

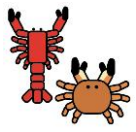
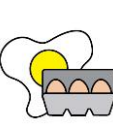
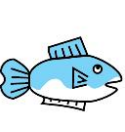
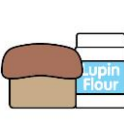

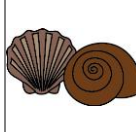




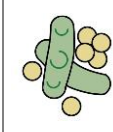





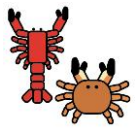
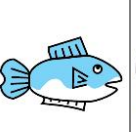
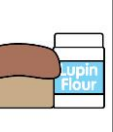





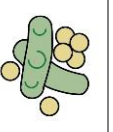

NIBBLES DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Smoked Almonds										✓ ALMONDS				
Olives														
Cashews										✓ CASHEWS				
Focaccia		✓ WHEAT												
Hummus & Pitta		✓ WHEAT										✓		


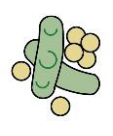
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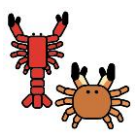
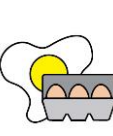
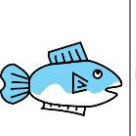
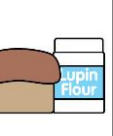




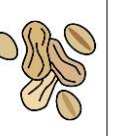

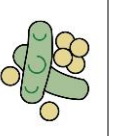

STARTERS AND SALADS DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Soup of the day (Gluten free option available)		✓ WHEAT												
King Prawns			✓											
Heritage Tomatoes							✓							
Smoked Salmon (Gluten free option available)		✓ WHEAT			✓									
Ham Hock Terrine (Gluten free option available)		✓ WHEAT							✓					
Nicoise Salad				✓										
Caesar Salad (Gluten free option available)		✓ WHEAT			✓		✓							
Blue Cheese Salad							✓							

SHARING BOARDS AND SANDWICHES DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bread Board		✓ WHEAT										✓		
Charcuterie Board		✓ WHEAT								✓				
Seafood Board		✓ WHEAT	✓		✓		✓							
Salmon Sandwich		✓ WHEAT			✓		✓							
B.L.T. Sandwich		✓ WHEAT												
Hummus Sandwich		✓ WHEAT										✓		
Steak Sandwich		✓ WHEAT					✓							
Caprese Sandwich		✓ WHEAT					✓							
Club Sandwich		✓ WHEAT		✓										



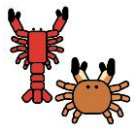
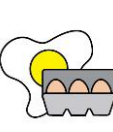
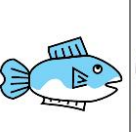
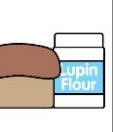




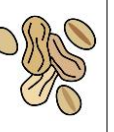

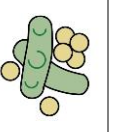

Steaks & Sides DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Flat Iron Steak							✓							
Sirloin							✓							
Fillet Beef							✓							
Cote De Bouef							✓							
Buttered Veg							✓							
Chips & Fries														
Buttered Greens							✓							
Garden Salad														
Onion Rings														
Truffle Fries							✓							

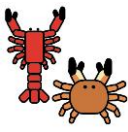

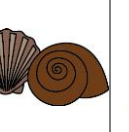
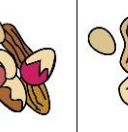
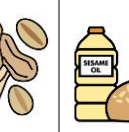
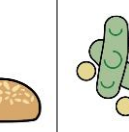

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Classics DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage & Mash		✓ WHEAT					✓							✓
Haddock					✓									
Steak Pie		✓ WHEAT		✓			✓							
Cheese & onion Pie		✓ WHEAT					✓							
Beef Burger		✓ WHEAT												
Vegan Burger		✓ WHEAT												
Chicken Burger		✓ WHEAT		✓										
Trout					✓		✓							



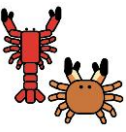
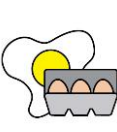
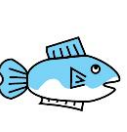

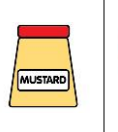
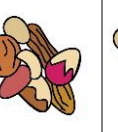
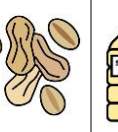
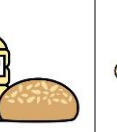

Children DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Melon														
Soup	✓	✓ WHEAT					✓							
Garlic Bread		✓ WHEAT					✓							
Sausage		✓ WHEAT					✓							✓
Gnocchi	✓						✓							
Fish & Chips														
Chicken														
S.T.P		✓ WHEAT		✓			✓						✓	
Berries							✓							
Brownie				✓			✓						✓	



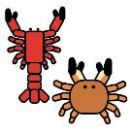
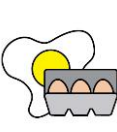
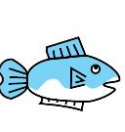









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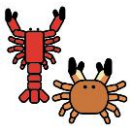
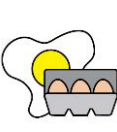
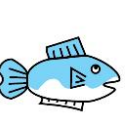









Sunday Roasts DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast Beef (Gluten free option available)		✓ WHEAT		✓			✓							
Roast Lamb (Gluten free option available)		✓ WHEAT		✓			✓							
Roast Pork (Gluten free option available)		✓ WHEAT		✓			✓							
Vegan Roast		✓ WHEAT												
Yorkshire Pudding (Gluten free option available)		✓ WHEAT		✓			✓							
Cauliflower Cheese		✓ WHEAT					✓							
Chipolatas		✓ WHEAT												✓
Stuffing Balls		✓ WHEAT												

DESSERTS DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesecake		✓ WHEAT					✓							
Brownie Sundae				✓		✓	✓						✓	
Lemon Posset				✓			✓							
Petits Fours		✓ WHEAT				✓	✓			✓	✓			
Custard Tart		✓ WHEAT		✓			✓							
Sticky Toffee Pudding		✓ WHEAT		✓			✓							
Scones		✓ WHEAT		✓			✓							
Brownie							✓						✓	
Teacake		✓ WHEAT		✓			✓							

BREAKFAST DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Arbroath Smokie				✓	✓		✓							
Breakfast Bap (Gluten free option available)		✓ WHEAT		✓			✓							
Full Cumbrian		✓ WHEAT		✓			✓							
Full Vegetarian		✓ WHEAT		✓			✓							
Plough Breakfast Muffin		✓ WHEAT		✓			✓							
Eggs Benedict		✓ WHEAT		✓			✓							
Eggs Royale		✓ WHEAT		✓	✓		✓							
Eggs Florantine		✓ WHEAT		✓			✓							
French Toast		✓ WHEAT		✓			✓							

