

Castle Carvery Allergen information

This guide is provided to enable you to make your own decision on menu choice. We are unable to recommend or inform you what is suitable for you to eat. The descriptions on our menus do not include all ingredients or allergens, therefore always check the allergen guide to identify suitable dishes.

The information in this allergen guide is based on supplier specifications and recipe information. **Please be aware that this allergen information is subject to change, therefore ensure that you check it each time you visit. You will need to make sure you personally inform a Manager of your specific allergy dietary requirements, before you place your order. You need to do this every time you dine with us, even if you have previously eaten the dish.** This way we can ensure that extra attention to detail is taken when preparing your meal, in order to help prevent allergen cross-contamination.

Accompaniments and standard garnishes are included, unless specified. Items that are added as an additional self-selection choice or upgrade must be reviewed and added to the base information.

We regularly review the allergen data available to us. Although the circumstances in which a product is made, stored or packaged and distributed may change without our knowledge.

Not all products and dishes are available at all sites and are subject to change without prior warning.

Cross-contamination:

Please be aware that in our kitchen we handle food products containing, celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, mollusc, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide and derivatives of these allergens. Therefore it is impossible to fully guarantee that your meal has not accidentally come into contact with an undeclared allergen.

Cooking equipment (e.g grills, fryers etc) and food preparation areas may be shared. It is possible that any fried items you select from this guide may have been cooked in the same frying oil as items containing allergens, meat and dairy dishes.

Please ask a Manager if you would like additional information regarding our cooking methods and policy. If you are concerned about allergen cross-contamination of the food you wish to order please inform a Manager.

As part of the legislation on The Provision of Food Information to Consumers, Regulation EU 1169/2011, we only highlight allergenic ingredients if they are intentionally added to a product.

Cereals and Gluten:

The information in our allergen guide relating to “cereals containing gluten” is applicable to wheat, rye, barley, oats, spelt, kamut and the hybridised strains and products thereof. For identification of these specific cereals containing the gluten. Please request to see the product label/recipe.

We cannot guarantee the total absence of allergens in our dishes.

Ve - Vegan

V - Vegetarian

NGCI - Non Gluten Containing Ingredient

NGCIA - Non Gluten Containing Ingredient Alternative – See NGCI menu



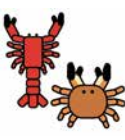


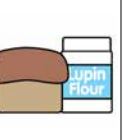



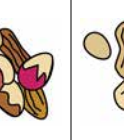
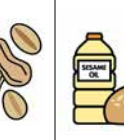
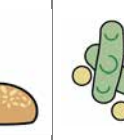
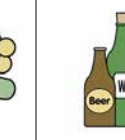

✓ - Contains

✓ - May contain

White toast V		Wheat Barley										✓	✓	
Brown toast V		Wheat Barley										✓	✓	
Butter portions V NGCI							✓							
Sunflower spread portions Ve NGCI														
All jam portions Ve NGCI														
Honey portions V NGCI														
Croissants V		Wheat	✓				✓						✓	
Fresh fruit salad Ve NGCI														
All yogurt pots V NGCI							✓							
Cornflakes Ve		Barley												
Crunchy nut cornflakes Ve		Barley									Peanuts			
Special K Ve		Wheat Barley												
All Bran Ve		Wheat Barley												
Alpen V		Wheat Oats					✓				Hazelnuts Almonds Nuts			

Co Co Pops V		Barley					✓							
Cranberry juice Ve NGCI														
Apple juice Ve NGCI														
Orange juice Ve NGCI														
Semi-skimmed milk V NGCI							✓							
Whole milk V NGCI							✓							

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Soup of The Day	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tomato and basil V	✓	Wheat Barley					✓		✓	Nuts		✓		
Tomato and red pepper V	✓	Wheat Barley					✓		✓	Nuts		✓		
Leek and potato V	✓	Wheat Barley					✓		✓	Nuts		✓		
Vegetable V	✓	Wheat Barley					✓		✓	Nuts		✓		
Minestrone	✓	Wheat Barley		✓			✓		✓	Nuts		✓	✓	



