

 Menu Item	None	Celery	Wheat	Barley	Rye	Oats	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Walnuts	Hazelnuts	Almonds	Pecans	Brazil	Macadamia	Cashew	Peanuts	Sesame	Soya	Sulphites
	Cereals containing Gluten						Nuts (Tree)																	

Fish	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
All Battered Fish			✓						✓			MC	MC										✓	
Scampi			✓				✓		MC			MC												
Fishcake			✓						✓															
Homemade Fishcake			✓					✓	✓			MC												
Cod Bites			✓						✓			MC	MC										✓	
Calamari			✓						MC			✓	MC										✓	
Chips	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Chips																								✓
Cheesy Chips											✓													✓
Chicken	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
HM Chicken Fillet		✓	✓	MC							MC		MC										MC	MC
Chicken Nuggets			✓																					
HM Chicken Goujons		✓	✓	MC							MC		MC										MC	MC
Sausages	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Plain Sausage			✓																					✓
Battered Sausage			✓																					✓
Burgers <small>- Including Bun & sauces</small>	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Beef Burger			✓								✓													✓
Cheese Burger			✓								✓													✓
HM Chicken Fillet Burger		✓	✓	MC							✓		MC										MC	MC
Veggie Burger			✓																			✓		
Halloumi Burger			✓								✓													
Veggie ^(V)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Mozzarella Dippers ^(V)			✓					MC			✓		MC										MC	
Homemade Onion Rings ^(VG)			✓										MC										✓	
Plain Veggie sausage ^(VG)			✓																					
Bat. Veggie Sausage ^(VG)			✓										MC										✓	
Pea Fritters ^(VG)			✓										MC										✓	
Vegan ^(VG)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Quorn Nuggets ^(VG)			✓																					
Bat. Vegan Sausage ^(VG)			✓																					
Plain Vegan Sausage ^(VG)			✓																					

Fraser's_Helston																								
Key: ✓ - Allergen present in product specification MC - Product MAY CONTAIN allergens																								
Vegan Fish ^(V6)																								
Hot Sides																								
NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
✓																								
	✓																							
		MC																						MC
✓																								
Cold Sides																								
NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
							✓					✓												
✓																								
							✓																	
✓																								
							✓			✓		✓												
✓																								
✓																								
✓																								
Kids Meals ^(K) - Excluding Drink																								
NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
		✓										MC										✓	✓	
		✓																						✓
		✓										MC										✓	✓	
		✓																						✓
		✓					✓	MC			MC													✓
		✓																						✓
		✓																						✓
Drinks																								
NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
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	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Radnor Tropical	✓																								
Radnor Apple	✓																								
Radnor Forest Fruits	✓																								
Radnor Rasp + Cherry	✓																								
Gluten Free Fish (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Cod (GF)									✓			MC													
Haddock (GF)									✓			MC													
Cod Bites (GF)									✓			MC													
Calamari (GF)									MC			✓													
Gluten Free Chicken (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Chicken Fillet (GF)	✓																								
Chicken Goujons (GF)	✓																								
Gluten Free Chips (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Chips (GF)																									✓
Cheesy Chips (GF)											✓														✓
GF Veggie/Vegan (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES	
Homemade Onion Rings (GF)(VG)	✓																								
Vegan Fish (GF)(VG)	✓												MC											✓	✓