

Allergen Data														
Frederic Robinson														
STARTERS														
	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CALAMARI		Wheat	M	Y	M		M	Y	Y			M	Y	
CHICKEN LIVER PATE.		Barley, Wheat					Y			M		M		
HOT HONEY CHICKEN STARTER LN25	M	Wheat	M	Y	M		Y	M	M			M	M	M
KING PRAWN COCKTAIL		Barley, Rye, Wheat	Y										Y	
MOZZARELLA STICKS		Wheat	M	M	M		Y	M				M		
NACHOS SHARER							Y						Y	
NACHOS SOLO							Y						Y	
S&P HASH BROWN BITES	M	M	M	M	M		M	M				Y		M
SEAFOOD CHOWDER	Y	Spelt, Wheat	Y		Y		Y	Y		M		M		
SML MACKEREL SALAD	Y			Y	Y		Y		Y					
SOUP OF THE DAY**	Y	Wheat					Y			M		M		
SPRING ROLLS	Y	Wheat	Y	M	M		M	M		M	M	Y	Y	
STRTR CHSY G BREAD		Wheat					Y			M		M		
STRTR GARLIC BREAD		Wheat					M			M		M		

Printed by Coral Harris on 03 Sep 2026 16:08:50

Page 1 of 9

Allergen Data

Frederic Robinson

MAINS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BBQ RIBS									Y					
CHAR SIU RIBS	M	Wheat	Y									Y	Y	Y
CHEESE PIE	Y	M		M	M		Y		Y	M	M	M	M	Y
CHICKEN PIE.	M	M		M	M		Y		Y	M	M	M	Y	M
FISH N CHIPS	M	Barley, Wheat, Yeast	M	Y	Y		Y	M	Y	M	M	M	Y	M
GAMMON				Y			Y							
HUNTERS CHICKEN							Y		Y					
KATSU CHICKEN	M	Wheat	M	M	M		M	M				Y	Y	Y
PEA AND MINT RAVIOLI	M	Wheat							M					
PERI CHX SKEWERS		M							Y				Y	
SALMON	M	M		M	Y		Y		Y	M	M	M	M	Y
SCAMPI & CHIPS		Wheat	Y	Y	Y		M	Y	Y			M		
SEAFOOD LINGUINE	M	Wheat	Y		Y		Y	Y	M					
SMALL GAMMON.				Y			Y							
STEAK PIE	M	Barley, Wheat		M	M		Y		M	M	M	M	Y	Y

Allergen Data

Frederic Robinson

BURGERS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BGR BEEF BURGER	M	Barley, Wheat	M	Y	M		M		Y	M	M	M	M	Y
BGR BIG BUOY BURGER MUL	M	Barley, Wheat	M	Y	M		Y	M	Y			M	M	Y
BGR CHICKEN BURGER		Barley, Wheat	M	Y	M		M	M	Y			M	Y	
BGR ITALIAN JOB BURGER		Wheat	M	Y	M		Y	M	Y			M	Y	
BGR PORK & CHORIZO BURGER	M	Wheat	M	Y	M		Y	M	Y	M		M	M	Y
BGR VEGAN THIS! BURGER		Wheat							Y			M	Y	

Allergen Data

Frederic Robinson

PIZZA

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
HAWAIIN PIZZA		Wheat					Y			M		M		
MARGHERITA PIZZA		Wheat					Y			M		M		
PEPPERONI PIZZA		Wheat					Y			M		M		
PERI PERI PIZZA		Wheat					Y			M		M	Y	Y
PHILLY STK PIZZA		Wheat					Y			M		M		
PZA CHEESEBURGER	M	Wheat		Y			Y		Y	M		M	Y	Y

Allergen Data

Frederic Robinson

LOADED FRIES

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
LF KATSU FRIES	M	Wheat	M	M	M		M	M				Y	Y	M
LF PHILLY STEAK		Wheat	M	M	M		Y	M				M		
LF S&CH CHIX FRIES	M	Wheat	M	M	M		M	M				Y	M	M
LF STEAK&BLUE FRIES		M	M	M	M		Y	M				M		Y
LF TYSON CHICKEN FRIES MUL	M	Wheat	M	Y	M		Y	M	M			M	M	M

