

Belhaven Mainstream 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
Belhaven Mainstream - AW19 Core Menu	Starters	Soup of The Day - please choose from the below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Carrot & Coriander		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Cream Of Mushroom		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Lentil Soup		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Minestrone		Yes	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Tomato and Basil Soup		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Leek and Potato Soup		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Cream of Broccoli		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Cream of Chicken Soup		No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Pea & Bacon Soup		No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Starters	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Starters	Nachos v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Halloumi Fries v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Baked Mini Camembert v	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 - AW19 Core Menu	Starters	Chicken Strips - please select your sauce choice	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	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
Belhaven Mainstream - AW19 Core Menu	Starters	Texan BBQ Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Piri Piri Hot Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Sweet Chilli Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Chicken Wings - please select your sauce choice	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Texan BBQ Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Piri Piri Hot Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Sweet Chilli Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Haggis Fritters	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Starters	Deep Fried Ravioli v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Starters	Tomato Soup Ve	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 - AW19 Core Menu	Sharers	Nachos Sharer v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings Sharer	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	House Sharing Platter	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Margherita Pizza Sharing Board v - please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Ravioli & Salsa		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings & BBQ Sauce		No	No	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
Belhaven Mainstream - AW19 Core Menu	Sharers	Pepperoni Pizza Sharing Board - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Ravioli & Salsa		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings & BBQ Sauce		No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Meat Feast Pizza Sharing Board - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Ravioli & Salsa		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings & BBQ Sauce		No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	BBQ Chicken Pizza Sharing Board - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Ravioli & Salsa		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings & BBQ Sauce		No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Vegetable Pizza Sharing Board - please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Ravioli & Salsa		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sharers	Chicken Wings & BBQ Sauce		No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Burgers	Classic Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Burgers	Southern Fried Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Belhaven Mainstream - AW19 Core Menu	Burgers	Cheese & Bacon Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Burgers	Piri Piri Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	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
Belhaven Mainstream - AW19 Core Menu	Burgers	BBQ Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Burgers	Brunch Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Burgers	Chickpea, Red Pepper & Hoisin Burger v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Belhaven Mainstream - AW19 Core Menu	Burgers	Balmoral Burger	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - 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	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Fajitas	Steak Fajitas	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Fajitas	Chicken Fajitas	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Fajitas	Halloumi Fajitas v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	8oz Rump Steak - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Slaw		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Small Mixed Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Mixed Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Jacket Potato		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Fries		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
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Buttered Baby Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	8oz Sirloin Steak - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Slaw		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Small Mixed Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Mixed Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Jacket Potato		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Buttered Baby Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Mixed Grill - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Pineapple		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Grilled Steaks	x1 Egg & x1 Pineapple		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 Mainstream - AW19 Core Menu	Grilled Steaks	Lamb Shank	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Jackets	Jacket Cheese v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Jackets	Jacket Baked Beans v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Jackets	Jacket Tuna Mayo	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Jackets	Jacket Beef Chillli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pies	Belhaven Steak & Ale Pie - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Pies	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pies	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pies	Chicken, Bacon & Leek Pie - 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
Belhaven Mainstream - AW19 Core Menu	Pies	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pies	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pies	Peppered Mushroom Pie v - please choose from the below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Pies	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pies	Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pizza	Margherita Pizza v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pizza	Pepperoni Pizza	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	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
Belhaven Mainstream - AW19 Core Menu	Pizza	Meat Feast Pizza	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pizza	Vegan Vegetable Pizza Ve	Total Allergen Outcome	Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pizza	BBQ Chicken Pizza	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Haddock & Chips - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Whitby Scampi & Chips - please choose from the below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Lasagne	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Lasagne - Under 600 cal	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Mac & Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Mac & Cheese - Under 700 cal	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Chicken Kiev with a Twist	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Hunter's Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Chicken Tikka Masala	Total Allergen Outcome	No	No	Yes (Wheat)	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
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Sausage & Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Gammon & Eggs - please choose from the below	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Pineapple		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	x1 Egg & x1 Pineapple		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Beef Yorkie Wrap	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Chicken Breast Yorkie Wrap	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	All Day Brunch - please choose from the below	Total Allergen Outcome	No	No	No*	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Pork Sausage		No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Lorne Sausage		No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Liver & Onions	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Chickpea & Sweet Potato Curry (Ve)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Beetroot, Sweet Potato & Butternut Squash Tart Ve	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Vegan Fish & Chips (Ve) - please choose from the below	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Pub Classics	Mushy 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
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl - Tuna	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl - 8oz Rump Steak	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl - Chicken Breast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl - Grilled Halloumi v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Chicken & Bacon Salad v	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Salads	Salad Bowl Ve	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Hunter's Chicken - Sandwich/ Roll/ Wrap - please select your bread choice	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tuna Mayo - Sandwich/ Roll/ Wrap - please select your bread choice	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	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
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Grilled Halloumi - Sandwich/ Roll/ Wrap - please select your bread choice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Cheese & Chutney v - Sandwich/ Roll/ Wrap - please select your bread choice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Southern Fried Chicken - Sandwich/ Roll/ Wrap - please select your bread choice	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		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
