



Food allergen information.

We are committed to providing our customers with information about the ingredients in the food we serve in our hotel. There are 14 major allergens and we can provide you with information on whether they are in any of the dishes we serve. The major allergens are:

1. Celery
2. Cereals containing gluten such as wheat, rye, barley, oats
3. Crustaceans for example prawns, crabs, lobster, crayfish
4. Eggs
5. Fish
6. Lupin (a flower used in Lupin flour and in some types of bread, pastries and pasta)
7. Milk including cream, cheese and butter
8. Molluscs for example mussels, snails, squid, whelks
9. Mustard
10. Nuts for example cashews, almonds, hazelnuts, walnuts
11. Peanuts
12. Sesame seeds
13. Soya
14. Sulphur dioxide (sometimes known as sulphites) often used in dried fruit and can also be found in wine and beer.

Our approach

Most people know that they have an allergy or intolerance to one or more of these major food allergens and they live with this every day. We believe that it is important that customers with food allergies or intolerances are able to make informed choices when choosing what to eat during their stay at our hotel.

The hotel reception is your first point of contact regarding allergen information. In the event of any query please refer to reception or the duty manager.

We have an enthusiastic and friendly team of waiters. Their command of the English language, their confidence and experience as waiters varies across the team. They have not been trained to advise guests on food allergens so please raise your queries with reception in the first instance or speak to the duty manager who will be able to provide you with allergen information so that you can decide what to eat.

Breakfast

Our breakfast menu is based on a list of standard breakfast items that we serve most days. We have produced a table giving the allergen information in relation to all breakfast items. Please refer to the table which can be found later in this section of the room folder. If you need any more information please contact reception.

Lunch

Our lunchtime menu offers a range of dishes as well as sandwiches. We have produced a table giving the allergen information in relation to these dishes. Please refer to the table which can be found later in this section of the room folder. If you need any more information please contact reception.

Dinner

Every morning we display the evening dinner menu for the same day. To accompany the menu the chef prepares a chart showing all the dishes on the menu and their allergen content. You can request a copy of this from reception.

What's going on behind the scenes?

Most of the dishes that we serve are made here on the premises by our team of chefs. They have a process of recording the use of allergens in the dishes we prepare. Each dish has its own 'passport' – it's a record of exactly what allergen, if any, went in to creating the dish. The 'passport' is kept with the dish so if anyone needs to know the allergen content then this information can be provided easily.

We buy-in various food items from third party suppliers. These include:

- Items that we buy from a manufacturer, wholesaler or specialist supplier for example sausages, tinned baked beans, tinned tomatoes, bread, flour, sugar, ice cream etc. You don't ever see the packaging but we keep the allergen information provided by the supplier in a folder in reception so that it can be referenced on request.
- Items that are served to you in the manufacturers packaging (e.g. Heinz tomato ketchup, individual cereal portions, crisps and nuts from the bar). You can read the allergen information provided on the manufacturer's packaging.

This message is displayed on our daily menu, menu folders, bedroom information and on our website:

Food Allergies and Intolerances

For information about the allergens in the food we serve please ask the duty manager.
Our daily allergen chart and other allergen information is available at reception.

BREAKFAST – Guide to Allergen Information SAMPLE

Our breakfast menu is based around a number of standard items. In order to assist you we have prepared the following table of items usually found on our breakfast menu.

Breakfast Item	Celery	Cereals containing Gluten	Crustaceans (Prawns etc)	Eggs	Fish	Lupin	Milk (incl Cheese, Butter, Cream)	Molluscs (Mussels etc)	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Porridge		✓					✓							
Butter							✓							
Yoghurt							✓							
Bread		✓											✓	
Fried Egg				✓										
Scrambled Egg				✓			✓							
Poached Egg				✓										
Boiled Egg				✓										
Sausage		✓												✓
Vegetarian Sausage		✓								✓				
Poached Haddock (cooked in butter)					✓		✓							
Kipper (cooked in butter)					✓		✓							

Notes: For products served in packaging (cereals, jams ketchup, yoghurt etc) see manufacturer's allergen information on the packaging.

PLEASE ASK AT RECEPTION IF YOU HAVE ANY DOUBTS OR NEED ANY FURTHER INFORMATION

LUNCH – Guide to Allergen Information SAMPLE

Our lunch menu is based around a number of standard items. In order to assist you we have prepared the following table of items usually found on our lunch menu.

Lunch Item	Celery	Cereals containing Gluten	Crustaceans (Prawns etc)	Eggs	Fish	Lupin	Milk (incl Cheese, Butter, Cream)	Molluscs (Mussels etc)	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Bread		✓											✓	
Sandwich Fillings:														
Beef														
Ham														
Chicken														
Cheese							✓							
Tuna					✓		✓							
Smoked Salmon					✓									
Prawns			✓											
Hard Boiled Egg				✓									✓	
Mayonnaise				✓									✓	
Pickle		✓												✓
Horseradish				✓			✓							
Mustard									✓					
Pickled Onion		✓												
Individual Biscuits		✓					✓							
Butter							✓							
Omelette				✓			✓							
Chips														
Butterfly Prawns		✓	✓	✓										
Breaded Haddock		✓		✓	✓									

Notes: For products served in packaging (cereals, jams ketchup, yoghurt etc) see manufacturer's allergen information on the packaging.

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