Allergens Sheet - 16/6/2026

The Hayden
PUB & ROOMS

DISHES	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Molluscs	Celery	Mustard	Sesame	Sulphites	Lupin	Tree nuts	Deep Fried
FOR THE TABLE															
Focaccia, Balsamic vinegar	Wheat														
Olives															
SMALL PLATES															
Watermelon Gazpacho	Wheat Oats Barley														
Halloumi fries															
Buffalo chicken wings	Wheat														
Beetroot Hummus	Wheat													Almonds	
Salmon & Crab cakes	Wheat														
Burrata	Wheat Oats Barley														
Duck bon bon	Wheat														
Seared Tiger Prawns	Wheat Oats Barley														
SALAD & SHARERS															
Chicken Caesar salad	Wheat Oats Barley														
Watermelon & Feta Salad															
Quinoa Salad	Wheat/Barley														
Mezze board	Wheat														

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PLATES & BOWLS															
Spring Vegetable tart	Wheat														
Roasted Harissa Aubergine	Wheat														
Chicken Schnitzel	Wheat														
Fish & chips	Wheat														
Goan Prawn curry															
Slow cooked BBQ pork ribs	Wheat/ Barley														

GRILL	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Molluscs	Celery	Mustard	Sesame	Sulphites	Lupin	Tree nuts	Deep Fried
GRILL															
Falafel Burger	Wheat Oats Barley														
Buffalo Chicken Burger	Wheat Oats Barley														
Deluxe Burger	Wheat Oats Barley														
Sausage & mash	Wheat														
Steak Sandwich	Wheat Spelt Barley														
Hake															
SIDES															
Sweet potato fries															
Potato Wedges	Wheat														
House fries															
Mixed leaf salad Vinaigrette															
Mashed potatoes															
Seasonal Greens															