## THE MOORINGS AT MYTON **Allergen STARTERS** Cereals containing Fish Milk Celery Mustard Sulphites Lupin Molluscs Crustaceans Eggs Soyabeans Nuts Sesame **Peanuts** gluten Breaded mushrooms | Garlic mayo Salt & pepper squid | Dirty mayo 1/2 Dozen Chicken Wings | crispy onions, scallions, sesame. **√ √** Buffalo & blue cheese mayo **BBQ** sauce Warm Black Pudding salad | Smoked bacon, leaves, **√** poached hen's egg, crispy shallots Mini baked camembert | Red onion marmalade, crusty **√** baguette √ (Pine Beetroot Salad | Chilli whipped feta, toasted pine nuts nuts) **Allergen** MAINS Cereals containing Crustaceans Eggs Peanuts Soyabeans Milk Celerv Mustard Sesame Sulphites Lupin Molluscs gluten 200g Rump Steak | skin-on chips, roast tomato, watercress Peppercorn sauce Pea & Courgette Rigatoni | Crumbled feta, toasted pine √(Pine nuts nuts) House Smoked Beef Brisket Burger | Smoked beef $\checkmark$ brisket, smoked Applewood cheddar, sauerkraut, Frenchies mustard mayo, pickles & rocket Roast Hake | Pea & mint puree, tartare sauce, skin on **√** chips

## THE MOORINGS AT MYTON

## **SUNDAY ROASTS**

SUNDAY ROASTS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Roast Beef   roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, Yorkshire Pudding	✓		<b>&gt;</b>				<b>✓</b>		✓			<b>&gt;</b>		
Roast Pork   Roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, apple sauce, crackling, Yorkshire pudding	✓								✓			✓		
Roast Chicken   roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, pork, sage + onion stuffing, Yorkshire pudding	<b>√</b>		>						<b>√</b>			>		
Roast Lamb Shoulder   roast potatoes, seasonal greens, glazed carrot, roasted parsnip, carrot + swede mash, house gravy, roasted shallot, Yorkshire pudding	<b>√</b>													
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							<b>/</b>			✓				
Yorkshire Pudding	✓		✓				<b>✓</b>							
Pigs in Blankets												✓		
Pork, Sage + Onion Stuffing	<b>√</b>		<b>√</b>											

## THE MOORINGS AT MYTON SIDES **Allergen** SIDES Cereals containing Crustaceans Eggs Fish Peanuts Soyabeans Milk Nuts Celerv Mustard Sesame Sulphites Lupin Molluscs gluten Skin-on chips Cajun dusted waffle fries **Broccoli, Cauliflower Cheese** Pigs in Blankets Pork, Sage + Onion Stuffing **Cajun Onion Rings Seasonal Greens DESSERTS Allergen DESSERTS** Cereals Milk containing Crustaceans Eggs Peanuts Soyabeans Celery Mustard Sesame Sulphites Lupin Molluscs gluten Warm ginger cake | Toffee sauce, Bennetts Honeycomb crunch ice cream Raspberry & White Chocolate Blondie | Bennetts summer strawberry ice cream, raspberry coulis Baked Chocolate Chip Cookie Dough | Toasted marshmallow, Bennetts vanilla ice cream Gluten-free + Vegan Chocolate Brownie | vegan vanilla **√** ice cream Apple + Rhubarb Crumble | Custard or Vanilla ice cream Bennetts Ice Cream + Sorbets (Please refer to the official Bennetts allergen matrix in this folder for flavour specific $\checkmark$ allergens)