



October Potting Shed Restaurant - A La Carte

Allergens Report

OCTOBER

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Crispy Cornish Squid, Chipotle Aioli			Y						Y					Y	
Green Olives, Lemon & Oregano															
Marinated Beetroot & Burrata, Basil Pesto & Toasted Pinenuts 11							Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y				Y	
Seared Yellow Fin Tuna, Mustard, Wasabi & Soy				Y				Y			M	Y	Y	Y	
Warming Winter Vegetable & Pearl Barley Broth	Y Bar										Y				
Roasted Pumpkin Soup, Black Pepper Grissini	Y Whe								Y	Y					
Poached Duck Egg & Avocado, Bacon Chutney & Hollandaise									Y	Y	Y			Y	

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West Country Mussels, Kicking goat cider & Bacon Broth (STARTER)	Y Whe		Y							Y				Y	
Eat The Rainbow					M	M	Y Alm Brz Cas Haz Mac Pec Pis Wal				M	M		Y	
Eat The Rainbow - Add Grilled Chicken															
Eat The Rainbow - Add Grilled King Prawns		Y													
Eat The Rainbow - Add Grilled Seabream				Y											
Wild Rocket & Parmesan Risotto, Extra Virgin Olive Oil									Y	Y				Y	
Pappardelle, Fennel Sausage, Capers, Cherry Tomato - MAIN	Y Whe Rye Bar Oat	M		M			M Wal	M	Y	Y	M			Y	
Pappardelle, Fennel Sausage, Capers, Cherry Tomato - STARTER	Y Whe Rye Bar Oat	M		M			M Wal	M	Y	Y	M			Y	
West Country Mussels, Kicking goat cider & Bacon Broth (MAIN)	Y Whe		Y							Y				Y	
8oz Flat Iron Steak, Bearnaise Sauce & Thrice Cooked Chips									Y					Y	
Duck Shepherds Pie	Y Bar			Y					Y	Y	Y			Y	
Smoked Haddock, Chorizo & White Bean Stew				Y						Y	Y				
Chicken Milanese, Cafe de Paris Butter, St Ewes Egg	Y Whe Rye Bar Oat			Y				M	Y	Y	M	Y	M	Y	

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Suckling Pig, Apple Sauce, Fennel Slaw, Sage Gravy						M			Y	Y	M	Y		Y	
Fish of the Day - Grilled Brill				Y						Y	M	M		Y	
Fish of the Day - Grilled Chalk Stream Trout				Y						Y	M	M		Y	
Fish of the Day - Grilled Hake				Y					Y	Y				Y	
Fish of the Day - Grilled Halibut	Y Whe			Y		M		M	M	Y	M			M	
Cauliflower, Smashed Garlic & Pecorino	Y Whe									Y			M		
Hispi Cabbage, Creme Friache & Bacon										Y				Y	
Crunchy Chilli broccoli															
Roasted Carrots, Honey, Zaatar - Large Side Bowl	M Whe Rye Bar Oat							M		M	M	M	Y	Y	
Crispy Potatoes, Garlic & Parsley															
Thrice Cooked Chips															
French Fries															
White chocolate panna cotta, Honeycomb & Raspberries	M Unknown							Y		Y	M	M	M	M	
Apple & Blackberry Crumble, Traditional Custard	M Whe Rye Bar Oat							M	Y	Y	M	M	M	M	
Plant Base Apple & Blackberry Crumble, Vanilla Ice Cream	M Whe Rye Bar Oat							Y			M	M	M	M	

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Sticky Toffee Pudding, Caramel Sauce & Vanilla Ice Cream	Y Whe				Y				Y	Y			Y		
Tiramisu	Y Whe							M	Y	Y					
Affagato										Y					
Affogato - expresso Martini										Y					
Sipsmith Vodka & Lemon Sorbet															
Mango Sorbet Scoop															
Vanilla Ice Cream (Scoop)										Y					
Clotted Cream Ice Cream (Scoop)										Y					
Banana Split Ice Cream (Scoop)	M Whe Rye Bar Oat				Y		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y			M		
Bourbon & Maple Salted Caramel Ice Cream (Scoop)										Y					
Cinnamon ice cream Scoop										Y					
Dark Chocolate Ice Cream (Scoop)								Y		M					
Lavender & Honey Ice Cream (Scoop)										Y					
Wild Strawberry Ice Cream (Scoop)	M Whe Rye Bar Oat								M	Y					
Apple & Bay Leaf Tarte Tatin to Share, Vanilla Bean Ice Cream	Y Whe									Y					

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Beef Ribeye, Dry-Aged 700g, Virgin Rapeseed Bearnaise									Y					Y	

* Allergens marked with 'M' may contain that allergen.

Yes

May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts