT & STILTON SALAD		X					X		X	X			X	X	X	X
MIXED SALAD									X				X	X	X	X

PIZZA	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
MARGHERITA		X					X								X	X
LYON		X					X						X	X	X	X
ANDRATX		X					X						X		X	X
ATHENS		X					X							X	X	X
LONDON		X					X						X	X	X	X
BEIJING		X					X						X	X	X	X
ROME		X					X							X	X	X
VALENCIA		X			X		X						X		X	X

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
VEGAN CHEESE													X			

KIDS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
FISH & CHIPS					X								X			
SPAGHETI BOLOGNESE	X	X		X			X						X	X	X	X
CHEEST PASTA		X		X			X									
MARGHERITA		X					X								X	X
CHEESEBURGER		X					X						X		X	x
CHICKEN GOUJONS	X	X		X			X						X		X	X

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
CRUDITES & HUMMUS	X											X	X		X	
SAUSAGE & CHIPS	X	X					X						X		X	X

MAINS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
CHICKEN SKEWER		X					X						X		X	X
GRILL BURGER		X		X			X		X				X	X	X	X
HEMP BURGER		X											X	X	X	X
FISH CURRY			X		X			X					X	X	X	X
LAMB CUTLET		X										X	X	X	X	X
HALIBUT					X		X						X		X	X
FISH & CHIPS				X	X								X	X		
CHICKEN CAESAR				X	X		X						X	X	X	
+anchovies				X	X		X						X	X	X	

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
BBQ RIBS				X	X				X				X	X	X	X
FISHCAKE					X		X								X	X
LINGUINE		X	X	X	X		X						X	X	X	X

MAINS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
SIRLOIN STEAK							X						X		X	X
FILLET STEAK							X						X		X	X
+peppercorn							X						X	X	X	X
+bluecheese							X						X	X	X	X
DUCK SALAD		X										X	X	X	X	X
ASPARAGUS RAVIOLI		X		X			X						X		X	X
TUNA POKE		X			X							X	X	X	X	X
VEGAN POKE		X										X	X	X	X	X
MOULES							X	X					X	X	X	X

DISHES / SMALL PLATES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
CALAMARI				X			X	X					X		X	
GYOZAS		X	X	X	X								X	X	X	
PORK BITES		X										X	X	X	X	X
ASPARAGUS RAVIOLI		X		X			X						X			
SCALLOPS							X	X					X		X	X
DUCK SALAD	X											X	X	X	X	X
GAMBAS PIL			X										X	X	X	
TUNA TATAKI		X			X				X			X	X	X		
MEZE PLATTER		X											X	X	X	X

DISHES	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
THAI PLATTER		X	X							X	X	X	X	X	X	X

BREAKFAST	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
AVOCADO ON TOAST		X					X			X			X	X		
+eggs		X		X			X			X			X	X		
SALMON ON SOURDOUGH		X		X	X		X					X	X	X		
PANCAKE STACK		X					X			X						
PANCAKE NYC		X		X			X						X			
BENEDICT		X		X			X						X	X		
ROYALE		X		X	X		X						X	X		
FULL ENGLISH		X		X			X						X	X	X	X
GRANOLA BOWL		X					X			X						
BREAKFAST BAP		X		X			X						X	X	X	X

DISHES	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
VEGAN FULL ENGLISH		X											X		X	X
STEAK & EGGS				X									X			
FISHCAKE	X	X	X		X		X						X	X	X	X

DESSERTS	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
PAVLOVA				X			X			X						
CHOCOLATE BROWNIE				X			X									
VEGAN BROWNIE										X	X					
TIRIMASU		X					X						X			
STICKY TOFFEE		X		X			X									
CHEESEBOARD	X	X					X			X				X	X	X
BURNT CHEESECAKE		X		X			X									
TOASTED TEACAKE	X	X					X									
SCONE	X	X					X									
AFFOGATO				X			X			X	X					
Movempick icecream																
VANILLA				X			X									

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
CHOCOLATE				X			X									
STRAWBERRY				X			X									
PISTACIO				X			X			X	X					
CARAMEL & CHOC				X			X									
VEGAN VANILLA																
RASPBERRY SORBET																

SUNDAY BRUNCH-ADDITIONALS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Garlic	Onion
OMELETTE				X			X						X			X
EGGS ON TOAST		X		X			X						X	X		
SUNDAY ROASTS																
SUNDAY ROASTS																
BEEF	X	X		X			X						X	X	X	X
CHICKEN	X	X		X			X						X	X	X	X
VEGGIE WELLINGTON		X		X			X		X	X			X	X	X	X

CAULIFLOWER CHEESE		X					X									
PIGS IN BLANKET		X											X		X	X
STUFFING		X											X		X	X