



B&K ALLERGEN NUTRITIONAL INFO

	Contains Crustaceans or Shellfish	Contains Fish or Fish Products	Contains Molluscs	Contains Gluten or Gluten Products	Contains Soya	Contains Milk or Milk Products	Contains Celery/ Celeriac Products	Contains Mustard or Mustard Products	Contains Sesame Seed or Sesame Seed Products	Contains Lupin Flour /Lupin Products	Contains Eggs/ Egg Derivatives	Contains Nuts or Nut Trace	Contains Peanuts	Contains Sulphur Dioxide E220 (if greater than 10mg/kg)
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Main menu

Pork Scratchings														
Marinated Olives														✓
Hand Raised Pork Pie				✓	✓	✓	✓				✓			
Garlic Flatbread				✓		✓								✓
Loaded Nachos (maize flour)						✓								
B&K Wings BBQ				✓	✓	✓		✓			✓			
B&K Wings Buffalo						✓		✓			✓			
Homemade Soup of the Day (v)				✓		✓	✓							
Calamari Rings			✓	✓				✓			✓			
Mini Baked Camembert				✓		✓		✓						
Chicken Caesar				✓		✓					✓			
Hot Smoked Salmon	✓													✓
Chargrilled Vegetable & Feta						✓								
Beer Can Chicken BBQ				✓	✓	✓					✓			
Beer Can Chicken SPICY JERK						✓		✓			✓			
Beer Can Chicken GARLIC & HERB						✓					✓			
BBQ Platter				✓	✓	✓		✓			✓			
Fries														
Chunky Chips														
Chilli Cheese Fries						✓								
IPA Battered Onion Rings				✓										
Slaw								✓			✓			
House Salad														✓
10 oz Rump Steak														
Steak & Ale Pie				✓		✓		✓			✓			
Fish & Chips		✓		✓				✓			✓			



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Sunday menu

Roast Dinners (all meats)				✓		✓				✓			
Vegetble Wellington				✓		✓				✓			

Gluten Free Menu

Marinated Olives													✓
B&K Wings BBQ						✓	✓			✓			
Homemade Soup of the Day (v)						✓	✓						
Mini Baked Camembert						✓	✓						
10 oz Rump Steak													
Pan Seared Fillet of Salmon		✓				✓							
Chargrilled Chicken & Wild Mushroom						✓							
Morroccan Vegetable Tagine (cous cous)						✓	✓				✓		
Flat Cap Stack						✓							
Chicken Caesar										✓			
Hot Smoked Salmon		✓											✓
Chargrilled Vegetable & Feta						✓							
Eton Mess						✓				✓			
Warm Chocolate Brownie						✓				✓	✓		
Ice Cream Sundae CHOCOLATE BROWNIE						✓				✓	✓		

Express Lunch menu

Mac & Cheese				✓		✓				✓			
Smoked Haddock Fishcake		✓		✓		✓				✓			✓
Beef Chilli Nachos (maize flour)						✓							
Fish Finger		✓		✓			✓			✓			
B.L.T				✓			✓			✓			
Pulled Pork				✓	✓		✓			✓			
Roasted Vegetable				✓		✓		✓					

Childrens menu

Fish Fingers		✓		✓		✓				✓			
Beef Burger				✓		✓				✓			✓
Chicken Burger				✓		✓				✓			
Mac & Cheese				✓		✓				✓			
Chicken Burger without Bun													
Ice Cream Sundae				✓		✓							

Bar Snacks

Wasabi Peas					✓		✓				may contain	may contain	
Chilli Rice Crackers				✓	✓						may contain	may contain	
Rosemary Nut Mix											✓	✓	
Spicy Snack Mix (GF/NF)													
Dry Roasted Nuts				✓			✓				may contain	✓	
Harlequin Olives													
Piadina (meat)				✓		✓							
Piadina (veg)				✓		✓							