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	BBQ Pulled Pork - Sandwich/ Roll/Wrap - please select your bread choice	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Haddock Goujons - Sandwich/ Roll/Wrap - please select your bread choice	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Rump Steak Melt - Sandwich/ Roll/Wrap - please select your bread choice	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Soft Roll		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Tortilla		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Sunday Beef - Sandwich - please select your bread choice	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	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
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sandwiches & Rolls	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sides	Chips v	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Seasoned Fries v	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Sweet Potato Fries v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Onion Rings v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Buttered Baby Potatoes v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Fiery Cheese Topped Fries v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Hunter's Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	BBQ Pulled Pork Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Cheesy Garlic Bread v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Garlic Bread v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Dressed Mixed Salad v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Sides	House Coleslaw v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Bread & Butter - Fish and Chips - please select your bread choice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	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
Belhaven Mainstream - AW19 Core Menu	Sides	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sides	Bread & Butter v - please select your bread choice	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	White Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sides	Malted Bloomer Uncut		Yes	Yes	Yes (Wheat, Barley, Oat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sides	Creamy Mashed Potato v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Peas v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Jacket v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Cauliflower Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sides	Beef Chilli Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast - Silverside Beef	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast - Half Chicken	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast - Chicken & Beef Duo	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast - Roasted Root Veg Rainbow Tart v	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast Kids - Silverside Beef	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast Kids - Chicken	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast Kids - Mac Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	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
Belhaven Mainstream - AW19 Core Menu	Sunday Roasts	Sunday Roast - Lamb Shank	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Nachos Topper - BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Nachos Topper - Beef Chilli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Nachos Sharer Topper - Beef Chilli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - Cheese Slice v	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - Smoked Steak Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - Sautéed Mushrooms v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - Fried Egg v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Burger Topper - Hunter's	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Sauce - Peppercorn	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Sauce - Garlic & Herb	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Topper - Sautéed Mushrooms	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Topper - Free Range Fried Egg	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Topper - Whitby Scampi & C	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	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
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Mac Cheese Topper - Smoked Steaky Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Mac Cheese Topper - Chicken Breast	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Mac Cheese Topper - BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	BBQ Sauce v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Sour Cream v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Jacket Topper - Beef Chilli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Jacket Topper - Cheese	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Jacket Topper - Beans	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Jacket Topper - Tuna Mayo	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Cheese v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Jalapenos	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Roasted Peppers	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Roasted Red Onion	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Chicken	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra Pepperoni	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Pizza Topper - Extra BBQ Pulled Pork	Total Allergen Outcome	No	No	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
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Salad Topper - Steak	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Salad Topper - Halloumi v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Salad Topper - Tuna	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Sauce - Hot Piri Piri	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Salad Topper - Chicken	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Toppers & Sauces	Steak Topper - Haggis	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Giant Yorkshire Pudding	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Add Sweet Potato Fries v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Trade Up to Fiery Cheese Topped Fries	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Trade Up to BBQ Pork Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Trade Up to Hunters Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Upgrades	Trade Up to Beef Chilll Topped Fries	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Custard v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Southern Fried Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Burger	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Extras	Steak Double Up (8oz Rump)	Total Allergen Outcome	No	No	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
Belhaven Mainstream - AW19 Core Menu	Extras	Steak Double Up (8oz Sirloin)	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Grated Cheese v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Yorkshire Pudding v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Sausage	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Extras	Extra BBQ Sauce v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Smoked Streaky Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Baked Beans v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - 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
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Ice Cream v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Sunday Roast Potatoes v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Sunday Veg v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra's Scampi &c	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Chicken Breast	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Tortillas v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Jalapenos v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Poppadoms v	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
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Yellow Rice v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Peas v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Buttered Seasonal Vegetables v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Extras	Extra Onion Bhajis v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Vanilla Cheesecake with Raspberry Compote v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Classic Strawberry Trifle v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Millionaire's Chocolate Brownie v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Bramley Apple Pie v - 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
Belhaven Mainstream - AW19 Core Menu	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Custard		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Chocolate Fudge Cake v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Cookie & Salted Caramel Sundae v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Vanilla Flavour Ice Cream v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Vegan Ice Cream Ve	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Bramley Apple Pie Ve	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Desserts	Sticky Toffee Pudding v - 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

	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 - AW19 Core Menu	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Desserts	Custard		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Classic Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Southern Fried Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Cheese & Bacon Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Piri Piri Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	BBQ Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Brunch Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Chickpea, Red Pepper & Hoisin Burger v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Hunter's Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Lattice Fries v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Topper - Haggis	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Sharer Topper - Haggis	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Sharer v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Balmoral Burger	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	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
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Topper - Chicken Fajita	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Topper - Beef Chilli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Sharer Topper - Beef Chilli	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Belhaven Mainstream - AW19 Core Menu	Whey Pat	Nachos Sharer Topper - Chicken Fajita	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No