

 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 (Free)										

Category	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.
Fish			✓						✓				MC										✓	
ALL BATTERED FISH			✓						✓				MC										✓	
SCAMPI			✓				✓		MC			MC												
FISHCAKE			✓						✓				✓											
HOMEMADE FISHCAKE			✓						✓		✓		MC										✓	
COD BITES			✓						✓				MC										✓	
Chips																								
CHIPS																								✓
CHEESY CHIPS											✓													✓
LOADED CHIPS								✓			✓													✓
Chicken																								
HM CHICKEN FILLET			✓										MC										✓	
CHICKEN NUGGETS		✓	✓																					
BBQ CHICKEN WINGS		MC	MC	MC							MC												✓	MC
PIRI-PIRI CHICKEN WINGS		MC	✓	MC							MC												MC	MC
Sausages																								
PLAIN SAUSAGE			✓																				✓	✓
BATTERED SAUSAGE			✓										MC										✓	✓
Burgers																								
BEEF BURGER			✓					✓														MC	✓	✓
CHEESE BURGER			✓					✓			✓											MC	✓	✓
HM CHICKEN FILLET BURGER			✓					✓					MC									MC	✓	
VEGGIE BURGER			✓					✓														MC		
HALLOUMI BURGER			✓								✓											MC		
Veggie ^(V)																								
MOZZARELLA DIPPERS ^(V)			✓								✓													
MAC & CHEESE BITES ^(V)			✓					MC			✓		MC										MC	
PLAIN VEGGIE SAUSAGE ^(VG)																							✓	
BAT. VEGGIE SAUSAGE ^(VG)			✓										MC										✓	
GARLIC MUSHROOMS			✓								✓													
PEA FRITTERS ^(VG)			✓										MC										✓	
VEGAN NUGGETS (VG)			✓																					
VEGAN FISH (VG)			✓										MC										✓	
Hot Sides																								

Fraser's Penzance

✓ - Allergen present in product specification | MC - Product MAY CONTAIN allergens

	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
HOMEMADE MUSHY PEAS ^(V)	✓																								
CURRY SAUCE ^(V)		✓																							MC
GRAVY ^(V)		MC																							MC
BEANS ^(V)	✓																								
Cold Sides																									
HM TARTARE SAUCE								✓					✓												✓
BLENDERS MAYO								✓					✓												
BLENDERS KETCHUP				✓																					
CRUCIALS KETCHUP	✓																								
CRUCIALS MAYO								✓																	
CRUCIALS SWEET CHILLI	✓																								
PICKLED EGG								✓																	
PICKLED GHERKIN	✓																								
PICKLED ONION																									✓
VINEGAR BOTTLE																									
Kids Meals ^(K)																									
COD BITES ^(K)			✓						✓				MC											✓	✓
PLAIN SAUSAGE ^(K)			✓																					✓	✓
BATTERED SAUSAGE ^(K)			✓										MC											✓	✓
CHICKEN NUGGETS ^(K)		✓	✓																						✓
SCAMPI ^(K)			✓				✓		MC			MC													✓
VEGGIE SAUSAGE BATTERED ^{(K)(V)}			✓										MC											✓	✓
VEGGIE SAUSAGE ^{(K)(V)}																								✓	✓
VEGANS NUGGETS (K) (VG)																									
Drinks																									
STRAWBERRY SLUSHY	✓																								
BLUE-RASPBERRY SLUSHY	✓																								
COKE	✓																								
DIET COKE	✓																								
COKE ZERO	✓																								
FANTA ORANGE	✓																								
FANTA FRUIT TWIST	✓																								
7UP	✓																								
SPRITE	✓																								
VIMTO				✓																					
RIO	✓																								
TANGO ORANGE	✓																								
TANGO APPLE	✓																								
STILL WATER	✓																								
SPARKLING WATER	✓																								
RADNOR ORANGE	✓																								
RADNOR APPLE	✓																								

Fraser's Penzance

✓ - Allergen present in product specification | MC - Product MAY CONTAIN allergens

Gluten Free Fish (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
COD (GF)									✓			MC													
HADDOCK (GF)									✓			MC													
CORNISH HAKE (GF)									✓			MC													
COD BITES (GF)									✓			MC													
Gluten Free Chicken (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
CHICKE FILLET (GF)	✓																								
CHICKEN GOUJONS (GF)	✓																								
Gluten Free Chips (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
CHIPS (GF)																									✓
CHEESY CHIPS (GF)											✓														✓
Gluten Free Veggie/Vegan (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
PEA FRITTERS (GF)(VG)	✓																								
Gluten Free Extras (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
VINEGAR BOTTLE (GF)	✓																								
CRUCIALS KETCHUP (GF)	✓																								
HOMEMADE TARTARE SAUCE (GF)								✓					✓												✓
CURRY SAUCE (GF)		✓																							
HOMEMADE MUSHY PEAS (GF)	✓																								
GRAVY (GF)		MC																							MC
BAKED BEANS (GF)	✓																								
Ice Cream	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
MR WHIPPY SOFT SERVE											✓														
LEMON SORBET	✓																								
STRAWBERRY & CHAMPAGNE SORBET	✓																								
Ice Cream Extras	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
WAFFLE CONES			✓																					✓	
WAFER CONES			✓																					✓	
CHOCOLATE FLAKES											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC	✓		
FUDGE STICKS											✓			MC	MC	MC	MC	MC	MC	MC	MC	MC			
CHOCOLATE TOPPING SAUCE											✓														✓
STRAWBERRY TOPPING SAUCE	✓																								
BUBBLE-GUM TOPPING SAUCE	✓																								
Milkshakes - All	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRSTCNS.	EGGS	FISH	LUPIN	MILK	MLUSCS.	MUSTARD	WALNUTS	HZELNTS.	ALMONDS	PECANS	BRAZIL	MCDAMIA.	CASHEW	PEANUTS	SESAME	SOYA	SLPHTS.	
ALL MILKSHAKES											✓														

