

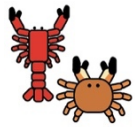

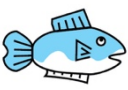
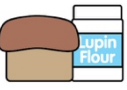






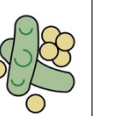






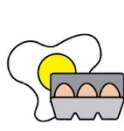
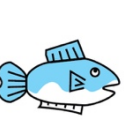
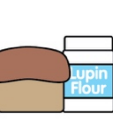

DISHES AND THEIR ALLERGEN CONTENT

September 2019



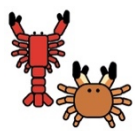

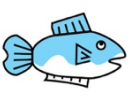
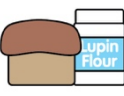








DISHES AND THEIR ALLERGEN CONTENT – The Wild Fig – Breads & Sides

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bread		✓					✓							✓
Root Vegetable & New Potatoes							✓							
Chips														
Mashed Potato				✓			✓							
Asparagus							✓							
Broccoli							✓							
Salad														
Olives														

DISHES AND THEIR ALLERGEN CONTENT – The Wild Fig - Starters

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pakorاس	✓								✓					
Pheasant Pate		✓		✓			✓			✓				
Black Pudding									✓					
Goats Cheese Croquettes	✓	✓		✓			✓		✓					
Mushroom Soup		✓												
Asparagus Hummus		✓								✓		✓		
Belly Pork Ribs														
Crab Cakes	✓	✓	✓	✓	✓				✓					
Fish Tacos		✓		✓	✓				✓	✓				
King Prawns	✓		✓	✓					✓					



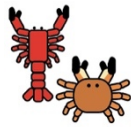
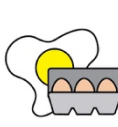
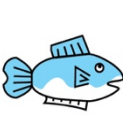
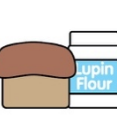








DISHES AND THEIR ALLERGEN CONTENT – The Wild Fig - Mains

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Red Mullet				✓	✓				✓			✓		
Beef	✓													✓
Pork Belly	✓													✓
Beetroot	✓													✓
Nut Loaf	✓									✓			✓	
Sea Bass	✓	✓			✓								✓	
Lamb	✓						✓							✓
Duck	✓													✓
Ribeye	✓						✓							
Chicken	✓						✓							✓

Review date: September, 2019

Reviewed by: C. Graham

DISHES AND THEIR ALLERGEN CONTENT – Desserts

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cambridge cream		✓					✓							
Brownie							✓			✓			✓	
Fruit Salad														
Almond Cake		✓		✓			✓			✓				
Cheesecake		✓					✓							
Cheese Biscuits		✓					✓			✓				✓
Ice Cream							✓						✓	