

ALLERGEN REPORT		Allergens													
Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts*	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	
Appetisers															
Mini chorizos										Y					
Houmous	Y							M		M			Y		
Olives															
Fougasse	Y									Y					
Croque Monsieur Croquettes	Y								Y	Y	Y	Y			
Breaded whitebait	Y			Y					Y					Y	

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Starters														
Fritôt de Brie	Y							M		Y		Y		Y
Chilli & garlic prawns	Y	Y					M				Y		M	
Lyonnaise salad	Y						M	M	Y		M	Y	M	Y
Calamari			Y						Y	Y		Y		Y
Scallops	M		Y		M		Y	M		Y		Y		Y
Chicken liver parfait	Y						M		Y	Y			M	Y
French onion soup	Y									Y	Y		M	Y
Crottin de chèvre							Y			Y	M	Y		Y
Toast et champignons	Y									Y	Y			Y

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Mains														
Chicken printanier									Y	Y				Y
Boeuf bourguignon									Y	Y	Y	M		Y
Thai cod				Y						Y			Y	Y
Rump steak (please see sauce allergens listed below)	Y											Y		Y
Fillet steak (please see sauce allergens listed below)	Y											Y		Y
Roast rump of beef	Y								Y	Y	Y	M		Y
Roast pork and crackling	Y							Y	Y	Y	Y	M		Y
Risotto primavera								Y		Y	Y			
Grilled salmon fillet				Y										Y
Goat's cheese & seasonal vegetable tart	Y							Y	Y	Y	Y	Y		Y
House burger	Y								Y	Y	Y	Y	Y	
Super salad	Y									Y	Y	Y		Y
Super salad with halloumi	Y									Y	Y	Y		Y
Super salad with chicken	Y									Y	Y	Y		Y

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Sauces														
Roasted garlic and parsley butter										Y		Y		Y
Green peppercorn and brandy sauce										Y		Y		Y

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Sides														
Dauphinoise potatoes										Y	M	M		Y
Roasted field mushrooms										Y				
Sweet potato fries	M													
Pommes frites														
French beans					M		Y			Y				
Creamed spinach										Y				Y
Superfood side salad	Y										Y	Y		Y
House salad												Y		Y
Inclusive Vegetables	Please ask your server for allergen info for today's vegetables													

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Desserts														
Eton mess					M		Y	M	Y	Y				
Crème brûlée									Y	Y				
Chocolate brownie	Y				M		Y	Y	Y	Y				
Bistrot crêperie - Chocolate	Y						M	Y	Y	Y				
Bistrot crêperie - Mixed berry compôte	Y						M	M	Y	Y				
Bistrot crêperie - Lemon	Y						M	M	Y	Y				
Tarte au citron									Y	Y				
Sticky toffee pudding	Y				M		M	M	Y	Y			M	M
Ice cream & sorbet	Y							Y	Y	Y				
Cheese – Camembert, Le Saint Flour Bleu & Le Saint Mont	Y									Y	Y			

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