

Belhaven Urban 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 Urban - 2018 Christmas Day	Starters	Prosciutto Bruschetta	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Belhaven Urban - 2018 Christmas Day	Starters	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 Urban - 2018 Christmas Day	Starters	Smoked Salmon & Prawns - Please choose your bread choice:-	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Oat, Rye)	No	No	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Starters	White Bloomer & Butter		No	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Starters	GF Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Urban - 2018 Christmas Day	Starters	Malted Bloomer Bread		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Starters	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 Urban - 2018 Christmas Day	Starters	Caramelised Winter Vegetable Soup - vegan - Please choose your bread choice:-	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Urban - 2018 Christmas Day	Starters	Malted Bloomer Bread		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Starters	White Bloomer Bread		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Mains	Traditional Hand-Carved Turkey	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Belhaven Urban - 2018 Christmas Day	Mains	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 Urban - 2018 Christmas Day	Mains	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 Urban - 2018 Christmas Day	Mains	Beef Bourguignon	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Belhaven Urban - 2018 Christmas Day	Mains	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 Urban - 2018 Christmas Day	Extras	No Gluten Containing Bread	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No

	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 Urban - 2018 Christmas Day	Desserts	Christmas Pudding	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Urban - 2018 Christmas Day	Desserts	Cheese & Biscuits	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No
Belhaven Urban - 2018 Christmas Day	Desserts	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 Urban - 2018 Christmas Day	Desserts	Irish Cream Profiteroles	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Desserts	Belgian Chocolate Bundt Cake	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Desserts	Chocolate & Cherry Torte	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Urban - 2018 Christmas Day	Desserts	Mince Pie & Icing Sugar	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	Yes