

THE PHEASANT

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 Cumbrian Breakfast		✓		✓		✓		✓					✓
Vegetarian Breakfast		✓		✓		✓						✓	✓
Eggs Benedict		✓		✓		✓		✓					✓
Eggs Royale		✓	✓	✓		✓		✓					✓
Porridge				✓		✓							
Toast & Preserves				✓		✓							

STARTERS

Twice Baked Cheddar Cheese Soufflé		✓		✓		✓		✓					✓
Pressed Ham Hock Terrine		✓		✓		✓		✓					✓
Soup of the Day													
Pheasant's Chicken & Duck Liver Pâté				✓		✓		✓					✓
Potted Smoked Salmon Mousse			✓	✓		✓		✓					✓
Baked Camembert				✓		✓							✓
Falafel Bites				✓				✓			✓	✓	

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STARTERS (CONTINUED)

Cullen Skink	✓			✓	✓		✓						✓
Smoked Pigeon Breast	✓		✓		✓		✓						✓

CLASSICS

Pheasant, Haggis & Mushroom Pudding				✓	✓		✓						✓
Slow-Cooked Venison Hot Pot	✓			✓			✓						✓
Chicken & King Prawn Laksa		✓	✓	✓	✓								
Chargrilled Chicken Caesar Salad				✓	✓		✓						

FISH DISHES

Beer-Battered Fish & Chips			✓	✓	✓		✓		✓				✓
Breaded Plaice Fillet			✓	✓	✓		✓	✓					
Wholetail Breaded Scampi			✓	✓	✓		✓		✓				
Roast Cod Fillet			✓	✓	✓		✓						✓

THE GRILL

10oz Ribeye Steak			✓	✓	✓		✓						
Homemade Beef Burger			✓		✓		✓		✓			✓	
Minced Lamb Kofta Kebab					✓		✓		✓			✓	

VEGAN DISHES

Spaghetti Pasta Napoli					✓								
Tofu Laksa Curry Bowl												✓	
Bean, Chilli & Beetroot Burger					✓								

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SANDWICHES

Tandoori Chicken Flatbread			✓	✓		✓		✓				✓	
Pink Lakeland Beef Baguette				✓		✓		✓				✓	✓
Prawn Marie Rose		✓	✓	✓		✓		✓					
Grilled Goat's Cheese & Sun Blushed Tomato				✓		✓		✓					✓

DESSERTS

Sticky Toffee Pudding			✓	✓		✓			✓				
Baked Cinnamon Cheesecake			✓	✓		✓							✓
Gingerbread Crème Brûlée			✓	✓		✓							✓
Chocolate, Orange & Tonka Bean Ganache			✓	✓		✓			✓				
Selection of Cheese	✓			✓		✓							✓
Selection of Ice Cream						✓							

BAKERY

Homemade Scone			✓	✓		✓							
Homemade Cake – <i>please ask your server</i>													

SUNDAY LUNCH

Roast Topside of Beef			✓	✓		✓		✓					✓
Roast Loin of Pork			✓	✓		✓		✓					✓
Lentil & Bean Roast				✓		✓		✓					✓

BAR SNACKS

Homemade Crisps			✓	✓	✓	✓							
Flatbread, Beetroot Hummus & Olives					✓			✓			✓	✓	

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CHILDREN'S MENU

Mini Fish & Chips			✓	✓	✓		✓						
Cumberland Sausage			✓	✓	✓		✓	✓					✓
Grilled Chicken Breast							✓						
Spaghetti					✓		✓						
Fresh Fruits & Ice Cream							✓						
Sticky Toffee Pudding			✓		✓		✓						

SIDES

Triple-Cooked Chips			✓	✓	✓		✓						
Caesar Salad			✓	✓	✓		✓						
Sautéed Greens							✓						
Mixed House Salad								✓					
Chilli Salt Fries			✓	✓	✓		✓						
Peppercorn Sauce							✓						✓