

Airport Food Allergen guide August 2018 V2

We have risk-assessed our kitchens' allergens; because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. Full allergen/nutritional information and dietary menus can be found on our website or please ask at the bar for details. Calories vary – please see our website or ask at the bar, where staff can help, although cannot offer specific advice or recommendations beyond this nutritional information. All weights are approximate uncooked. Specifications may change periodically and nutritional information is subject to change. Calories stated (which exclude drinks options) are subject to change.

Dishes	Description	ALLERGEN INFORMATION													
		Contains indicated allergen Y = Yes or allergen source													
		Cereals containing gluten	Crustaceans and products thereof	Egg and products thereof	Fish and products thereof	Peanuts and products thereof	Soybeans and products thereof	Milk and products thereof (incl lactose)	Nuts and products thereof*	Celery and products thereof	Mustard and products thereof	Sesame seed and products thereof	Sulphur dioxide and Sulphites at concentrations of more than 10mg/kg or 10mg/l in terms of the total SO ₂ **	Lupin and products thereof	Molluscs and products thereof
Small Plates															
Nachos	Guacamole, melted Cheddar & mozzarella cheese, fresh salsa, sour cream, sliced chillies							Y							
Nachos with chilli con carne	British beef Chilli, sour cream	Barley, Wheat						Y					Y		
Italian tomato & basil soup	With sour dough bread	Barley, Rye, Wheat						Y		Y					
British broccoli & Shropshire blue cheese soup	With sour dough bread	Barley, Rye, Wheat						Y		Y					
British chicken wings	Ten spicy chicken wing, Sriracha hot sauce, blue cheese dip.	Wheat		Y				Y		Y					
Spicy coated king prawns	Sweet chilli sauce	Wheat	Y							Y			Y		
Southern-fried chicken strips	Baconaise	Wheat		Y						Y	Y				
Topped chips - Loaded	Cheese, maple-cured bacon, sour cream	Wheat						Y							
Topped chips - Loaded	Cheese, maple-cured bacon, sour cream	Wheat						Y							
Topped chips with chilli con carne		Barley, Wheat						Y							
Topped chips with chilli con carne		Barley, Wheat						Y							
Topped chips - Chip shop-style curry sauce		Wheat						Y					Y		
Mozzarella & tomato salad	Rocket, balsamic glaze							Y					Y		
Houmous and tortilla chips	Fresh slasa											Y			
Brunch															
Eggs Benedict	Two poached eggs, on toasted sour dough bread, with Wiltshire cured ham, Hollandaise sauce. rocket	Barley, Wheat		Y				Y		Y			Y		
Mushroom Benedict	Two poached eggs, on toasted sour dough, with mushrooms, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					

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Eggs royale	Two poached eggs, on toasted sour dough, with smoked salmon, Hollandaise sauce, rocket	Barley, Wheat		Y	Y			Y		Y			Y		
All-day brunch	Sausages, bacon, eggs, baked beans, chips	Wheat		Y									Y		
All-day brunch	Sausages, bacon, eggs, baked beans, chips	Wheat		Y									Y		
All-day brunch	Sausages, bacon, eggs, baked beans, chips	Wheat		Y									Y		
Vegetarian all-day brunch	Three Quorn sausages, eggs, baked beans, chips	Wheat		Y											
Vegetarian all-day brunch	Three Quorn sausages, eggs, baked beans, chips	Wheat		Y											
SANDWICHES, PANINIS & BAGEL															
Club sandwich	Chicken breast, bacon, Cheddar cheese, tomato, lettuce, mayo, sour dough bread	Barley, Wheat		Y				Y							
Sweet chilli chicken, Cheddar cheese & coriander panini	Served with chips (add 597 Cal) or ask for a salad instead (82 Cal)	Barley, Wheat						Y							
Wiltshire cured ham & Cheddar cheese panini	Served with chips (add 597 Cal)	Barley, Wheat						Y							
Mozzarella, tomato and nut-free basil pesto	Served with chips (add 597 Cal)	Barley, Wheat						Y							
PUB CLASSICS															
Breaded scampi	with chips, peas or mushy peas	Oats, Wheat	Y	Y			Y				Y				
Whitby breaded scampi	with chips, peas or mushy peas	Wheat	Y												
British beef and Doom bar pie	Chips, vegetable & gravy	Barley, Wheat		Y				Y							
Fish pie	Hot-kiln-smoked salmon, king prawns, Atlantic cod and haddock, in a mature Cheddar, spinach & British cream sauce, with a crunchy mash topping, vegetables.	Wheat	Y		Y			Y			Y		Y		
Fish and chips with mushy peas	8oz sustainable cod fillet, freshly battered	Wheat		Y	Y		Y				Y				
Fish and chips with peas	8oz sustainable cod fillet, freshly battered	Wheat		Y	Y		Y				Y				

