

THE MOORINGS

STARTERS

| LIGHT BITES | Allergen | | | | | | | | | | | | | |
|--|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Mac + Cheese | ✓ | | ✓ | | | | ✓ | | | ✓ | | | | |
| Mac + Cheese; pulled pork | ✓ | | ✓ | | | | ✓ | | | ✓ | | | | |
| Pan-Fried Chestnut Mushrooms; garlic cream + cheese twist | ✓ | | | | | | ✓ | | | | | ✓ | | |
| Goats' Cheese Salad; sweet potato, beetroot, rocket, toasted pumpkin seeds + balsamic dressing | | | | | | | ✓ | | | | | ✓ | | |
| Mini Box-Baked Camembert; red onion jam + toasted sourdough | ✓ | | | | | | ✓ | | | | | ✓ | | |
| Grilled Chicken Salad; cos lettuce, croutons, avocado, crispy bacon, cherry tomatoes + buttermilk ranch dressing | ✓ | | | | | | ✓ | | | | | | | |
| WINGS + THINGS | Allergen | | | | | | | | | | | | | |
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Smoked Pulled Pork Taco; pickled red onion, tomato, coriander + BBQ sauce | ✓ | | | | | | | | | ✓ | | ✓ | | |
| Goats' Cheese Taco; sweet potato, avocado + pink onions | ✓ | | | | | | ✓ | | | | | ✓ | | |
| Crispy Chilli Squid Taco; lettuce + louisiana sauce | ✓ | | | | | | | | | | | | | ✓ |
| 1/2 Dozen Cauliflower Wings; crispy onions, scallions + black sesame, BBQ or Louisiana sauce | ✓ | | | | | | | | | ✓ | ✓ | | | |

THE MOORINGS

| | | | | | | | | | | | | | | |
|--|---|--|--|--|--|--|---|--|--|---|---|---|--|--|
| 1/2 Dozen Chicken Wings; crispy onions, scallions + black sesame, BBQ sauce or Louisiana sauce or Buffalo + Blue Cheese | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | |
| Beef Chilli Nachos; flour tortilla, beef chilli, cheese sauce, guacamole, sour cream, salsa + jalapenos | ✓ | | | | | | ✓ | | | | | ✓ | | |

THE MOORINGS

MAINS

Allergen

MAINS

| | Allergen | | | | | | | | | | | | | |
|--|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Pesto Linguine ; cherry tomatoes, spinach, courgette, pesto, white wine cream + Gran Padano | ✓ | | | | | | ✓ | | | | | ✓ | | |
| Lashfords Sausages ; spring onion mash, curly kale + house gravy | ✓ | | | | | | ✓ | | ✓ | | | ✓ | | |
| House-Rubbed Half Roast Chicken ; lemon + Thyme roast potatoes, red slaw, aioli or BBQ sauce or Louisiana sauce | | | ✓ | | | | | | | ✓ | | ✓ | | |
| Market Fish ; skin-on chips, pea + mint puree, tartare sauce + lemon | | | | ✓ | | | ✓ | | | ✓ | | ✓ | | |
| 200g Rump Steak ; skin-on chips, roasted plum tomatoes + watercress | | | | | | | | | | | | | | |
| 250g Rib Eye Steak ; skin-on chips, roasted plum tomatoes + watercress | | | | | | | | | | | | | | |
| Garlic Butter | | | | | | | ✓ | | | | | | | |
| Peppercorn sauce | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Smoked Haddock Fishcake ; free range poached egg, buttered leeks, pea cream | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ | | | | |

THE MOORINGS

BURGERS

| BURGERS & HOTDOGS | Allergen | | | | | | | | | | | | | |
|---|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Vegan Cheese Burger ; plant based patty, vegan cheese, vegan mayo, rocket + pickles, skin-on chips | ✓ | | | | | ✓ | | | | | ✓ | | | |
| Double Cheese Burger ; beef patties, american cheese, crispy onions, rocket, pickles, ketchup + Dijonnaise, skin-on chips | ✓ | | ✓ | | | | ✓ | | ✓ | ✓ | | ✓ | | |
| Blue Cheese Beef Burger ; beef patties, american cheese, blue cheese, pink onions, rocket, pickles, ketchup + Dijonnaise, skin-on chips | ✓ | | ✓ | | | | ✓ | | ✓ | ✓ | | ✓ | | |
| Tempura Halloumi Burger ; guacamole, tomato + red pepper chutney, skin-on chips | ✓ | | ✓ | | | | ✓ | | | | | ✓ | | |
| Louisiana + Blue Cheese Chicken Burger ; spiced buttermilk chicken breast, american cheese, blue cheese mayo, Louisiana + cos lettuce, skin-on chips | ✓ | | ✓ | | | | ✓ | | | ✓ | | ✓ | | |
| Buttermilk chicken burger , Spiced buttermilk chicken breast, mayo, American cheese, Cos, Brioche bun | ✓ | | ✓ | | | | ✓ | | | ✓ | | | | |
| Classic Dog ; Bratwurst sausage, saurkraut, ketchup, American mustard + crispy onions | ✓ | | | | | | | | ✓ | ✓ | | ✓ | | |
| Chilli Dog ; Bratwurst sausage, home-made beef chilli, cheese sauce, crispy onions, jalepenos + sour cream | ✓ | | | | | | ✓ | | ✓ | ✓ | | | | |

