





























































































































































































































<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Desserts Cafe															
Banoffee			Wheat 												Pecans 
Creme brule			Wheat 												Almonds 
Doughnuts			Wheat 												
Lemon tart			Wheat 												Almonds 
Tiramisu			Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Drinks															

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Mains															
Asian tofu			Wheat 												Cashews 
Chargrilled lamb steak															
Chicken Enchiladas			Wheat 												
Cobb salad			Wheat 												
Fish & chips			Wheat 						Squid 						
Goat's cheese salad															Pecans 
Greek plate Hsk			Wheat 												
Katsu chicken doughnut			Wheat 												
Miso roasted chicken supreme															
Non fish burger			Wheat 												
Pan fried bream			Wheat 												
Roasted courgette & cous-cous salad			Wheat 												
Rump steak			Wheat 												
Smashed avocado burger			Barley  Oats  Wheat 												
Squid Ink Linguine			Wheat 						Cuttlefish  Squid 						

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Mains															
Thai red curry			Wheat 	Prawns  											Cashews  
The Balans Burger			Wheat 						Squid 						
Wholewheat penne & tomato pesto			Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Sides															
Big Chips			Wheat 						Squid 						
Chargrilled tenderstem broccoli															
Fries			Wheat 						Squid 						
Mixed leaves															
Tenderstem broccoli															Hazelnuts 
Truffle Mac& cheese			Wheat 												

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS			
																		
Starter																		
Harrisa roasted cauliflower taco																		
Manchego & serrano croquette			Wheat 						Squid 									
Moroccan lamb & apricot meatballs			Wheat 															
Pan fried scallops									Scallops 									
Pesto aubergine																		
Quesadilla			Wheat 															
Smoked swordish																		
Truffle fried chicken			Oats  Wheat 															

Signed by: _____ Signature: _____