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Bangers and mash with peas	Three Licolnshire sausages, caramelised onion & ale gravy, peas	Wheat						Y					Y			
Bangers and mash with peas	Three Licolnshire sausages, caramelised onion & ale gravy, peas							Y					Y			
Wiltshire Cured Ham, piccalilli, eggs and chips		Wheat		Y							Y					
Fish pie with peas	Fish pie with garden peas	Wheat	Y		Y			Y			Y		Y			
British beef chilli con carne	British diced and minced beef, black beans, kidney beans, in a spicy chipole chilli sauce containing Shipyard American Pale ale. Rice, sour cream, fresh salsa, tortilla chips.	Barley, Wheat					Y	Y								
Chicken & Paneer Makhani	Tandoori-spiced marinated British chicken breast, with paneer, in a rich, spiced, creamy tomato sauce, finished with butter and coriander, naan bread, pilau rice.	Barley, Wheat						Y		Y	Y					
Scottish dishes																
Caledonian Burger	6oz beef patty, haggis, whisky sauce, onion rings	Oats, Wheat		Y				Y			Y		Y			
Eggs Balmoral		Oats, Rye, Wheat		Y				Y		Y						
Caledonian Burger	6oz beef patty, haggis, whisky sauce, coleslaw	Oats, Wheat		Y				Y			Y		Y			
Caledonian chicken burger		Oats, Wheat		Y				Y					Y			
Caledonian chicken burger		Oats, Wheat		Y				Y			Y		Y			
Haggis, neeps and tatties	Haggis, mash, swede	Oats						Y								

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Mac and cheese		Durum Wheat, Wheat						Y			Y				
PASTAS & SALADS															
House Caesar salad	Chicken breast, bacon, boiled free-range egg, Cos lettuce, anchovy fillets, Parmesan, ciabatta croûtons, Caesar dressing.	Wheat		Y	Y			Y			Y				
Feta & beetroot salad	Crumbled feta cheese, beetroot, roasted butternut squash, green lentils, bulgar wheat, red quinoa, salad leaves, balsamic glaze.	Durum Wheat, Wheat						Y			Y		Y		
British beef lasagne	(contains pork) Salad, buttermilk ranch dressing.	Durum Wheat		Y				Y			Y				
Creamy mushroom risotto	Risotto rice in a creamy mushroom sauce, with a mix of roasted chestnut, oyster, shiitake, porcini mushrooms, with a dash of Prosecco, rocket.							Y							
Add Feta cheese	Add Feta cheese							Y							
Add pulled chicken breast	Add chicken breast														
Add Mozzarella	Add Mozzarella							Y							
BURGERS															
Classic burger	Plain and simple or add your favourite topping(s)!	Wheat		Y				Y			Y		Y		
Classic burger	Plain and simple or add your favourite topping(s)!	Wheat		Y				Y			Y		Y		
Classic chicken burger	Plain and simple or add your favourite topping(s)!	Wheat		Y				Y			Y		Y		
Classic chicken burger	Plain and simple or add your favourite topping(s)!	Wheat		Y				Y			Y		Y		
Vegetable Burger	Puy lentils, carrot, Cheddar cheese, sweetcorn, mushrooms	Wheat		Y				Y			Y		Y		
Vegetable burger	Butternut squash, peppers, peas, aubergine, potato, chickpeas.	Wheat		Y				Y			Y		Y		
Drive-thru burger	6oz beef patty, baconnaise, American cheese, maple-cured bacon, gherkin, onion rings.	Wheat		Y				Y			Y		Y		

