Allergens Sheet - 23/2/2026

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															
Ciabatta Roll, Butter Board	Wheat														
Nocellara Olives															
Mixed nuts															
SMALL PLATES															
Truffled cauliflower soup	Wheat/ Oat														
Halloumi fries															
Buffalo chicken wings	Wheat														
Beetroot Hummus	Wheat													Almonds	
Salmon & Crab cakes	Wheat														
Beef cheek croquettes	Wheat														
Seared Tiger Prawns	Wheat														
SHARING															
Mezze board	Wheat														

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PLATES & BOWLS															
Chicken Caesar salad	Wheat														
Spring Vegetable tart	Wheat														
Orecchiette Pasta	Wheat													Hazelnut	
Fish & chips	Wheat														
Lamb pie	Wheat														
Chicken curry														Cashew	
Slow cooked BBQ pork ribs	Wheat/ Barley														

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Falafel Burger	Wheat Oats Barley														
Buffalo Chicken Burger	Wheat Oats Barley														
Deluxe Burger	Wheat Oats Barley														
Sausage & mash	Wheat														
Grilled Salmon															
Dry-Aged Ribeye															
SIDES															
Mashed potatoes															
Shredded cabbage,															
Sweet potato fries															
House fries															
Mixed leaf salad Vinaigrette															
Potato Terrine															
DESSERT															
Sticky Toffee pudding	Wheat														
Apple Crumble	Wheat														
Choco Lava	Wheat														
Biscoff Cheesecake	Wheat														
Ice Cream's															
Sorbets															