Allergen Data

Frederic Robinson

SANDWICHES

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
SW CHIX BCN MAYO BAGUETTE		Wheat		Y					Y	M		M		
SW CRN CHIX BAGUETTE		Wheat		Y					Y	M		M		
SW FISH FINGER SANDWICH		Barley, Rye, Wheat, Yeast	M	Y	Y		Y	M	Y			M	Y	
SW HAM & TOMATO BAGUETTE		Wheat							Y	M		M		
SW PRAWN BAGUETTE	Y	Barley, Wheat	Y	Y	Y				Y	M		M		
SW STEAK BAGUETTE		Wheat	M	M	M		M	M	Y	M		M		
TUNA MAYO BAGUETTE		Wheat		Y	Y				Y	M		M		

Allergen Data

Frederic Robinson

SALADS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CAPRESE SALAD		Wheat					Y			M		M		Y
CHICKEN CAESAR		Barley, Wheat		Y			Y			M		M	Y	
LRG MACKEREL SALAD	Y			Y	Y		Y		Y					
S&CH CHIX SALAD	M	Barley, Wheat	M	M	M		M	M		M	M	Y	Y	

Allergen Data

Frederic Robinson

SIDES

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHUNKY CHIPS	M													Y
CRISPY FRIES														
G CHEESE BREAD		Wheat					Y			M		M		
GARLIC BREAD		Wheat					M			M		M		
ONION RINGS		Barley, Wheat	M	M	M		M	M				M		
SIDE SALAD									Y					

Allergen Data

Frederic Robinson

DESSERTS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHOC FUDGE CAKE		Barley, Oats, Wheat		Y			Y			M			Y	
ICE CREAM TUB							Y						Y	
LEMON MERINGUE PIE		Wheat		Y			Y			M				
PROFITEROLE SUNDAE		Wheat		Y			Y			M	M		Y	
STICKY TOFFEE PUD	M	Wheat	M	Y	M	M	Y	M	M	M	M	M	M	M
TOFFEE CHEESECAKE							Y			M			Y	Y
TRUFFLE BROWNIE TORTE.		Wheat					M						Y	Y

Allergen Data														
Frederic Robinson														
Breakfast														
	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
AVO BACON EGGS		Wheat		Y			M						Y	
AVO GRILL TOMATO		Wheat		M			M						Y	
BACON SANDWICH		Barley, Rye, Wheat											Y	
BREAKFAST SANDWICH	M	Barley, Rye, Wheat		Y			Y		M				Y	Y
CHIPOTLE BAKED BEANS		Barley, Rye, Wheat		Y									Y	
EGGS AVOCADO		Wheat		Y			Y						Y	
EGGS BENEDICT		Wheat		Y			Y						Y	
FRENCH TOAST	M	Barley, Oats, Rye, Wheat		Y			Y		M			M	Y	M
FULL BREAKFAST	M	Rye, Wheat	M	Y	M		Y	M	M			M	Y	Y
GRANOLA	M	Oats					Y		M			M	M	M
PORRIDGE & HONEY		Oats					Y							
SAUSAGE SANDWICH	M	Barley, Rye, Wheat		M			M		M				Y	Y
TOASTED BLOOMER		Barley, Rye, Wheat					Y						Y	
VEGGIE BREAKFAST	M	Barley, Rye, Wheat	M	Y	M		Y	M	M			M	Y	M

Allergen Data

Frederic Robinson

Kids Sunday Roasts

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
KIDS NUT ROAST SUNDAY	M									M			Y	Y
KIDS ROAST BEEF SUNDAY	M													Y
KIDS ROAST CHICKEN SUNDAY	M													Y
KIDS ROAST GAMMON SUNDAY	M	Wheat							Y					Y

Allergen Data

Frederic Robinson

STARTERS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
KD CHEESY GARLIC BAGUETTE		Wheat					Y			M		M		
KD GARLIC BAGUETTE		Wheat								M		M		
KD HALLOUMI FRIES	M	M	M	M	M		Y	M	Y			M	M	M
KD HUMMUS FLATBREAD & CARROTS	M	Wheat		M	M	M	M		M	M	M	Y	M	Y

Allergen Data

Frederic Robinson

MAINS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
KD 5OZ RUMP STEAK														
KD 6OZ GAMMON STEAK														
KD CHEESEBURGER	Y	Wheat		M			Y		M			M	M	Y
KD CHIX FILLET & CHIPS	M													Y
KD FISH & CHIPS	M	Barley, Wheat, Yeast	M	M	Y		M	M	M			M	Y	M
KD M CHIX DIPPERS	M	Wheat	M	Y	M		Y	M	Y			M	M	M
KD MAC & CHEESE		Wheat					Y		Y	M				
KD MARGHERITA		Wheat					Y			M		M		
KD SCAMPI	M	Wheat	Y	M	Y		M	Y	M			M	M	M
KD SPAG BOL		Wheat								M				