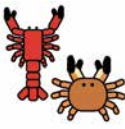


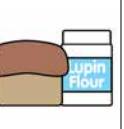



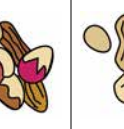
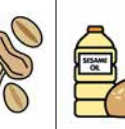
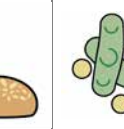
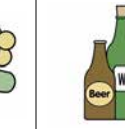

Carrot and coriander V	✓	Wheat Barley					✓		✓	Nuts		✓		
Carrot and butternut squash V	✓	Wheat Barley					✓		✓	Nuts		✓		



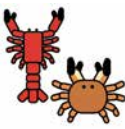


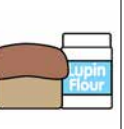

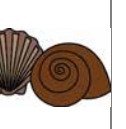


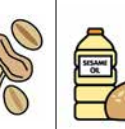
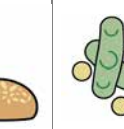
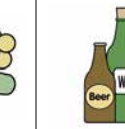

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Starters & Sharers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Classic Prawn Cocktail (NGCI with no bread)		Wheat Barley	Prawns	✓			✓					✓	✓	
Crispy Garlic Mushrooms V		Wheat		✓					✓					✓
Crispy Battered King Prawns		Wheat	Prawns						✓				✓	
Breaded Mozzarella Sticks V		Wheat		✓			✓		✓					
Garlic Bread V		Wheat (Barley)					✓					✓		✓
Cheese Garlic Bread V		Wheat (Barley)					✓					✓		✓
Chicken Goujons		Wheat							✓					
Barbecue Wings NGCI									✓					



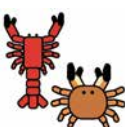

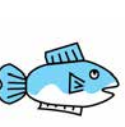
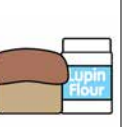




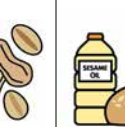
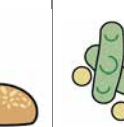
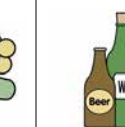

Calamari		Wheat		✓				Squid	✓					✓
Cheesy Nachos V NGCI									✓					
Classic Platter		Wheat Barley		✓					✓					✓
Feast Platter		Wheat Barley		✓					✓			✓		✓
Plaice Goujons		Wheat		✓	Plaice				✓					
Brie Wedges V		Wheat							✓				✓	

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY



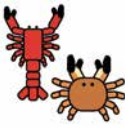


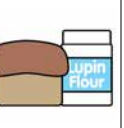



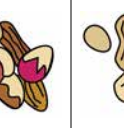
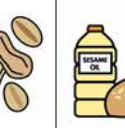
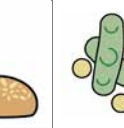
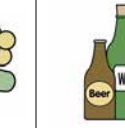

MAIN MENU														
Chicken & Ribs	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Half Rotisserie Chicken (no sauce) NGCI				✓					✓					
Half Chicken (no sauce) and Ribs	✓	Wheat Barley		✓			✓		✓				✓	✓
Half Rack of Ribs	✓	Wheat Barley		✓			✓		✓				✓	✓
Full Rack of Ribs	✓	Wheat Barley		✓			✓		✓				✓	✓

MAIN MENU														
Chicken & Ribs Sauces	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Piri Piri Sauce Ve NGCI														
Sweet Chilli Sauce Ve NGCI														
BBQ Sauce Ve NGCI									✓					



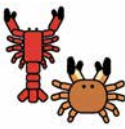


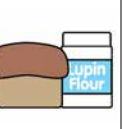



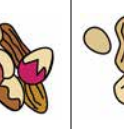
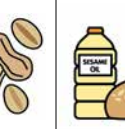
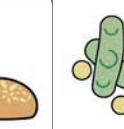
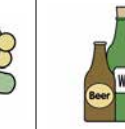

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Fish	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Traditional Cod and Chips		Wheat		✓	Cod		✓						✓	
Salmon Fillet Mornay	✓	Wheat		✓	Salmon		✓		✓				✓	
Breaded Scampi		Wheat	Scampi	✓			✓							
Luxury Fisherman's Pie	✓	Wheat	Prawns	✓	Haddock Salmon Cod		✓		✓				✓	✓



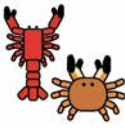


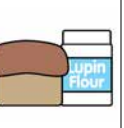



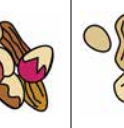
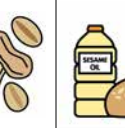
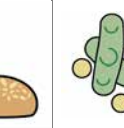
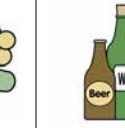

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Salads and Pasta	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Aberdeen Angus Beef Lasagne		Wheat Durum Wheat		✓			✓		✓				✓	
Cajun Chicken Caesar Salad		Wheat Barley		✓	Anchovy		✓		✓	Nuts		✓	✓	
Vegetable Lasagne V		Wheat Durum Wheat		✓			✓		✓				✓	
Salmon Potato Salad NGCI					Salmon		✓		✓					



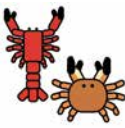


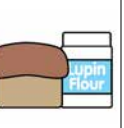



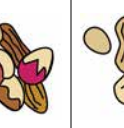
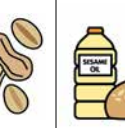
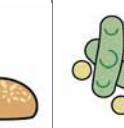
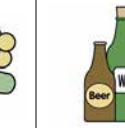

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Traditional Favourites	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Ham, Eggs and Chips NGCI				✓										
Chicken Tikka Masala		Wheat					✓			Nuts			✓	
Chicken Jalfrezi		Wheat					✓			Nuts			✓	
Roast Chicken		Wheat Barley		✓			✓		✓				✓	✓

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY



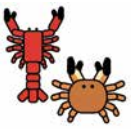


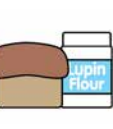








MAIN MENU														
Steak Sauces	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bearnaise sauce V NGCI				✓			✓							
Peppercorn sauce V	✓	Wheat Barley		✓			✓		✓					
Diane sauce V		Wheat Barley		✓			✓		✓					

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

MAIN MENU														
Gourmet Burgers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese Deluxe Beef Burger (NGCIA with NGCI bun)		Wheat		✓			✓		✓			NGCIA ✓		
C&B Beef Burger (NGCIA with NGCI bun)		Wheat		✓			✓		✓			NGCIA ✓	✓	
Western Burger		Wheat Barley		✓			✓		✓				✓	
Castle Tower Beef Burger		Wheat Barley		✓			✓		✓				✓	



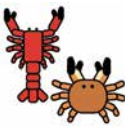


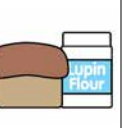



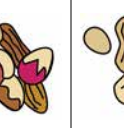
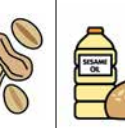
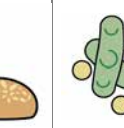
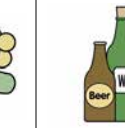

Lamb NGCI														
Gammon NGCI														
Turkey NGCI														
Beef NGCI														
Pigs in blankets		Wheat												✓
Cocktail sausages		Wheat							✓				✓	✓

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY



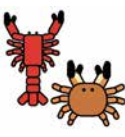


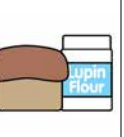


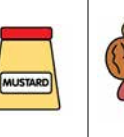
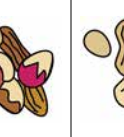

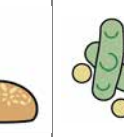
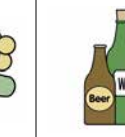

MAIN MENU														
Carvery Pies	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Steak and Ale Pie		Wheat Barley		✓			✓						✓	✓
Steak and Kidney Pie		Wheat Barley		✓			✓						✓	✓
Steak and Stilton Pie		Wheat Barley		✓			✓						✓	✓
Turkey and Gammon Pie		Wheat Barley		✓			✓						✓	
Spiced Vegetable Tart V	✓	Wheat					✓							✓

Mixed Salad Ve NGCI									✓					
Caesar Salad		Wheat Barley		✓	Anchovy			✓	✓	Nuts		✓	✓	
Garlic Bread V		Wheat Barley						✓				✓		✓
Cheese Garlic Bread V		Wheat Barley						✓				✓		✓
Spicy Potato Wedges Ve NGCI														
Sweet Potato Fries Ve NGCI														