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Drive-thru burger	6oz beef patty, baconnaisse, American cheese, maple-cured bacon, gherkin, coleslaw.	Wheat		Y				Y			Y		Y			
Ultimate burger	6oz beef patty, maple-cured bacon, Cheddar cheese, burger sauce, gherkin, onion rings.	Wheat		Y				Y			Y		Y			
Ultimate burger	6oz beef patty, maple-cured bacon, Cheddar cheese, burger sauce, gherkin, coleslaw.	Wheat		Y				Y			Y		Y			
Tennessee Burger	6oz beef patty, Tennessee BBQ sauce, bacon, Cheddar cheese, onion rings	Barley, Wheat		Y			Y	Y			Y		Y			
Tennessee Burger	6oz beef patty, Tennessee BBQ sauce, maple-cured bacon, Cheddar cheese, coleslaw.	Barley, Wheat		Y			Y	Y			Y		Y			
BBQ Burger	Chicken breast, bacon, Cheddar cheese, slow-roasted tomato BBQ sauce, onion rings	Wheat		Y				Y			Y					
BBQ Burger	Chicken breast, maple-cured bacon, Cheddar cheese, slow-roasted tomato BBQ sauce, coleslaw.	Wheat		Y				Y			Y		Y			
American Burger	6oz beef patty, bacon, Cheddar cheese	Wheat		Y				Y			Y		Y			
American Burger	6oz beef patty, maple-cured bacon, American cheese, coleslaw.	Wheat		Y				Y			Y		Y			
TOPPINGS																
Cheddar cheese topping								Y								
Bacon topping																

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Chilli con carne topping		Barley, Wheat													
SIDES															
Garlic bread		Barley, Wheat						Y							
Bowl of chips		Wheat													
BREAKFAST															
Large Breakfast	Two Lincolnshire sausages, bacon, two eggs, baked beans, two hash browns, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y					Y		
Large Breakfast	Two Lincolnshire sausages, bacon, two eggs, baked beans, two potato rostis, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y					Y		
Large Scottish Breakfast	Two Lincolnshire sausages, bacon, two eggs, baked beans, two hash browns, Stornoway black pudding, tomato, slice of toast.	Barley, Oats, Wheat		Y				Y					Y		
Large Scottish Breakfast	Two Lincolnshire sausages, bacon, two eggs, baked beans, two potato rostis, Stornoway black pudding, tomato, slice of toast.	Barley, Oats, Wheat		Y				Y					Y		
Traditional Breakfast	Lincolnshire sausage, bacon, egg, baked beans, two hash browns, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y					Y		
Traditional Breakfast	Lincolnshire sausage, bacon, egg, baked beans, two potato rostis, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y					Y		
Small Breakfast Suitable for children – and adults with a smaller appetite.	Lincolnshire sausage, bacon, egg, baked beans, hash brown.	Wheat		Y									Y		
Small Breakfast Suitable for children – and adults with a smaller appetite.	Lincolnshire sausage, bacon, egg, baked beans, potato rosti.			Y									Y		
Scottish Traditional Breakfast	Lincolnshire sausage, bacon, egg, baked beans, two hash browns, Stornoway black pudding, tomato, slice of toast.	Barley, Oats, Wheat		Y				Y					Y		
Scottish Traditional Breakfast	Lincolnshire sausage, bacon, egg, baked beans, two potato rostis, Stornoway black pudding, tomato, slice of toast.	Barley, Oats, Wheat		Y				Y					Y		

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Vegetarian Traditional Breakfast	Two Quorn sausages, two eggs, baked beans, two hash browns, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y							
Vegetarian Traditional Breakfast	Two Quorn sausages, two eggs, baked beans, two potato rostis, mushroom, tomato, slice of toast.	Barley, Wheat		Y				Y							
Small Vegetarian breakfast		Wheat		Y											
Bacon Butty	Four rashers of crispy bacon in two slices of crusty bread	Barley, Wheat						Y							
Breakfast Butty	Crispy bacon, Lincolnshire sausage, egg – in two slices of sour dough bread.	Barley, Wheat		Y				Y					Y		
Breakfast Butty	Crispy bacon, Lincolnshire sausage, egg – in two slices of sour dough bread.	Barley, Wheat		Y				Y					Y		
Freshly baked pain aux raisins		Wheat		Y				Y							
Freshly baked pain au chocolat		Wheat		Y			Y	Y							
Croissant and Tiptree preserve		Wheat		Y				Y							
Toast and tiptree preserve	Toast, butter and strawberry jam.	Barley, Wheat						Y							
Eggs Benedict	Two poached eggs, on toasted sour dough, with Wiltshire cured ham, Dorset cream Hollandaise sauce	Barley, Wheat		Y				Y		Y			Y		
Eggs royale	Two poached eggs, on toasted sour dough, with smoked salmon, Dorset cream Hollandaise sauce.	Barley, Wheat		Y	Y			Y		Y			Y		
Mushroom Benedict	Two poached eggs, on toasted sour dough, with mushrooms, Hollandaise sauce, rocket	Barley, Wheat		Y				Y		Y					
Smashed Avocado on toast	Guacamole, avocado on toast	Barley, Wheat													
Gluten-free breakfast	Eggs, bacon, beans, tomato, mushroom.			Y											
Berry breakfast bowl								Y							
Fresh fruit bowl	A selection of fruit														
MOMA! Porridge with blueberries and brown sugar								Y							
MOMA! Porridge with honey, raisins, gogi berries, hazelnuts, pistachios								Y	Hazelnuts, Pistachio Nuts				Y		
Morning Roll with Bacon		Wheat					Y	Y							
Morning Roll with Black Pudding		Oats, Wheat					Y	Y							
Morning Roll with Sausage		Wheat					Y	Y					Y		
Morning Roll with Haggis		Oats, Wheat					Y	Y							

