

Light Lunch

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Think Pink - Smoothie										Y	Y				
Feeling Blue - Smoothie															
Sunrise Kingdom											M				
Coulda Woulda Shoulda						M					Y				
Croissant	Y Whe								Y	Y					
Pain au chocolat	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
Pain au raisin	Y Whe								Y	Y			M	Y	

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Hazelnut Nutella					M		Y Alm Brz Cas Haz Mac Pec Pis Wal	M	Y	Y					
Orange Curd									Y	Y					
Strawberry & Elderflower Jam															
Crispy Cornish Squid, Chipotle Aioli			Y						Y					Y	
Green Olives, Lemon & Oregano															
Smoked Charcuterie, House Pickles														Y	
Padron Peppers, Sancho Miso Dressing								Y			M	M	Y	Y	
Grilled Potato & Rosemary Focaccia; Olive oil	Y Whe Rye Bar Oat							M		M	M	M	M	Y	
Salad of Crispy Duck, Watermelon, Landcress, Radishes, Hoisin - Starter Size	Y Whe Rye Bar Oat		Y		M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			M	M	Y	Y	
Garden Vegetable & Barley Risotto (SMALL)	Y Bar							Y	Y	Y	Y			Y	
Croque Madame	Y Whe								Y	Y		Y	M	Y	
Croque Monsieur	Y Whe								Y	Y		Y	M	Y	
Minute Steak Sandwich	Y Whe Rye Bar	M	M		M	M	M Alm Haz Pis Wal	M	Y	M		Y	M	Y	

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Mad Swans Club Salad									Y	Y		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