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY



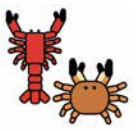


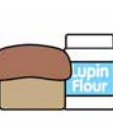








DESSERTS														
Hot Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Treacle Sponge Pudding V		Wheat		✓			✓			Nuts	Peanuts		✓	
Gluten Free Syrup Sponge Pudding V NGCI				✓			✓			Nuts			✓	
Sticky Toffee Pudding V		Wheat		✓			✓			Nuts	Peanuts		✓	

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

DESSERTS														
Patisserie	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Banana & Custard V NGCI							✓							
Fresh Strawberries & Cream V NGCI							✓							
Lemon Brulee Cheesecake sprinkled with Amaretti Crumb and Crystallised Ginger Pieces V		Wheat Barley		✓			✓			Nuts				
Gin and Elderflower Cheesecake topped with a Lime glaze and sprinkled with Golden Sugar NGCI							✓			Nuts	Peanuts			✓
Traditional Baked Cheesecake V		Wheat		✓			✓			Nuts				



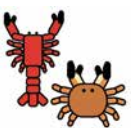


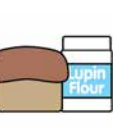








Lemon Meringue Pie V		Wheat		✓			✓			Nuts	Peanuts			
Triple Chocolate Fudge Cake V		Wheat		✓			✓			Nuts	Peanuts		✓	
Lumpy Bumpy		Wheat		✓			✓			Pecan			✓	
Rocky Road Cake		Wheat Barley		✓			✓			Nuts			✓	
Cookie Dough Salted Caramel Pie		Wheat		✓			✓			Nuts			✓	
Billionaire's Shortbread Cake		Wheat		✓			✓			Nuts			✓	

Some desserts can be gluten free without a wafer or cookie pieces. Please ask your server for details.

Non Gluten Containing Ingredient Desserts														
Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fresh Strawberries & Cream V NGCI							✓							
Fresh fruit salad Ve NGCI														
Eton Mess Sundae V NGCI (no wafer)				✓			✓							



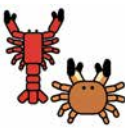


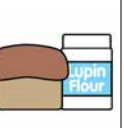

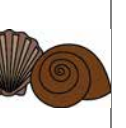
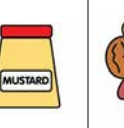

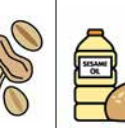
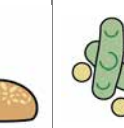
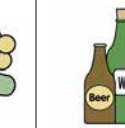

Banana & Custard V NGCI							✓							
Choc & Nut Sundae (no wafer) V NGCI							✓			Nuts Walnuts Almonds	Peanuts		✓	
Syrup Sponge Pudding V NGCI							✓			Nuts			✓	
Trio of Ice Cream V NGCI (no wafer)							✓						✓	

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

LIGHT BITES MENU														
Nibbles and Sharers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesy Nachos V NGCI							✓							
Chunky Chips Ve NGCI														
Cheesy Chunky Chips V NGCI							✓							



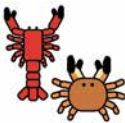


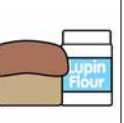
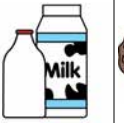


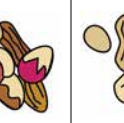
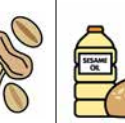
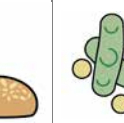
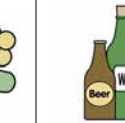

Wraps		containing gluten										seeds		Dioxide
Chicken Caesar		Wheat Barley		✓	Anchovy		✓		✓					
Fajita Chicken		Wheat					✓							
Southern Fried Chicken		Wheat		✓			✓							
Sweet Chili Crispy Chicken Wrap		Wheat		✓			✓							

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

LIGHT BITES MENU														
Cold Filled Baguettes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Farmhouse Cheddar and Onion Chutney white V (With Granary)		Wheat Barley (Wheat) (Barley)					✓ (✓)		✓ (✓)			✓ (✓)		

Prawns & Marie Rose Sauce white (With Granary)	Wheat Barley (Wheat) (Barley)	Prawns (Prawns)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)
Carvery Roast Ham and Farmhouse Cheddar white (With Granary)	Wheat Barley (Wheat) (Barley)			✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)
Tuna Mayonnaise white (With Granary)	Wheat Barley (Wheat) (Barley)		✓ (✓)	Tuna (Tuna)				✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)	✓ (✓)