THE MOORINGS

SIDES

Allergen

| SIDES | Allergen | | | | | | | | | | | | | |
|---|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Skin-on chips | | | | | | | | | | | | | | |
| Sweet potato fries | | | | | | | | | | | | | | |
| Truffle & Parmesan skin-on chips | | | | | | | ✓ | | | | | | | |
| Roasted garlic mushrooms | | | | | | | | | | | | | | |
| Iceberg Wedge, ranch dressing + crispy onions | ✓ | | | | | | ✓ | | | | | | | |
| Onion rings, sage salt | ✓ | | ✓ | | | | ✓ | | | | | | | |

THE MOORINGS

SANDWICHES

| SANDWICHES | Allergen | | | | | | | | | | | | | |
|--|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| BLT Sandwich ; Cajun Mayo, skin-on chips | ✓ | | ✓ | | | | ✓ | | | ✓ | | ✓ | | |
| Fish Finger Sandwich ; cos lettuce, tartare sauce + skin-on chips | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ | | ✓ | | |
| BBQ Pulled Pork Brioche ; swiss cheese, red slaw, rocket + skin-on chips | ✓ | | ✓ | | | | ✓ | | | | | ✓ | | |
| Three Cheese Sandwich ; spring onion, mayo + skin-on chips | ✓ | | ✓ | | | | ✓ | | | ✓ | | ✓ | | |
| Sourdough Tuna Melt ; dill pickle + skin-on chips | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ | | ✓ | | |
| Philly Cheesesteak ; sauteed beef, caramelised onions, pepper, melted cheese on a sub roll. Served with skin-on chips | ✓ | | | | | | ✓ | | | | | ✓ | | |

THE MOORINGS

DESSERTS

| DESSERTS | Allergen | | | | | | | | | | | | | |
|--|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Belgian Waffle; chocolate sauce, home churned vanilla ice cream | ✓ | | ✓ | | | | ✓ | | | | | | | |
| After Dinner Cheesecake Pot, After Eight, mint match maker, Mint aero | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Double Chocolate Brownie; chocolate sauce + home-churned honeycomb ice cream | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Gluten free & Vegan Chocolate brownie, Vegan vanilla ice cream | | | | | | ✓ | | | | | | | | |
| Sticky Banana Cake. Toffee sauce, gingerbread ice cream, | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Berry crumble sundae. Winter berries, gingerbread ice cream, whipped cream, crumble topping | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Lotus Biscoff sundae, smashed Lotus biscuits, vanilla ice cream, whipped cream, toffee popcorn, crumble topping | ✓ | | ✓ | | | ✓ | ✓ | | | | | | | |
| Home-churned Ice Cream Scoops | | | ✓ | | | | ✓ | | | | | | | |
| Double Chocolate Brownie Bites | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Mini Banana Cake | ✓ | | ✓ | | | | ✓ | | | | | | | |

THE MOORINGS

SUNDAY ROASTS

| SUNDAY ROASTS | Allergen | | | | | | | | | | | | | |
|--|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|
| | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Roast Striploin of Beef; Yorkshire Pudding | ✓ | | ✓ | | | | ✓ | | ✓ | | | ✓ | | |
| Roast loin of pork; apple sauce + crackling | | | | | | | | | ✓ | | | ✓ | | |
| Roast Lamb Shoulder; Pea & Mint puree | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Half Roast Chicken; pork, sage + onion stuffing | ✓ | | ✓ | | | | | | | | | ✓ | | |
| Vegan Nut Roast- vegan roast potatoes, seasonal veg, glazed carrots, vegan gravy | ✓ | | | | | | | | ✓ | | | | | |
| Roast Potatoes | | | | | | | | | | | | | | |
| Glazed Carrots | | | | | | | | | | | | | | |
| Seasonal Greens | | | | | | | | | | | | | | |
| Homemade gravy | | | | | | | | | | | | ✓ | | |
| Broccoli, Cauliflower Cheese | ✓ | | | | | | ✓ | | | ✓ | | | | |
| Yorkshire Pudding | ✓ | | ✓ | | | | ✓ | | | | | | | |
| Pigs in Blankets | ✓ | | | | | | | | | | | ✓ | | |

THE MOORINGS

Pork, Sage + Onion Stuffing

✓

✓