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Morning Roll with Sausage		Wheat					Y	Y					Y			
CHILDRENS																
Cheesy pasta - Macaroni pasta, with broccoli and peas.	Meals for tots or smaller appetites.	Durum Wheat, Wheat						Y			Y					
Spaghetti Bolognese	Meals for tots or smaller appetites.	Durum Wheat								Y						
Wiltshire cured ham, fried free-range egg and chips	Meals for tots or smaller appetites.	Wheat		Y												
Grilled Chicken Breast	Meals for bigger appetites - Step 1 Choose your main															
Breaded scampi	Meals for bigger appetites - Step 1 Choose your main	Wheat	Y													
Fish - Freshly battered, sustainable cod.	Meals for bigger appetites - Step 1 Choose your main	Wheat			Y		Y									
Fish - Freshly battered, sustainable haddock.	Meals for bigger appetites - Step 1 Choose your main	Wheat			Y		Y									
Pork Sausages	Meals for bigger appetites - Step 1 Choose your main	Wheat											Y			
Quorn sausages	Meals for bigger appetites - Step 1 Choose your main	Wheat														
Five chicken breast nuggets	Meals for bigger appetites - Step 1 Choose your main	Wheat														
Pulled chicken bun	Meals for bigger appetites - Step 1 Choose your main	Wheat					Y									
Peas	Meals for bigger appetites - Step 2 Choose your vegetable															
No added sugar baked beans	Meals for bigger appetites - Step 2 Choose your vegetable															
Cucumber sticks and tomato wedges	Meals for bigger appetites - Step 2 Choose your vegetable															
Mashed potato	Meals for bigger appetites - Step 3 Choose your potato or rice							Y								

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Chips	Meals for bigger appetites - Step 3 Choose your potato or rice	Wheat														
Chips	Meals for bigger appetites - Step 3 Choose your potato or rice	Wheat														
PIZZA																
Garlic pizza bread (small)	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Garlic pizza bread (large)	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Garlic pizza bread with mozzarella (small)	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Garlic pizza bread with mozzarella (large)	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Classic Margherita	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Ham and pineapple	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Ham and mushroom	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Pepperoni	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
BBQ chicken	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Spicy meat feast	Freshly baked thin-crust, with fresh toppings	Wheat						Y								
Goats cheese & red onion chutney	Freshly baked thin-crust, with fresh toppings	Wheat						Y			Y					
Red Onion	Freshly baked thin-crust, with fresh toppings															
Sliced chillies	Freshly baked thin-crust, with fresh toppings															
Mushroom	Freshly baked thin-crust, with fresh toppings															
Pineapple	Freshly baked thin-crust, with fresh toppings															
BBQ Sauce	Freshly baked thin-crust, with fresh toppings															
Wiltshire cured ham	Freshly baked thin-crust, with fresh toppings															

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Chicken breast	Freshly baked thin-crust, with fresh toppings														
Pepperoni	Freshly baked thin-crust, with fresh toppings														
Children's Cheese & tomato	Freshly baked thin-crust, with fresh toppings	Wheat						Y							
Children's Wiltshire cured ham and cheese	Freshly baked thin-crust, with fresh toppings	Wheat						Y							
Children's BBQ Chicken and cheese	Freshly baked thin-crust, with fresh toppings	Wheat						Y							
Children's Ham and pineapple	Freshly baked thin-crust, with fresh toppings	Wheat						Y							