							Alle	rgen														
SMALL BITES	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs								
Mac & Cheese	✓						✓			✓												
Breaded mushrooms, garlic mayo	✓		✓				✓															
Crab cakes, aioli	>	✓	✓				✓															
Fried buttermilk chicken tenders, bbq sauce	✓						√															
Haloumi fries, garlic mayo	✓					✓	✓															
	Allergen																					
WINGS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs								
1/2 Dozen Chicken Wings crispy onions, scallions, sesame.	√						√				✓											
1/2 Dozen Cauliflower Wings crispy onions, scallions, sesame.	✓										✓											
Buffalo & blue cheese mayo						✓	√															
BBQ sauce										✓	✓											
Jerk sauce	barley							may contain	✓													
NACHOS							Alle	rgen														
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs								
Flour tortilla chips, cheese sauce, guacamole, salsa, sour cream, jalapenos	✓						√					\										
Add chilli beef												~										

	1																					
							Alle	rgen														
SALADS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs								
Caeser salad, cos lettuce, crispy streaky bacon, anchovies, Caesar dressing, Grana Padano	✓		√	√			√															
Grilled halloumi salad, butternut squash, sun-dried tomato, rocket, honey mustard dressing							✓			✓		✓										
Crispy beef salad, carrot, mouli, radish, sugar snaps, sesame seeds, sweet chilli dressing											✓	✓										
AAAINIC							Alle	ergen														
MAINS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs								
1/2 cajun rubbed roast chicken Skin on chips, red slaw, choice of sauce (please see wings allergens for sauces)																						
Marinara spaghetti Basil pesto, vine cherry tomatoes	✓						✓	Pine nuts				✓	√									
Crab, crayfish & chilli spaghetti White wine cream, spring onion	✓	✓					✓					✓	✓									
Beer battered haddock skin-on chips, pea + mint puree, tartare sauce, lemon	✓		√	✓			√					✓										
200g Rump Steak skin-on chips, fried eggs, watercress			✓																			
250g Rib Eye Steak skin-on chips, tomatoes, watercress																						
Garlic Butter							√															
Peppercorn sauce							√		√			✓										
Salmon & spring onion Fishcake Wilted greens, creamed corn	✓		✓	√			✓		✓	√												
			_	_	_		Alle	rgen	_	_	_			_								

BURGERS & HOTDOGS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
All served with skin-on chips														
Vegan Cheese Burger plant based patty, vegan cheese, vegan mayo, rocket, pickles	✓					✓					✓			
Double Cheese Burger beef patties, american cheese, crispy onions, rocket, pickles, ketchup, Dijonnaise	✓		✓				✓		✓	✓		✓		
Blue Cheese Beef Burger beef patties, american cheese, blue cheese, pink onions, rocket, pickles, ketchup, Dijonnaise	✓		✓				>		>	✓		✓		
BBQ pulled pork burger beef patties, house smoked pulled pork, American cheese, rocket, pickles, BBQ sauce	√		√				√			√		√		
Buttermilk chicken burger Fried buttermilk chicken breast, mayo, American cheese, cos lettuce	✓		✓				>							
Buffalo + Blue Cheese Chicken Burger Fried buttermilk chicken breast , American cheese, blue cheese mayo, Buffalo sauce, cos lettuce	✓		✓			✓	✓					✓		
Hunters chicken burger Fried buttermilk chicken breast, American cheese, bacon, BBQ sauce, cos lettuce	√		√				✓			✓		✓		
Tempura Halloumi Burger guacamole, tomato + red pepper chutney	✓		✓				✓					✓		
Moorings Dog Pork frankfurter, sauerkraut, ketchup, American mustard, crispy onions	✓		√				✓		>	✓		✓		
Chilli Dog Pork frankfurter, home-made beef chilli, cheese sauce, crispy onions, jalapenos, sour cream	✓		✓				>		>			✓		

	THE MOORINGS AT MYTON													
SIDES														
	Allergen													
SIDES	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Skin-on chips														
Cajun dusted waffle fries	✓													
Cheesy cajun dusted waffle fries	✓						✓							
Bbq pulled pork & jalapenos waffle fries	✓											✓		
Red slaw														
Cajun onion rings	✓													

THE MOORINGS AT MYTON **SANDWICHES** Allergen SUB ROLLS Cereals Soyabeans Sulphites Molluscs containing Crustaceans Eggs Fish Peanuts Nuts Celery Mustard Sesame Lupin gluten All served with skin-on chips Philly Cheesesteak | sauteed beef, caramelised onions, pepper, melted cheese on a sub roll House smoked BBQ pulled pork | Cheese sauce, red slaw, crispy onions \checkmark Crayfish | Bloody Mary mayo, iceberg Fish finger | Tartare sauce, iceberg

	DESSERTS														
							Alle	rgen							
DESSERTS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Sticky toffee pudding Toffee sauce, vanilla ice cream	✓		√				√								
Belgian Waffle toffee sauce, vanilla ice cream	✓		✓				✓								
Double Chocolate Brownie chocolate sauce, cherry ice cream	√		√				√								
Gluten-free + Vegan Chocolate Brownie vegan vanilla ice cream						✓									
Banoffee cheesecake whipped cream, caramelised banana	✓						√								
Chocolate sundae Rocky road, chocolate brownie, chocolate ice cream, whipped cream, chocolate sauce	✓		✓				✓								
Lotus Biscoff Sundae smashed lotus biscuits, home churned vanilla ice cream, whipped cream, toffee popcorn, biscoff sauce	✓		√				√								
Ice Creams			√				√								
Sorbets															
Double Chocolate Brownie Bites	√		√				√								
Mini Sticky toffee pudding	√		✓				✓								

SUNDAY ROASTS

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							Alle	rgen						
SUNDAY ROASTS	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Roast Rump of Beef roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, Yorkshire Pudding	>		✓				✓		✓			✓		
Roast loin of pork roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, apple sauce, crackling	√								✓			\		
Half Roast Chicken roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, pork, sage + onion stuffing	✓		√						✓			✓		
Mixed roast Beef, pork, apple sauce, crackling, pork, sage & onion stuffing, Yorkhire pudding	>		✓				✓		✓					
Vegan Nut Roast vegan roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, vegan gravy	✓							✓	✓					
Roast Potatoes														
Carrot + Swede Mash														
Roasted Parsnip														
Glazed Carrot														
Seasonal Greens														
Homemade gravy												✓		
Broccoli, Cauliflower Cheese							√			✓				
Yorkshire Pudding	√		√				√							
Pigs in Blankets												√		
Pork, Sage + Onion Stuffing	√		√											