

# Belhaven Mainstream Christmas Day Allergen Information 2018



We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross-contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you.

Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

Please be aware that the information below is provided to us by our suppliers, however due to preparation methods within our kitchens, we are unable to guarantee vegan suitability of our deep-fried products. Our vegan and vegetarian dishes are created using ingredients which have been confirmed suitable by our suppliers, however due to the preparation methods in our kitchens we are unable to confirm the full suitability of these products. Please speak to the team for further information.

\*\* Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

\* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

## How to read our allergen information:-

**Yes** - Suitable for Vegan/ Vegetarian - This indicated that the information that has been supplied to us indicates that the product is suitable for Vegans/Vegetarian

**No**- Suitable for Vegan/ Vegetarian - This indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/ Vegetarian

**No** - Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed due to cross -contamination risks in production, supply and preparation

**No\*** - Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross-contamination risk

**Yes** - Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier

**Please bear in mind when ordering that some dishes have additional choices and therefore this may impact the total dish outcome.**

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Belhaven Mainstream - 2018 Christmas Day	Adult	Spiced Parsnip Soup	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Scottish Smoked Salmon & Prawns	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Oat, Rye)	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Chicken, Smoked Ham Hock & Apricot Terrine	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Bubble & Squeak	Total Allergen Outcome	No	Yes	Yes (Barley)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Maple Flavoured Root Vegetable Soup - vegan	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Beetroot, Sweet Potato & Butternut Squash Tart	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Traditional Turkey & Hand-Carved Ham	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	8oz 28 Day Aged Sirloin Steak with Peppercorn Sauce	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Fillet of Salmon with Prawns	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Butternut Squash, Sweet Potato, Mature Cheddar & Cashew Nut Roast	Total Allergen Outcome	No	Yes	No	Yes (Cashew Nuts, Walnuts)	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Cranberry & Orange Glazed Pork Belly	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Christmas Day Carvery	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - 2018 Christmas Day	Adult	Christmas Pudding	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Vanilla Cheesecake with Forest Fruits & Sloe Gin Compote	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Belgian Chocolate Brownie Bundt Cake	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Cheese & Biscuits	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - 2018 Christmas Day	Adult	Chocolate & Cherry Torte	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No