

Locals Heritage Core Menu Autumn Winter 2019 Allergen Information



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
Locals Heritage - AW19 Core Menu	Bar Snacks	Biltong	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Bar Snacks	Spicy Biltong	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Bar Snacks	Olives (ve)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Bar Snacks	Pork Crackling	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Spicy Fried Halloumi	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	No	No	No	Yes	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Beer Food	Chicken Wings (5) - Please choose your sauce choice	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Franks Red Hot Pepper Sauce		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	East Coast IPA BBQ Sauce		Yes	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Korean BBQ Sauce		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Chicken Wings (10) - Please choose your sauce choice	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Franks Red Hot Pepper Sauce		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	East Coast IPA BBQ Sauce		Yes	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Korean BBQ Sauce		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Chicken Wings (20) - Please choose your sauce choice	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	Franks Red Hot Pepper Sauce		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Beer Food	East Coast IPA BBQ Sauce		Yes	Yes	Yes (Barley)	No	No	No	No	No	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
Locals Heritage - AW19 Core Menu	Beer Food	Korean BBQ Sauce		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Roasted Tomato Soup - Please choose your bread choice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Malted Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	White Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Roasted Tomato Soup (Ve) - Please choose your bread choice	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Malted Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	White Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Baked Camembert	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Beer-Battered Fish Goujons	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	No
Locals Heritage - AW19 Core Menu	Beer Food	Sticky Pickle Sausage Roll	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Beer Food	Cumberland Scotch Egg	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Beer Food	Veggie Scotch Egg	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Beer Food	Sweet Potato Kofta Cups (Ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sharers	Meat and Cheese Platter	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Sharers	Halloumi Platter	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	Yes
Locals Heritage - AW19 Core Menu	Sharers	Loaded Nachos	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	Yes	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
Locals Heritage - AW19 Core Menu	Sharers	Loaded Nachos & Pulled Pork	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Sharers	Our Team's Favourite Platter	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Sharers	Chicken Platter - Please choose your sauce choice	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	No	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Sharers	Texan BBQ Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sharers	Mayonnaise		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Sharers	Piri Piri Hot Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Burgers	Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Locals Heritage - AW19 Core Menu	Burgers	Beef Burger with Salt Beef	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Locals Heritage - AW19 Core Menu	Burgers	BBQ Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Locals Heritage - AW19 Core Menu	Burgers	Buttermilk Fried Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Locals Heritage - AW19 Core Menu	Burgers	Chickpea, Red Pepper & Hoisin Burger (ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Pies	Woodland Mushroom & Ale Pie (Ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Steak & Ale Pie - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Pies	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	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
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Chicken & Woodland Mushroom Pie - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pies	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pies	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	8oz* Sirloin - Please choose your sauce choice	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Pub Classics	Peppercorn Sauce		No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Bernaise Sauce		No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Beef dripping gravy		No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Fish & Chips - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	No
Locals Heritage - AW19 Core Menu	Pub Classics	Chilled peas		Yes	Yes	No	No	No	No	No	No	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
Locals Heritage - AW19 Core Menu	Pub Classics	Crushed Peas		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	The Big Fish & Chips - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Oat, Rye)	No	No	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Chilled peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Crushed Peas		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Sausage & Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Hunter's Chicken	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Whitby Scampi & Chips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Beef Lasagne - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Garlic Ciabatta		No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Macaroni Cheese	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Slow-cooked Pork Belly	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Half Roast Chicken	Total Allergen Outcome	No	No	No*	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Supergreen Salad (ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Supergreen Salad With Topper - Please choose your topper choice	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Pub Classics	Sweet Potato Kofta Skewers		Yes	Yes	Yes (Wheat)	No	No	No	No	No	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
Locals Heritage - AW19 Core Menu	Pub Classics	Halloumi		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Chicken Fillet		No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Battered Halloumi & Chips - Please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes	No
Locals Heritage - AW19 Core Menu	Pub Classics	Chilled peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Crushed Peas		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Gammon, Egg & Chips - Please choose from the below	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Pineapple		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Pub Classics	Fried Egg & Pineapple		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Grilled Cheese Toastie	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Grilled Cheese & Salt Beef Toastie	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Philly Steak Ciabatta	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Chicken & Bacon Sandwich - Please choose from the below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Sandwiches	White Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sandwiches	Ciabatta		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Fish Finger Sandwich - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes

	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
Locals Heritage - AW19 Core Menu	Sandwiches	White Bloomer Sliced		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sandwiches	Ciabatta		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Sweet Potato Kofta Open Sandwich (Ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Locals Heritage - AW19 Core Menu	Sandwiches	Grilled Cheese & Ham Toastie	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sandwiches	Tuna Mayo Melt	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Sides	Triple-cooked Chips	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Rosemary-salted Fries	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Beer-battered Onion Rings	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sides	Slaw	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Garlic Ciabatta	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Garlic Ciabatta with Cheddar	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Dressed Garden Salad	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Locals Heritage - AW19 Core Menu	Sides	Seasonal Vegetables - Please choose from the below	Total Allergen Outcome																
Locals Heritage - AW19 Core Menu	Sides	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	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
Locals Heritage - AW19 Core Menu	Sides	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sides	Bread & Butter - Please choose from the below	Total Allergen Outcome																
Locals Heritage - AW19 Core Menu	Sides	Malted Bread & Butter		No	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sides	White Bloomer Bread & Butter		No	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Sunday Roast Beef - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Kids Sunday Roast Beef - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April-June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July-Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct-Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Sunday Lamb Rump - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	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
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Roasted Half Chicken & Roast Sirloin of Beef - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Roasted Half Chicken - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Nut Roast Wellington - Please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	Yes (Cashew Nuts)	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April - June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	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
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July - Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct - Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Kids Sunday Roast Chicken - Please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Jan-March		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg April-June		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg July-Sept		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Sunday Roasts	Seasonal Veg Oct-Dec		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Grated Cheese	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Beef Burger	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Extras	Extra Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Hoisin Burger (Ve)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Extras	Extra Beef Dripping Gravy	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Extras	Extra Gravy	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Extras	Extra Curry Sauce	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Texan BBQ Sauce	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Peas	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	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
Locals Heritage - AW19 Core Menu	Extras	Extra Crushed Peas	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Fried Egg	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Bernaise Sauce	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Peppercorn Sauce	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra BBQ Pulled Pork	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Yorkshire Pudding	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Stuffing	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Roast Potatoes	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Cheese Slice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Extras	Extra Coleslaw	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Locals Heritage - AW19 Core Menu	Upsells	Add - Chicken Wings (5) - Please choose your sauce choice	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Upsells	Red Hot Pepper Sauce		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Upsells	East Coast IPA BBQ Sauce		Yes	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Upsells	Korean BBQ Sauce		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Locals Heritage - AW19 Core Menu	Desserts	Chocolate Fudge Cake - Please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	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
Locals Heritage - AW19 Core Menu	Desserts	Custard		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Desserts	Clotted Cream Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Desserts	Vanilla Cheesecake	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Locals Heritage - AW19 Core Menu	Desserts	Apple Pie (ve)	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Desserts	Sticky Toffee Pudding - Please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Locals Heritage - AW19 Core Menu	Desserts	Custard		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Desserts	Clotted Cream Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Desserts	Apple Pie - Please choose from the below	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Locals Heritage - AW19 Core Menu	Desserts	Custard		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Locals Heritage - AW19 Core Menu	Desserts	Clotted Cream Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No