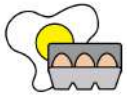
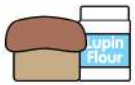
NIBBLES DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

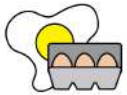
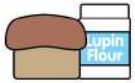
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Smoked Almonds										✓ ALMONDS				
Olives														
Cashews										✓ CASHEWS				
Focaccia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

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

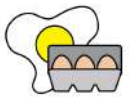
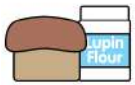
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Soup of the day (Gluten free option available)		✓ WHEAT												
Cray Fish Mac & Cheese		✓ WHEAT	✓						✓					
Endive Salad							✓		✓	✓ WALNUTS				
Smoked Salmon (Gluten free option available**)**		✓ WHEAT			✓		✓							
Duck Terrine (Gluten free option available)		✓ WHEAT												
Caesar Salad (Gluten free option available)		✓ WHEAT			✓		✓							

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

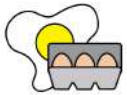
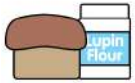
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Bread Board		✓ WHEAT										✓		✓
Seafood Board (Gluten free option available)		✓ WHEAT	✓		✓		✓		✓					
Salmon Sandwich (Gluten free option available)		✓ WHEAT			✓		✓							✓
B.L.T. Sandwich (Gluten free option available)		✓ WHEAT												
Hummus Sandwich (Gluten free option available)		✓ WHEAT										✓		
Pork Sandwich (Gluten free option available)		✓ WHEAT												
Caprese Sandwich(Gluten free option available)		✓ WHEAT					✓							
Club Sandwich (Gluten free option available)		✓ WHEAT		✓										

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

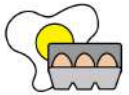
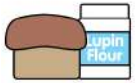
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Flat Iron Steak							✓							
Sirloin							✓							
Fillet Beef							✓							
Cote De Bouef							✓							
Side of 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

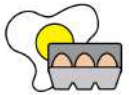
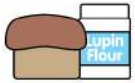
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Sausage & Mash		✓ WHEAT					✓							✓
Haddock					✓									
Steak Pie		✓ WHEAT		✓			✓							✓
Cheese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

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Children DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

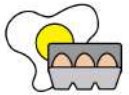
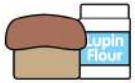
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Kids Melon														
Kids Soup		✓ WHEAT												
Kids Garlic Bread		✓ WHEAT					✓							
Kids Sausage		✓ WHEAT					✓							✓
Kids Pasta	✓	✓ WHEAT					✓							
Kids Fish & Chips					✓									
Kids Chicken														
Kids S.T.P (Gluten free option available)		✓ WHEAT		✓			✓						✓	
Kids Berries							✓							
Kids Brownie (Gluten free option available)				✓			✓						✓	

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

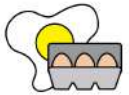
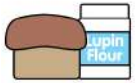
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Roast Beef (Gluten free option available)		✓ WHEAT		✓			✓							
Roast Lamb (Gluten free option available)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

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DESSERTS DISHES AND THEIR ALLERGEN CONTENT – THE PLOUGH AT LUPTON

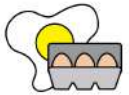
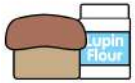
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cheesecake		✓ WHEAT					✓							
Damson Mess				✓			✓							
Lemon Courgette Sponge														
Petits Fours		✓ WHEAT		✓		✓	✓							
Chocolate Fondant		✓ WHEAT		✓			✓							✓
Sticky Toffee Pudding (Gluten free option available)		✓ WHEAT		✓			✓							
Scones		✓ WHEAT		✓			✓							
Brownie (Gluten free option available)							✓						✓	
Teacake		✓ WHEAT		✓			✓							
Ginger Sponge				✓		✓	✓							✓

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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		✓			✓							

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