Allergen Data

Frederic Robinson

DESSERTS

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
KD CHOC BROWNIE				Y			Y			M			Y	
KD 2 SCOOPS ICE CREAM							Y							
KD STICKY TOFFEE PUDDING	M	Wheat	M	Y	M	M	Y	M	M	M	M	M	M	M

Allergen Data														
Frederic Robinson														
Hot Drinks														
	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
ALL BUTTER FLAPJACK C&C		Oats					Y							
AMERICANO COFFEE		Wheat					Y						Y	
BAKEWELL TART CC		Wheat		Y			Y			Almond	M	M	Y	
BISCOFF ROCKY RD		Wheat		M			Y		M	M	M	M	Y	Y
BREAKFAST TEA..		Wheat					Y						Y	
BROWNIE C&C				Y			M			M			Y	
CAFE LATTE..		Wheat					Y						Y	
CAPPUCCINO..		Wheat					Y						Y	
CARAMEL SHORTCAKE C&C		Wheat					Y						Y	
DOUBLE ESPRESSO.. COFFEE		Wheat					Y						Y	
ESPRESSO.. COFFEE		Wheat					Y						Y	
FLAT WHITE.. COFFEE		Wheat					Y						Y	
GF MILLN SHORTBREAD				Y			Y			M			Y	
HONEYCOMB CRUNCH C&C		Barley, Wheat					Y						Y	
HOT CHOCOLATE..	Y	Barley, Oats, Rye, Wheat		Y			Y			Almond, Hazelnut, Pecan			Y	Y
JAMMIE DODGER TB		Wheat		Y			Y			M	M	M	Y	M
LEMON DRIZZLE CAKE	M	Rye, Wheat	M				Y			M		M	M	M
LUX HOT CHOCOLATE..	Y	Barley, Oats, Rye, Wheat		Y			Y			Almond, Hazelnut, Pecan			Y	Y
PARADISE FLAPJACK C&C		Oats												Y
SLT CARAMEL BROWNIE C&C		Wheat		Y			Y						Y	
VGN STUFFED COOKIE SILV		Wheat		M			M			M		M	Y	

Allergen Data

Frederic Robinson

Condiments

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
COND APPLE SAUCE	M	M	M	M	M		Y		M	M	M	M	M	M
COND BBQ SAUCE									Y					
COND CRANBERRY SAUCE														
COND DIJON MUSTARD									Y					
COND ENGLISH MUSTARD		Wheat							Y					Y
COND FIRECRACKER SAUCE														
COND FRENCH MUSTARD		Wheat							Y					
COND FRENCHIES AMERICAN MUSTARD									Y					
COND HEINZ KETCHUP	Y													
COND HORSERADISH				Y			Y		Y					
COND HP SAUCE		Barley, Rye												
COND MAYONNAISE				Y					Y					
COND MINT SAUCE														
COND TARTARE SAUCE	M		M	Y	M		M		Y	M	M	M	M	M
COND WHOLEGRAIN MUSTARD									Y					

Allergen Data

Frederic Robinson

Ice Cream Selection

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BUBBLEGUM I CREAM SCOOP							Y							
CHOCOLATE ICE CREAM							Y						Y	
COCONUT SCOOP							Y			Coconut				
COOKIE DOUGH ICS		Wheat					Y							
HONEYCOMB ICS							Y							
LEMON SORBET										M	M			
MANGO SORBET														
MINT CHOC SCOOP							Y						Y	
RASP RIPPLE ICE CREAM							Y							
RASPBERRY SORBET SCOOP										M	M			
STRAWBERRY SCOOP							Y							
VANILLA SCOOP							Y							
VEGAN CHOCOLATE ICE CREAM													Y	
VEGAN VANILLA														

Allergen Data														
Frederic Robinson														
Tapas														
	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BREADED PRAWNS TAPAS	M	Wheat	Y	M	M		M	M	M			M	M	M
CHORIZO TAPAS														Y
HUMMUS TAPAS	M	Wheat		M	M	M	M		M	M	M	Y	M	Y
MEATBALLS TAPAS		Wheat												
MUSHROOM TAPAS	M	M					Y			M	M			M
PAN CON TOMATE		Wheat								M		M		Y
PAN FRIED SQUID							Y	Y						
PATATAS BRAVAS TAPAS	M	M	M	Y	M		M	M	M			M	M	M
ROASTED PADRON PEPPERS														
SPANISH CHICKEN	M								M			M		Y
TAPAS CHICKEN SKEWERS				Y										
TAPAS MULTIBUY		Wheat								M		M		Y