

Allergens List for The Talbot

Dish	Gluten (Wheat, Oats, Barley)	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphar Dioxide	Gluten
NIBBLES / STARTERS															
Marinated Olives												√			
Salt & Pepper Squid	√ Wh		√					√	√						√
Pork Belly Quavers									√			√			
Camembert	√ Wh									√					√
Halloumi Fries										√					
Soup	√ Wh	Please Ask for Today's Allergens													
Breaded Garlic Mushrooms	√ Wh								√	√					√
Whitebait	√ Wh											√			
Fiery Wings	√ Wh							√	√	√		√			√
Chicken Liver Pate	√ Wh				√		√			√				√	√
Crayfish & Prawn Cocktail	√ Wh	√		√					√		√	√			√
MAINS															
Steak	√ Wh														√
Belly Pork								√		√					
Pie of Day		Please Ask for Today's Allergens													
Gammon & Egg									√						
Lasagne	√ Wh							√	√	√	√				√
Hunters Chicken								√		√	√				
Fish and Chips	√ Wh			√					√	√					√
Scampi	√ Wh	√													√
Beetroot & Butternut Wellington	√ Wh							√							√
Linguine Mushroom & Stilton	√ Wh									√					√
Goats Cheese Salad	√ Wh						√			√	√	√			√
Chicken & Bacon Salad	√ Wh														√
Smoked Salmon Salad	√ Wh	√		√					√		√	√			√
Steak Burger	√ Wh	√							√	√		√	√		√

DESSERTS														
Cheesecake	√ Wh/Ot									√				√
Crumble	√ Wh									√				√
Waffles	√ Wh/Barley							√	√	√				√
Chocolate Fudge Cale	√ Wh						√	√	√	√				√
Lemon Roulade					√		√		√	√				
Ice Cream Sundae							√	√		√				
SIDES														
Garlic Bread	√ Wh									√				√
Cheddar Garlic Bread	√ Wh									√				√
Goats Cheese Garlic Bread	√ Wh									√				√
Side Salad														
Chips														
Cheese Chips										√				
Onion Rings	√ Wh													
Corn Cobette														
CHILDREN														
Garlic Bread	√ Wh									√				√
Cheddar Garlic Bread	√ Wh									√				√
Soup	√ Wh	Please Ask for Today's Allergens												
Steak														
Cheese and Beans Jacket										√				
Chicken Nuggets	√ Wh								√	√	√			√
Fish Cake	√ Wh			√					√	√				√
Lasagne	√ Wh							√	√	√	√			
Chicken Breast								√						
Sausages and Mash	√ Wh	√								√		√	√	√
Cheeseburger	√ Wh	√							√	√		√	√	√
Scampi	√ Wh	√												√
Mac n Cheese	√ Wh									√		√		√
Cheesecake	√ Wh/Ot									√				√
Choclate Fudge Cake	√ Wh						√	√	√	√				√
Lemon Roulade					√		√		√	√				
Ice Cream Sundae							√	√		√				
Talbot Special Sundae							√	√		√				

LUNCH CIABATTAS														
Steak & Stilton	√ Wh									√				√
Brie and Bacon	√ Wh									√				√
Prawn and Bloody Mary Sauce	√ Wh	√							√	√				√
Tuna Mayonnaise	√ Wh			√				√	√	√		√		√
Bacon Mushroom & Cheddar	√ Wh									√				√
Chicken and Bacon	√ Wh									√				√
Cheese and Pickle	√ Wh									√			√	√
Smoked Salmon Salad	√ Wh			√						√				√
Goats Cheese and Onion Marm	√ Wh									√				√
LUNCH Starts/Mains/Desserts														
Menu Items as above														
Burger Plain	√ Wh									√	√		√	√
Burger Cheddar & Bacon	√ Wh									√	√		√	√
Burger Stilton and Bacon	√ Wh									√	√		√	√
Burger Bacon, Onion R & BBQ	√ Wh							√	√	√	√	√	√	√
Burger Brie & Chutney	√ Wh									√	√		√	√
Burger Goats Cheese & Pesto	√ Wh						√			√	√		√	√
Jackets														
Cheese and Beans											√			
Crayfish & Prawn		√								√	√			
Bacon Mushroom and Cheddar											√			
Goats Cheese											√			
Steak, Stilton & Chutney											√			
Tuna Mayo				√				√	√	√		√		
Salad Bowls														
Grilled Goats Cheese	√ Wh						√			√	√	√		√
Chicken and Bacon	√ Wh													√
Smk Salmon, Crayfish & Prawn	√ Wh	√		√						√		√	√	√

Week Night Deal Menu (Winter Only)														
Grilled Gammon										√				
Fish and Chips	√ Wh			√						√	√			√
Pie of the day	√ Wh	Please Ask for Today's Allergens												
Chicken Tikka Massala	√ Wh										√		√	√
Faggots	√ Wh/Ot									√	√			√
Sausages	√ Wh/Ot										√			√
Mac Cheese	√ Wh									√	√			√
Mexican Beef Chilli	√ Wh									√	√		√	√
Vegan Bean Chilli	√ Wh									√	√		√	√

Note that this list may not include salad dressings and sauces. If you're unsure, please ask to omit these products from your meal

Our kitchen is an area that handles all of these allergens and as such, we cannot guarantee that dishes will be 100% free of traces of all these allergens