

Food Allergen advice - West Midlands Golf Club & The Lake at Barston Restaurant

FOOD GROUP	BREAKFAST & SANDWICHES											
Allergen / Item	Bacon Sandwich	Sausage Sandwich	Full English	Veggie Breakfast	Breakfast Sandwich	Cold Sandwich	Hot Sandwich	Club Sandwich	Bloomer Bread	Sliced Bread	Beans on Toast	
PEANUTS												
OTHER NUTS												
GLUTEN	X	X	X	X	X	X	X	X	X	X	X	
MILK	X (BUTTER)	X (BUTTER)	X (BUTTER)	X	X (BUTTER)	X (BUTTER)	X (BUTTER)	X	X (BUTTER)	X (BUTTER)	X (BUTTER)	
EGGS			X	X	X	X MAYO		X				
CELERY												
MUSTARD						X HAM X garnish dressing X MAYO	X HAM	X				
SOYA	X	X	X			X	X			X		
SESAME												
FISH						X TUNA SALMON						
CRUSTAECANS						X PRAWNS CRAYFISH						
MOLLUSCS												
LUPIN FLOUR												
SULPHITES		X	X	X				X				

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FOOD GROUP	SMALL PLATES											
Allergen / Item	Turkey Lunch	Sausage & Mash	Mini Fish	Scampi	Sausage Egg	Ham & Egg			"FREE" PIE			
PEANUTS												
OTHER NUTS												
GLUTEN	X	X	X	X	X				X			
MILK	X	X	X	X					X			
EGGS			X	X	X	X						
CELERY									X			
MUSTARD						X						
SOYA		X			X				X			
SESAME												
FISH			X									
CRUSTAECANS				X								
MOLLUSCS												
LUPIN FLOUR												
SULPHITES		X			X							

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FOOD GROUP	STEAKS & GRILLS												
Allergen / Item	Fillet	T-bone	Sirloin	Chicken Fillet	Gammon	Mixed Grill	Rossini						
PEANUTS													
OTHER NUTS													
GLUTEN						X	X						
MILK							X						
EGGS					X								
CELERY													
MUSTARD													
SOYA						X	X						
SESAME													
FISH													
CRUSTAECANS													
MOLLUSCS													
LUPIN FLOUR													
SULPHITES						X	X						

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FOOD GROUP	SAUCES											
	Diane	Pepper	Jack Daniels	Tomato Chilli	Béarnaise	Blue Cheese	Garlic Herb	Buffalo	Lemon Herb Butter	Garlic Prawn		
PEANUTS												
OTHER NUTS												
GLUTEN												
MILK	X	X			X	X	X		X	X		
EGGS					X							
CELERY	X	X	X									
MUSTARD	X				X			X				
SOYA				X								
SESAME				X								
FISH												
CRUSTAECANS										X		
MOLLUSCS												
LUPIN FLOUR												
SULPHITES								X				

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FOOD GROUP	BURGERS											
Allergen / Item	Beef Burger	Bacon Burger	Mixed Grill	Black & Blue	Chicken	Fish	Pulled pork	Cheese Burger	Steak Burger	Chicken Tower	Chilli	
PEANUTS												
OTHER NUTS												
GLUTEN	X	X	X	X	X	X	X	X	X	X	X	
MILK	X	X	X	X	X	X	X	X	X	X	X	
EGGS	X	X	X	X	X	X	X	X	X	X	X	
CELERY												
MUSTARD	X DRESS- ING	X DRESS- ING	X DRESS- ING	X DRESS- ING	X MAYO X DRESS- ING	X MAYO X DRESS- ING	X BBQ X DRESS- ING					
SOYA			X									
SESAME												
FISH						X						
CRUSTAECANS												
MOLLUSCS												
LUPIN FLOUR												
SULPHITES			X							X		

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FOOD GROUP	MAIN COURSES											
Allergen / Item	Potato Cake	Cannelloni	Ham Egg Chips	Salad Fish	Salad Cheese	Salad Meat	Lamb shank	Home- made pie	Chicken Wings	Pork Belly	Faggots	Liver and Onions
PEANUTS												
OTHER NUTS												
GLUTEN	?	X			X	X		X			X	
MILK	X	X			X		X	X		X	X	
EGGS	X	X	X					X	X BBQ		X	
CELERY		X					X			X	X	X
MUSTARD		X	X	X DRESS- ING X MAYO	X DRESS- ING X MAYO	X DRESS- ING X MAYO		X	X Dressing			
SOYA							X					
SESAME												
FISH				X TUNA SALMON								
CRUSTAECANS				X PRAWN CRAYFISH								
MOLLUSCS												
LUPIN FLOUR												
SULPHITES						X	X				X	

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FOOD GROUP	MAIN COURSES											
Allergen / Item	Chilli Con Carne	Chicken and Chips	Chinese Meat	Chinese Prawn	Chicken Masala	Madras Meat		Naan Bread				
PEANUTS			X	X	X	X						
OTHER NUTS			X	X	X	X						
GLUTEN	X		X	X	X	X		X				
MILK	X							X				
EGGS	X											
CELERY												
MUSTARD		X	X	X	X	X						
SOYA												
SESAME												
FISH				X								
CRUSTAECANS				X								
MOLLUSCS												
LUPIN FLOUR												
SULPHITES			X	X	X							

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FOOD GROUP	DESSERTS											
Allergen / Item	Sticky Toffee	Apple pie	Fruits of Forest Cheesecake	Choc Brownie	Profiteroles	Strawberry Sundae	Fruit salad	Cheese & Biscuits	Dessert of the day			
PEANUTS	X	X		X					?			
OTHER NUTS	X	X		X					?			
GLUTEN	X	X	X	X	X			X	?			
MILK			X	X	X	X		X	?			
EGGS	X				X	X			?			
CELERY									?			
MUSTARD									?			
SOYA									?			
SESAME									?			
FISH									?			
CRUSTAECANS									?			
MOLLUSCS									?			
LUPIN FLOUR									?			
SULPHITES									?			