

THE BLACK SWAN

ALLERGENS ON OUR MENUS

For those who have an allergic reaction to specific ingredients in food, even a trace of it being present can be extremely dangerous. A European Union directive has identified fourteen allergens that must be identified in every dish we serve and below is the breakdown of our menu, highlighting each allergen as it occurs in our recipes.

Many of these allergens are present in our kitchens in some items, and in the normal operation of our business we cannot guarantee product separation and no cross-contamination of traces of these allergens. There is a risk that items in your dish may have accidentally come into contact with an allergen at any point in time. When you arrive please inform us if you have a food allergy before you order. We will assist you making your menu choice, and will take all reasonable steps to minimise the risk of cross-contamination during the preparation of your meal.

The allergens identified here are based on ingredients from our approved suppliers. From time-to-time we may have to temporarily substitute a product from a different source and the ingredients may differ slightly – if you have any concerns please ask your server to check with our chefs.

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
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BREAKFAST

Full English		✓		✓	✓								✓
Eggs Benedict		✓		✓		✓							
Eggs Royale		✓	✓	✓		✓							
Eggs Florentine		✓		✓		✓							
Breakfast Butties				✓	✓								✓
Homemade Granola				✓					✓	✓	✓		✓
Cinnamon French Toast			✓	✓	✓	✓							
Smoked Craster Kippers			✓				✓						

STARTERS

Whipped Chicken Liver Parfait	✓		✓	✓	✓	✓					✓		✓
Pissaladière			✓	✓		✓		✓					✓
Soup of the Day	✓					✓							
Ham Hock Terrine				✓				✓					✓
Thai Fish Cakes		✓	✓	✓			✓						

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STARTERS (CONTINUED)

Twice Baked Soufflé			✓	✓	✓	✓		✓					
Imam Bayildi	✓			✓	✓								✓

MAINS

Game Pie	✓			✓	✓								
Chicken Supreme						✓							
Flat Iron Steak													
Massaman Thai Chicken Curry	✓			✓	✓				✓	✓			✓
Massaman Thai Vegetable Curry	✓			✓	✓				✓	✓			
Massaman Thai Prawn Curry	✓	✓	✓	✓	✓				✓	✓			
The Black Swan Cheeseburger				✓	✓	✓							
Falafel Burger				✓					✓				
Pappardelle			✓	✓	✓	✓							
Fish & Chips			✓	✓		✓							
Red Wine Braised Beef	✓												✓

BAR SNACKS

Warm Seeded Sourdough				✓	✓				✓		✓		
Gloucestershire Old Spot Crackling								✓					
Homemade Sausage Roll				✓	✓								
Parmesan Truffle Fries						✓							
Homemade Quiche			✓	✓	✓	✓							
Sweet & Spicy Nuts									✓	✓	✓		
Marinated Provençal Olives													
Cheese Scone			✓	✓	✓	✓							
Fruit Scone			✓	✓	✓	✓							
Homemade Cakes			✓	✓	✓	✓							

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CHILDREN'S MENU

Soup	✓			✓		✓							
Garlic Bread				✓	✓								
Fish & Chips			✓	✓	✓	✓							
Sausage & Mash	✓			✓		✓							✓
Chicken Nuggets				✓	✓	✓							
Sticky Toffee Pudding		✓		✓		✓							
Chocolate Brownie		✓		✓		✓							
Selection of Ice Cream		✓				✓							

LIGHT BITES

Steak Ciabatta				✓	✓								✓
Chicken BLT				✓	✓								
Woodland Mushroom Stuffed Wrap				✓	✓								
Prawn Sandwich			✓	✓	✓								
Ham & Egg				✓									
Chicken Caesar Salad		✓		✓									
Superfood Salad													✓

DESSERT

Soufflé de Jour		✓				✓							
Mango Parfait		✓				✓							
Chocolate Mousse													
Selection of Cheeses	✓			✓		✓							
Chef's Cheesecake				✓		✓							
Salted Caramel Tart		✓		✓		✓							

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SIDES

Seasonal Greens						✓							
Chunky Chips													
French Fries													
Rocket & Parmesan Salad						✓							
Mashed Potato						✓							

SUNDAY LUNCH

Roast Beef Sirloin	✓		✓		✓	✓							
Roast Loin of Rare Breed Pork	✓		✓		✓	✓							
Roasted Chicken Breast			✓										