

ALLERGENS TABLE

MARINER'S SS24

Sharers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Mariner's Veggie Combo Platter		Does contain Rye Barley Oats Wheat		Does contain			Does contain			Does contain	Does contain	Does contain		
CLASSIC: Nachos		Does contain					Does contain							
CLASSIC: Add Grilled Chicken Breast														
Mariner's Meat Combo Platter	Does contain	Does contain Barley Wheat		Does contain			Does contain		Does contain					
ACTUAL Chicken tikka platter SS24 Sun Inn		Does contain		Does contain			Does contain		Does contain	Does contain	Does contain			Does contain
Buffalo Chicken Wings *8 CD		Does contain		Does contain			Does contain		Does contain					Does contain
Buffalo Chicken Wings *12 CD	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
Buffalo Chicken Wings *24 CD		Does contain		Does contain			Does contain		Does contain					Does contain

Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Scotch Egg Chorizo & Parsley 2023	Does contain	Does contain Wheat		Does contain			Does contain		Does contain		May contain		Does contain	Does contain
Whitebait				Does contain	Does contain				Does contain					
Peppered Mushroom Starter		Does contain					Does contain		Does contain					Does contain
OL Garlic & Chilli Prawns AW18			Does contain				Does contain							Does contain
Halloumi Fries - Starters - Destination SS23	Does contain	Does contain Wheat		Does contain			Does contain			May contain	May contain	May contain		Does contain
Arancini balls MC		Does contain					Does contain			Does contain	Does contain	Does contain		

Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Hand Battered Haddock & Chips - Mains - Destination Core AW22				Does contain	Does contain		Does contain		Does contain					
Pie of the Day - Steak & Ale - Mains - Destination Core AW22	Does contain	Does contain		Does contain			Does contain							Does contain
Caesar Salad Chicken & Bacon CD		Does contain Rye Barley Wheat		Does contain			Does contain			Does contain		Does contain	Does contain	
Penne Arrabiata	Does contain						Does contain							
Shicken kebab Shipmans 2023		Does contain		Does contain			Does contain						Does contain	
Stuffed Kiev Chicken Supreme SS23	Does contain			Does contain			Does contain							
Teriyaki Salmon RL S24		Does contain Wheat			Does contain		Does contain			Does contain	Does contain		Does contain	
shipmans 2023 Prawn, chorizo linguini		Does contain Wheat	Does contain				Does contain							
Steak Frites							Does contain							
Southend Cheese & Bacon Burger	Does contain	Does contain					Does contain		Does contain	Does contain		Does contain		
Not chicken burger Shipmans SS23		Does contain Rye Barley Wheat		Does contain			Does contain						Does contain	
Mariners Dirty Burger		Does contain Barley Wheat		Does contain			Does contain						Does contain	
Fried Buffalo Chicken burger		Does contain		Does contain			Does contain		Does contain			Does contain		
Mariner's Grilled Chicken Burger SS21	Does contain	Does contain Wheat		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	

Sandwiches	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
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		
Prawn Cocktail Sandwich	Does contain	Does contain Barley	Does contain	Does contain	Does contain		Does contain			May contain		May contain		
Glazed Ham, Cheddar and red onion Chutney		Does contain					Does contain		Does contain	May contain		May contain		Does contain
Halloumi & Red Pepper Sandwich - Sandwiches - Destination Core AW22		Does contain		Does contain			Does contain							
Skin on Fries - Sides - Destination Core AW22														
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
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
Buffalo Loaded Fries				Does contain			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	
Philly Chz Fries Wharf 23	Does contain						Does contain						Does contain	

Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
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
Mash Potatloe - 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: Sticky Toffee Pudding GF				Does contain			Does contain			Does contain				
Ice Cream Sundae CD		Does contain Wheat		Does contain			Does contain						Does contain	
White Chocolate & Raspberry cheesecake - Desserts - Community Christmas Fayre 22		Does contain					Does contain			Does contain	Does contain		Does contain	
Apple & Berry Crumble							Does contain							
Fudge cake		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	

HOT DRINKS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Menu All English Breakfast Pot of Twinings Tea		Does contain Wheat					Does contain						Does contain	
Menu All Hot Chocolate & Marshmallows 12oz							Does contain							
Menu All Irish Whiskey Liqueur Coffee		Does contain Barley Wheat					Does contain						Does contain	
Menu All Americano 12oz		Does contain Wheat					Does contain						Does contain	
Menu All Cappucino 12oz		Does contain Wheat					Does contain						Does contain	
Menu ALL Single Espresso		Does contain Wheat											Does contain	
Menu ALL Flat White 8oz		Does contain Wheat					Does contain						Does contain	
Menu All Coffee Floater		Does contain Wheat					Does contain						Does contain	
Menu All Latte 12oz		Does contain Wheat					Does contain						Does contain	
Menu All Caramel Syrup shot														
Menu All Hazelnut Syrup shot														
Menu All Vanilla Syrup shot														
Menu All Latte macchiato 8oz		Does contain Wheat					Does contain						Does contain	
Menu All Mocha 12oz		Does contain Wheat					Does contain						Does contain	

SUNDAY ROAST	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Classic Roast Sirloin of Beef	Does contain	Does contain Wheat		Does contain			Does contain		Does contain				Does contain	
Classic Roast Pork Belly	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
Roast Chicken Supreme MCT AW23	Does contain	Does contain Wheat		Does contain			Does contain							
Classic Roast Trio Top Gam Turkey		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
Oven baked Salmon, lemon butter, roasted new potatoes and green beans					Does contain		Does contain							
Sunday Vegan Nut Roast Destination Core	Does contain	Does contain								Does contain Walnuts	Does contain			
Sunday Side Extra Sage & Onion Stuffing		Does contain Wheat					Does contain							
Sunday Side Extra Yorkshire Pudding Destination		Does contain Wheat		Does contain			Does contain							
Sunday Side Herb Roast Potatoes Destination														
C Pigs in Blankets AW18		Does contain												
Sunday Side Cauliflower Cheese Classic	Does contain	Does contain Wheat		Does contain			Does contain		Does contain				Does contain	

Kids	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
kids cheese burger and chips		Does contain		Does contain			Does contain						Does contain	
Kids scampi and chips		Does contain Wheat	Does contain											
Kids Sausage and mash		Does contain											Does contain	
Kids Chicken tenders and chips		Does contain		Does contain			Does contain							