

Market Bar Allergen Analysis Table														
X = indicates allergen is present T = indicates traces of allergen may be present														
	Peanuts	Tree Nuts	Milk	Eggs	Fish	Crustaceans	Molluscs	Soya	Gluten	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide & Sulphites
<b>Starters</b>														
<b>Basket of Bread</b>														
Bread										X				
Butter			X											
<b>Marinated Olives</b>														
Olives														
<b>Bread &amp; Dips</b>														
Bread										X				
Roasted Hummus	T								X	X				
Ricotta herb dip			X	X										
Sundried tomato almond pesto	T	X	X					T	T	T				
<b>Cheese &amp; Cured Meats</b>														
Mozzarella			X	T										
Prosciutto			X											
Manchego			X											
Serrano			X											
Chorizo			X											
Lomo			X											
Salchichon			X											
Risotto	T	T	X	X					X					
Olives														
Roasted Red Peppers														
Artichokes														
Honey														
<b>Garlic Bread</b>														
Bread										X				
Garlic Mayonnaise			X	X								X		
Cheese			X											
<b>Salads</b>														
<b>Feta &amp; Chorizo Salad</b>														
Feta			X											
Chorizo			X											
Spinach														
Rocket														
Pine Nuts	T	X						T	T	T				
Cherry Tomatoes														
Balsamic Honey Dressing												X		X
<b>Piri Piri Chicken Salad</b>														
Piri Piri Chicken														
Mixed Leaves														
Cherry Tomatoes														
Red Onions												X		X
Red Pepper Dressing														
<b>Goats Cheese Salad</b>														
Goats Cheese			X											
Beetroot														
Walnut		X												
Mixed Leaves														
Cherry Tomatoes														
Red Onions														
Balsamic Honey Dressing												X		X
<b>Mains</b>														
<b>Gambus Piri Piri</b>														
Prawn						X								
Chilli, Garlic & Butter			X											
<b>Baby Potatoes &amp; Chorizo</b>														
Chorizo			X											
Baby Potatoes			X											
Red Wine Jus														X
<b>Goats Cheese Crostini</b>														
Bread									X					
Goats Cheese			X											
Red Onion Compote														X
<b>Vegetable Frittata</b>														
TRUFFLE			X	X					X					
Garlic Mayo			X	X								X		
<b>Sirloin Steak &amp; Garlic Potatoes</b>														
Steak			X											
Garlic Potatoes			X											
<b>Stuffed Roasted Red Peppers</b>														
Red Peppers														
Cous Cous Stuffing	T	T	X						X					
<b>Smoked Applewood Croquettes</b>														
Applewood Cheese Croquettes			X	X					X					
Mixed Mayo				X										X
<b>CHIPOTLE BBQ WINGS</b>														
Chicken Wings														
BBQ Sauce									X			X		
<b>PIZZA</b>														
<b>PIZZA BREAD</b>														
Cheese			X							X				
<b>Nachos</b>														
Tortilla														
Nachos														
Tortilla Chips														
Salsa														
Cheese			X											
Guacamole			X											
Sour Cream			X											
Jalapeno			X											
<b>Potatos Bravas</b>														
Potato														
Bravas Sauce														X
Garlic Mayo			X	X								X		
<b>Fish Slew</b>														
Fish Selection					X	X								
Sauce			X		X	X						X		X
Serrano Onion														
Cherry Tomatoes														
Cheese			X											
<b>Deep Fried Calamari</b>														
Buttered Potato					X				X					
Chilli Mayo			X									X		
<b>Fish Skewers</b>														
Fish Selection			X		X	X								
Rice														
Sweet Chilli & Lime Sauce														
<b>Meatballs</b>														
Meatballs			X							X				
Potato														
<b>Meatball Sauce</b>														
Meatball Sauce												X		X
<b>Chicken &amp; Chorizo Skewers</b>														
Chicken			X											
Chorizo			X											
Fresh Sauce														X
Mini Yoghurt			X											
<b>Desserts</b>														
<b>Chocolate Brownie</b>														
Brownie			X	X	X									
Ice Cream	T		X											
Chocolate Sauce														
<b>BAILEYS CHEESECAKE</b>														
Baileys Cheesecake	X	X	X					X	X					
<b>COCONUT MOUSSE</b>														
Coconut Mousse			X											
<b>Lunch</b>														
<b>Soup</b>														
Tomato & Basil														X
Leek & Potato														
Spinach Onion			X											X
Butternut Squash & Chilli														
Mushroom & Tarragon			X											X
Carillonne & Basil			X											X
Carrot, Ginger & Coriander			X											X
French Onion			X											
Braised & Smoked Bacon			X											
Han, Lentils & Vegetable														X
Tomato, Chorizo & Chickpeas			X											X
Fish Chowder			X		X	X								
Spicy Beef & Tomato			X											
Chicken & Sweetcorn			X											
Chicken & Mushrooms														X
<b>Wraps &amp; Sandwiches served with</b>														
Tomato														
Garlic Mayo			X	X										X
Mixed Leaf Salad														X
<b>Wrap of the Day</b>														
Sundried Tomato, Olive Pesto & Roasted Red Peppers	T	X	X	X				T	X					
Goats Cheese, Roasted Vegetable & Cous Cous			X						X			X		
Vegetable, Chilli, Rice & Cheddar Cheese			X						X		X			
Roasted Red Pepper Hummus, Cous Cous & Goats Cheese			X						X	X	X			
Cajun Tuna, Sweetcorn & Cheddar Cheese			X						X					
Chilli Beef, Rice & Cheddar Cheese			X						X		X			
Meatball, Jalapeno & Cheddar Cheese			X	X					X		X			
Pulled Pork, Sweetcorn & Cheddar Cheese			X						X			X		
Smoked Salmon, Cream Cheese, Spinach & Cherry Tomatoes			X		X				X					
Piri Piri Chicken, Roasted Red Pepper & Cheddar Cheese			X						X					
Chicken Gougarns, Roasted Red Pepper & Cheddar Cheese			X	X					X					
<b>Sandwich of the Day</b>														
Piri Piri Chicken, Scallions & Chilli Mayo									X					
<b>Buffalo Mozzarella, Pesto &amp; Tomato</b>														
Buffalo Mozzarella, Pesto & Tomato	T	X	X	X	X			T	X	T				
Pulled Pork, Fried Onion & BBQ Mayo			X	X									X	
Smoked Salmon, Cream Cheese, Rocket &														