

ALLERGENS TABLE

MARINER'S FEB 2023

Sharers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CLASSIC: Add Pulled Lamb (Mariners)														
Combo Platter CD		Does contain Barley Wheat					Does contain						Does contain	
Ploughman's Mariner's	Does contain	Does contain Oats Wheat		Does contain			Does contain		Does contain	May contain		May contain	Does contain	Does contain
Buffalo Chicken Wings *24 CD		Does contain		Does contain			Does contain		Does contain					Does contain
CLASSIC: Nachos		Does contain					Does contain					May contain		
CLASSIC: Add Grilled Chicken Breast														

Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Creamy mushrooms on toast shipmans 2022		Does contain					Does contain						Does contain	
black pudding scotch egg shipmans 2022	Does contain	Does contain Oats Wheat		Does contain			Does contain		Does contain		May contain		Does contain	Does contain
Soup of Day SS21	Does contain	Does contain					Does contain						Does contain	
Welch rarebit - Starters - Mariner's		Does contain Barley Wheat		Does contain	Does contain		Does contain						Does contain	
Arancini balls MC		Does contain					Does contain			Does contain	Does contain	Does contain		
OL Garlic & Chilli Prawns AW18		Does contain	Does contain				Does contain						Does contain	Does contain
Padron peppers Mariner's														

Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Butchers Choice Sausage & Mash - Mains - Destination Core AW22	Does contain						Does contain							Does contain
Halloumi and chips Shipmans 2022				Does contain			Does contain		Does contain					
Beef blade Mariner's							Does contain							Does contain
Pork belly MC	Does contain						Does contain							
Southend Cheese & Bacon Burger	Does contain	Does contain		Does contain			Does contain		Does contain	Does contain		May contain	Does contain	
Mariner's Grilled Chicken Burger SS21	Does contain	Does contain Wheat		Does contain			Does contain		Does contain	Does contain		May contain	Does contain	
not chicken burger shipmans 2022		Does contain Rye Barley Wheat		Does contain			Does contain						Does contain	
Curious Vegan Pesto Salad		Does contain Rye Barley Wheat					Does contain			Does contain				
Pie of the Day - Steak & Ale - Mains - Destination Core AW22	Does contain	Does contain		Does contain			Does contain						Does contain	Does contain
CLASSIC: Chicken Caesar		Does contain Wheat		Does contain			Does contain						Does contain	
Hand Battered Fish & Chips - Mains - Destination Core AW22				Does contain	Does contain		Does contain		Does contain					
chicken kiev shipmans 2022		Does contain Wheat		Does contain			Does contain				May contain			
Prawn, Chorizo & Spinach Linguine SS21		Does contain Wheat	Does contain				Does contain							Does contain

Sandwiches	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Skin on Fries - Sides - Destination Core AW22														
Glazed Ham, Cheddar and red onion Chutney		Does contain		Does contain			Does contain		Does contain	May contain		May contain		Does contain
Menu B Chicken & Bacon Sandwich		Does contain		Does contain			Does contain						Does contain	
CLASSIC: Freshly Battered Fish Goujons and Tartare Sauce Sandwich		Does contain Barley Wheat		Does contain	Does contain		Does contain		Does contain	May contain		May contain		
Halloumi & Red Pepper Sandwich - Sandwiches - Destination Core AW22		Does contain		Does contain			Does contain						Does contain	
Add Soup of the Day	Does contain	Does contain					Does contain							

Loaded Baskets	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Buffalo Loaded Fries				Does contain			Does contain		Does contain					
CLASSIC: The British	Does contain			Does contain			Does contain		Does contain					
CLASSIC: The Hangover (Sausage)		Does contain Wheat		Does contain			Does contain		Does contain				Does contain	Does contain
Lamb Loaded Fries		Does contain Wheat		Does contain										Does contain
CLASSIC: Chicken Goujons & Fries		Does contain Wheat					Does contain						Does contain	Does contain
curiosity "chicken" tenders vegan jan 2023		Does contain Rye Barley Wheat											Does contain	

Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CLASSIC: Sweet Potato Fries Side														
CLASSIC: Skinny Fries Side														
House Salad CD				Does contain			Does contain							
Side Seasonal Vegetables														
CLASSIC: Cheesy Garlic Bread		Does contain					Does contain						Does contain	
Side Beer Battered Onion Rings		Does contain Barley Wheat					Does contain							Does contain
Mash Potato - Side - Destination Core AW22							Does contain							

Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CLASSIC: Chocolate Brownie				Does contain			Does contain			Does contain			Does contain	
White Chocolate & Raspberry cheesecake - Desserts - Community Christmas Fayre 22		Does contain					Does contain			May contain	May contain		Does contain	
CLASSIC: Sticky Toffee Pudding GF				Does contain			Does contain			Does contain				
Brakes Lemon Tart		Does contain		Does contain			Does contain			Does contain	Does contain			
CLASSIC: Ice Cream Sundae		Does contain Wheat		Does contain			Does contain			Does contain	Does contain		Does contain	