

# THE Working Boat Allergy Statement

Please speak to your server before placing your order, if you suffer from any food intolerance or allergy.

## PLEASE NOTIFY US

We take the presence of allergies and intolerances seriously. Allergen information is provided for our ingredients and dishes, but we ask you to advise us of any allergies or intolerances before you order.

Whilst we have identified the allergens that are in the dishes, please be aware that there may be traces of allergens in the dish due to manufacturing or cooking methods.

## DEEP FAT FRYING

Deep fat frying is an important cooking process in our kitchen; the ingredients within dishes which are deep fried will be cooked in the same fryer as other ingredients which may contain allergens and therefore there will be a risk of cross contamination.

## CHANGING MENUS

Our chefs are always keen to create new dishes and introduce seasonal specialities. Please check allergen information each time you visit as changes to recipes are made.

## OUR KITCHENS

Whilst we make every effort to minimise cross contamination, please be aware that our dishes are made and prepared in an environment where allergen are present.

## GENETICALLY MODIFIED FOODS

The policy of this company is that it does not knowingly sell any foods that contain Genetically Modified Organisms (GMOs).

The only exception to this may be cooking oil for deep fat frying. As standard we use a non-GMO rapeseed oil. Due to global pressures, at times, our supplier may need to use vegetable oil, this product cannot be guaranteed as non-GMO.

## PLEASE SPEAK TO US

On rare occasions, we may feel we will struggle to safely accommodate your needs, we will do every we can to or offer you a suitable replacement.

## THE WORKING BOAT MENUS ALLERGENS GUIDE

V = VEGETARIAN    VG = VEGAN    VGOR = VEGAN ON REQUEST    N = NUTS

### WHEN USING THIS ALLERGEN GUIDE - ALLERGENS SHOWN IN RED

DC = DAILY CHANGING - NEED TO CHECK WITH SERVER ON THE DAY

MC = MAY CONTAIN [FOR EXAMPLE MADE IN AN ENVIRONMENT THAT CONTAINS THE ALLERGEN]

#### WORKING BOAT SUNDAY LUNCH ROASTS SUMMER

##### SESAME HOUR OVERNIGHT ROAST

YORKSHIRE PUDDING / ROAST POTATOES/ CAULIFLOWER BROCCOLI CHEESE / BRAISED RED CABBAGE / CARROT SUEDE MASH/ MIXED GREENS/ GRAVY **CELERY GLUTEN EGG MILK MUSTARD SULPHATE**

**RIGGERS ROAST CELERY GLUTEN EGG MILK MUSTARD SULPHATE**

##### CHEFS ROAST OF THE WEEK

CHICKEN OR GAMMON OR PORK **CELERY GLUTEN EGG MILK MUSTARD SULPHATE CHECK AS ROASTS MAY CHANGE**

**WHOLE CHICKEN ALL THE TRIMMINGS CELERY GLUTEN EGG MILK MUSTARD SULPHATE**

##### HOME MADE NUT ROAST

SERVED WITH ALL THE TRIMMING **V VGOR CELERY GLUTEN EGG MILK MUSTARD NUTS SULPHATE**

**CHILDS ROAST AS ABOVE**

#### SMALL BOWLS

---

##### FISH FRY

Mini battered fish / salt pepper squid / fried prawn / aioli 9

**ALLERGENS: BATTERED FISH: FISH/ GLUTEN/ SULPHATE MC MOLLUSC/ CRUSTACEAN**

**SQUID: MOLLUSC/ WHEAT/ SOYA MC FISH/ CRUSTACEAN**

**FRIED PRAWN: CRUSTACEAN/ GLUTEN/ SULPHATE MC FISH/ MOLLUSC**

**AOILI: EGG/ MUSTARD**

##### CRUMBLLED GOAT'S CHEESE

Walnut / celery / apple compote 8 V N

**ALLERGENS: NUT / CELERY**

##### PIRI PIRI PRAWN COCKTAIL

Atlantic prawns, piri piri concasse, lemon mayo

**ALLERGENS: CRUSTACEAN/ SULPHATES/ EGG/ MUSTARD/ MILK**

##### FRIED CAMEMBERT

Chilli jam 8 V

**ALLERGENS: MILK/ WHEAT/ SOYA/ SULPHATE**

#### WORKING BOAT CAESAR

---

##### CLASSIC

Romaine lettuce / croutes / bacon bits / boiled egg / Parmesan / anchovies **GLUTEN EGG FISH MILK MUSTARD SOYA**

##### VEGAN CAESAR

romaine lettuce / croutes / crispy not 'bacon' / Italian hard cheese / dressing **VG**

**ALLERGENS: GLUTEN SOYA MC NUTS PEANUT SESAME SULPHATES**

---

## WHOLE BAKED SOLE

Lemon caper butter / new potatoes / spring greens / dill **FISH MILK SULPHATES**

## FISH AND CHIPS

Prime white fish / our famous beer batter / chips / chips shop curry sauce **CELERY GLUTEN FISH MILK MUSTARD SULPHATES** May Contain **MOLLUSCS CRUSTACEANS**  
Or traditionally with peas and tartare **GLUTEN EGG MILK FISH SOYA SULPHATES** May Contain **MOLLUSCS CRUSTACEANS**

---

## SIDES

### CHIPS

Triple cooked / rosemary sea salt Vg **Mc GLUTEN**

**CHILLI CHEESE CHIPS** please ask for just cheesy!

Jalapeno / melted cheese / chilli flakes V **MILK Mc GLUTEN**

### STONES BAKERY SOURDOUGH

Sea salt butter V VGOR **GLUTEN MILK**

### OLIVES

Mediterranean mix Vg

---

## DESSERTS

### LEMON CHEESECAKE

Lemon curd / clotted cream 8 V

**ALLERGENS: GLUTEN/ MILK**

### BISCOFF AFFOGATO

Vanilla ice cream / Biscoff crumb / espresso shot 7 Vg

**ALLERGENS: GLUTEN/ SOYA**

### BANANA STICKY TOFFEE PUDDING

Sea salt caramel / vanilla ice cream 8 V

**ALLERGENS: GLUTEN/ MILK/ EGGS/ SOYA**

**ICE CREAMS** V **specific allergens on request per flavour**

Chocolate / coconut / vanilla / thunder n' lightning / strawberry & cream **MILK DC MC**

**GLUTEN EGG NUTS PEANUTS SOYA**

**CHEESE SELECTION** please ask for today's list

Grapes / chutney / biscuits supplied by Greet Cheese Co V **GLUTEN MILK SULPHATES MC NUTS** Biscuits not suitable for any nut allergy