

A R E N S

BAR & GRILL

Allergens

January 2022

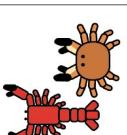
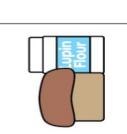
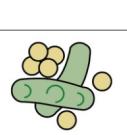
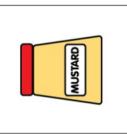
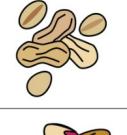
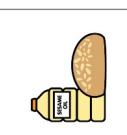
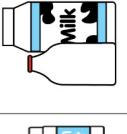
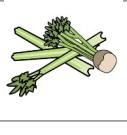
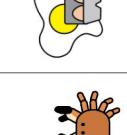
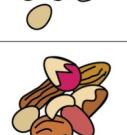
ALLERGENS

As we use shared equipment in a busy environment, some dishes may not be suitable for those with severe allergies.

Please ask a team member every time you visit as ingredients may have changed in certain dishes. We cannot guarantee that traces of the 14 main allergens will not be present in any dish in our restaurant menu. If you have a severe allergy, we recommend that you **do not eat**. Thank you.

Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mix bread		✓					✓			✓		✓	✓	✓
Mix bread with camembert			✓				✓			✓		✓	✓	✓
Olives					✓		✓		✓		✓	✓	✓	✓
Meaty Sharer	✓		✓		✓		✓	✓	✓		✓	✓	✓	✓
Nachos									✓			✓		
Nachos with BBQ pulled beef									✓			✓		✓

Mains							Food Allergens			Other				
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BBQ pork Ribs	✓												✓	
Chicken Skewer	✓												✓	
Chicken Skewer with Half Ribs			✓										✓	
Cheese BBQ Skewer				✓									✓	
Arens Kofta					✓								✓	
Lamb Shank						✓							✓	
Grilled Halloumi							✓						✓	
Vegan Curry											✓			
Grilled Sea Bass											✓			
Teriyaki Salmon											✓			

Mains		Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
														
Fish and Chips		✓		✓	✓		✓					✓		
House Quinoa Salad	✓	✓		✓			✓					✓		
House Quinoa Salad + chicken	✓	✓		✓			✓					✓		
House Quinoa Salad + Halloumi	✓	✓		✓			✓					✓		
Veggie Burger				✓			✓					✓		
Steaks and Chips					✓							✓		
Steaks, Bbq half ribs and chips	✓	✓					✓					✓		
Steak, Chicken Skewers and chips	✓	✓					✓					✓		
Double decker Burger							✓					✓		
Arens Beef Burger							✓					✓		

Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Arens Chicken Burger	✓	✓		✓			✓			✓		✓		
Smoked Salmon Sandwich		✓		✓	✓		✓			✓				✓
Grilled Halloumi Sandwich				✓										
Steak Sandwich					✓								✓	✓
Prawn cocktail Sandwich						✓				✓				

Dessert	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Choco fudge cake				✓			✓							✓
Sticky toffee pudding				✓			✓							
Pistachio crème brûlée				✓			✓							✓
Peanut butter fudge slice						✓			✓					
Cheese cake						✓				✓				✓
Lemon Sorbet														
Pineapple Carpaccio										✓				✓
Ice cream selection										✓				✓
Cheese selection											✓			✓

Wafer
crackers

Brunch	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide										
													Wine	Bitter Beer	Cod Liver Oil	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Cereals containing gluten	Crustaceans
Buttermilk Pancake				✓			✓																
American Waffle				✓			✓																
Vegan Breakfast	✓																						
Full Arens Breakfast					✓		✓																
Egg Benedict						✓																	
Egg Royale						✓			✓														
Avocado Benedict GF								✓															
Scrambled Egg and Salmon									✓														
Brunch Burger										✓													
Bread rolls and BF pastries											✓										✓	✓	✓

Sides								
Truffle chips	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Soya
	✓				✓			
Broccoli							✓	
Sweet potato fries						✓		
Flavoured rice						✓		
Creamy spinach						✓		
Mixed leaf salad						✓		
Onion rings						✓		
Creamy mash potato						✓		
Coleslaw						✓		