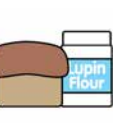








DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

LIGHT BITES MENU														
Hot Filled Baguettes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef and Yorkshire white (With Granary)		Wheat Barley (Wheat) (Barley)		✓ (✓)			✓ (✓)		✓ (✓)			✓ (✓)	✓ (✓)	
Turkey and Stuffing white		Wheat Barley					✓		✓			✓		

(With Granary)		(Wheat) (Barley)					(✓)		(✓)			(✓)		
Bacon and Cheese white		Wheat Barley					✓		✓			✓		
(With Granary)		(Wheat) (Barley)					(✓)		(✓)			(✓)		
Pork and Stuffing white		Wheat Barley					✓		✓			✓		✓
(With Granary)		(Wheat) (Barley)					(✓)		(✓)			(✓)		(✓)
Tuna Cheesy Melt white		Wheat Barley				Tuna	✓		✓			✓		
(With Granary)		(Wheat) (Barley)					(✓)		(✓)			(✓)		



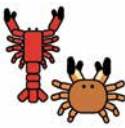


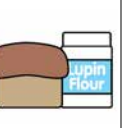



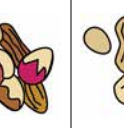
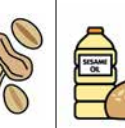
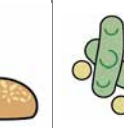
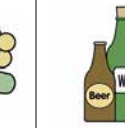

Pulled Pork white		Wheat Barley					✓		✓			✓		
(With Granary)		(Wheat) (Barley)					(✓)		(✓)			(✓)		

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY


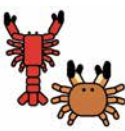


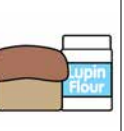



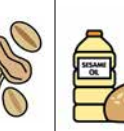
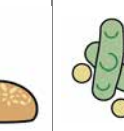
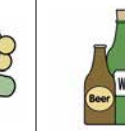

LIGHT BITES MENU														
Jacket Potatoes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Farmhouse Cheddar V NGCI							✓		✓					

Baked Beans V NGCI							✓		✓					
Prawns & Marie Rose Sauce NGCI			Prawns	✓			✓		✓					
Tuna Mayonnaise NGCI				✓	Tuna		✓		✓					
Coleslaw V NGCI				✓			✓		✓					

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

KIDS' MENU														
Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tomato Soup V	✓	Wheat Barley					✓		✓			✓		
Prawns with Seafood Sauce Dip NGCI			Prawns	✓										
Garlic Bread V		Wheat Barley					✓					✓		✓

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

KIDS' MENU														
Smaller Appetite Meals (u7s)	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Turkey Dinosaurs		Wheat					✓							
Cheese and Tomato Pizza ✓		Wheat					✓							
Pork Sausages in a Yorkshire		Wheat Barley		✓			✓		✓				✓	✓
Beefburger (Halal)		Wheat										✓	✓	✓
Cheeseburger (Halal)		Wheat					✓					✓	✓	✓
100% Cod Fish Fingers		Wheat			Cod									
Chicken Nuggets (Halal)	✓	Wheat Barley Oats Rye		✓			✓						✓	

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

KIDS' MENU														
Larger Appetite Meals (u10s)	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pork Sausages in a Yorkshire		Wheat Barley		✓			✓		✓				✓	✓
1/4lb Beefburger (Halal)		Wheat										✓	✓	✓
1/4 lb Cheeseburger (Halal)		Wheat					✓					✓	✓	✓
Chicken breast burger		Wheat										✓		
Gammon, Egg and Chips NGCI				✓										
Large Chicken Nuggets (Halal)	✓	Wheat Barley Oats Rye		✓			✓						✓	
100% Cod Fish Fingers		Wheat			Cod									
Tomato Pasta and Garlic Bread		Wheat Durum Wheat Barley					✓					✓		✓

DISHES AND THEIR ALLERGEN CONTENT - CASTLE CARVERY

Party Strawberry
Mousse **V**NGCI

