



## Allergens Within Our Food

### Starters

**Hot wings** – Poultry, Mustard, Dairy (Milk), Sesame, Celery, nuts, sulphur dioxide.

**Garlic Mushrooms** – Dairy (milk, cream), Lupin, Gluten, Sulphur dioxide.

**Calamari** – Crustacean/Fish, Cereals – Gluten, Lupin, Sesame, Egg.

**Prawns** – Crustacean, Cereals – Gluten, sesame, egg, Lupin.

**Bruschetta** – Lupin, Cereals – gluten, celery.

**Potato Skins** – Celery, Dairy (Milk, cheese), bacon.

**Steak Bites** – Lupin, Sulphur dioxide, cereals – gluten, mustard, celery, sesame, nuts.

### Mains

**Cooked to order steaks** – Celery, Sesame, Cereals – gluten (dressing, onion rings), Lupin, dairy (sauces), mustard (sauces).

**Steak on the stone** – Mustard, celery, dairy ; only in sauces & dressings.

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**Black Rock Burger** – Lupin, Cereals - gluten, Egg, dairy (milk, cheese), mustard.

**Double Stack Burger** – Cereals – gluten, Lupin, Celery, Egg, Dairy (milk, cheese), mustard, sesame.

**Chicken Fillet** – Cereals – gluten, Lupin, dairy (milk), avocado, celery, poultry, sesame.

**Ribs** – Pork, sulphur dioxide, mustard, celery.

**California Cheese Steak** – Dairy (milk, cheese), Cereals – gluten, Lupin, celery.

**Salmon on the stone** – Fish, crustacean, celery, dairy (milk, sauce), sesame.

**Salmon Fillet** – Fish, crustacean, celery, dairy (milk), sesame.

**Carbonara** – Dairy (milk, cheese, cream), cereals – gluten, sulphur dioxide, Lupin, pork (bacon), poultry, celery.

**Meatball Tagliatelle** – cereals – gluten, egg, dairy (milk, cheese), sesame, sulphur dioxide, celery.

**Lemon Chicken & chorizo pasta** – pork (sausage), poultry, dairy (cream), cereals – gluten, parsley, sulphur dioxide, sesame.

**Caesar Salad** – Egg, dairy (milk), barley, celery.

**Steak Salad** – Celery, dairy (milk, cheese), egg, sesame, rapeseed, mustard.

## Sides

**Regular Fries** – sesame.

**Sweet Potato Fries** – Cereals – gluten, Lupin, Sesame.

**Mash Potato** – dairy (milk, cream, butter).

**Side Salad** – (dressing only), mustard, dairy (milk, cheese), celery, Lupin.

**Garlic Bread** – Cereals – gluten, Lupin, dairy (butter), parsley.

**Coleslaw** – egg, dairy, celery.

**Mac 'n' cheese** – cereals, Lupin, dairy (milk), sesame, [pork, bacon]

**Onion Rings** – Lupin, cereals – gluten, dairy (milk), sulphur dioxide.

## Sauces

**Peppercorn Sauce** – Dairy (milk, cream), sulphur dioxide.

**Diane Sauce** – Celery, Dairy (milk, cream), sulphur dioxide.

**Blue Cheese Sauce** – Dairy (milk, cheese).

**Chilli-Lime Mayo Dip** – Celery, Dairy (milk), eggs.

**Steak Chowder** - Dairy (butter, milk), mustard, sulphites, Sulphur dioxide, egg.

## Kids Meals

**Chicken Nuggets** – Cereals – gluten, Lupin, Dairy (milk), sesame.

**Scampi** – Cereals – gluten, sesame, Lupin, crustacean (fish).

**Beef Burger** – Lupin, Dairy (milk), cereals – gluten, sesame.

**Kids Steak** – Sesame.

**Mac 'n' Cheese** - cereals, Lupin, dairy (milk), sesame, [pork, bacon]