

## THE MOORINGS

### BAR SNACKS

BAR SNACKS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Pork scratchings, apple chutney												✓		
Jalapeno cornbread, cheese sauce	✓		✓				✓					✓		
BBQ Pulled Pork Slider	✓		✓				✓							
Lashfords chipolatas, ketchup	✓								✓			✓		
Mac & cheese	✓						✓			✓			✓	

### STARTERS

STARTERS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Caesar Salad, Cos lettuce, croutons,bacon bits, grana padano, Cesaer dressing (add chicken)	✓		✓									✓		
Crispy Chilli Squid, red chillies, scallions, aioli, lime	✓													✓
Grilled haloumi salad, new potatoes, beetroot, leaves, hazelnuts, orange dressing							✓	✓		✓		✓		
1/2 dozen chicken wings, bbq or louisiana or buffalo sauce, crispy onions, scallions , black sesame	✓						✓				✓	✓		
1/2 dozen cauli wings, tempura cauliflower, bbq or piri piri, crispy onions, scallions, black sesame	✓										✓	✓		
Chilli Beef Nachos, tortillas, homemade beef chilli, cheese sauce, guacamole, sour cream, salsa & jalapenos	✓						✓					✓		
Mac & cheese	✓						✓			✓			✓	

## THE MOORINGS

<b>TO SHARE</b>	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Box Baked Camembert, rosemary, garlic, red onion jam, sourdough baguette	✓						✓					✓		
House Sharer. Chicken wings, beef chilli nachos, house smoked bbq pulled pork, pit beans, corn on the cob, red slaw, grilled flatbread	✓						✓		✓	✓		✓		
Peppered goats cheesen tacos, kimchi, wasabi mayo	✓		✓				✓					✓		
Pulled pork tacos, pickled red onion, tomato, coriander, dirty mayo	✓		✓						✓	✓		✓		
Prawn, smashed avocado and lime taco	✓	✓	✓											
<b>MAINS</b>	<b>Allergen</b>													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
House smoked baby back ribs, bbq sauce, jalapeno corn bread, slaw, sweetcorn, bbq beans, skin on fries	✓		✓				✓		✓	✓		✓		
Fish fingers, dill breadcrumbs, pea and mint puree, tartare sauce, spiced skin on fries	✓		✓	✓			✓					✓		
House rubbed ½ chicken, skin-on fries or roasted new potatoes, rocket, Louisiana sauce or aioli			✓							✓		✓		
Squash, spinach and pine nut wellington, sauteed potatoes, spinach, confit tomato sauce	✓											✓		
Grilled seabass fillets, rosti potato, tenderstem broccoli, cucumber and dill salsa				✓			✓							
Vegan burger, vegan cheese, vegan mayo, ketchup, pickles, skin on fries	✓					✓				✓		✓		
Vegan Bacon						✓								
House smoked brisket, chips or roasted new potatoes, chimichuri, red slaw										✓		✓		
Double cheeseburger, American cheese, crispy onions, rocket, pickles, dijonaise & ketchup, skin on fries	✓		✓				✓			✓		✓		

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Buttermilk chicken burger, American cheese, baby gem, cajun mayo, skin on fries	✓		✓				✓						

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### SANDWICHES

SANDWICHES	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BBQ Pulled Pork Brioche, red slaw, rocket	✓		✓				✓		✓	✓		✓		
Grilled cheese sandwich, sourdough toast, whole dill pickle	✓						✓			✓		✓		
BLT, bacon, lettuce, tomato, cajun mayo	✓		✓				✓							
Prawn, avocado & mayo	✓		✓				✓							
Fish and chip butty, dill breadcrumbed fish fingers, spiced chips, gem lettuce, homemade tartare sauce	✓		✓	✓			✓			✓		✓		

### SIDES

SIDES	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Skin-on fries														
Sweet potato fries														
Truffle & Parmesan chips							✓							
Mac & cheese	✓		✓				✓			✓			✓	
Tender stem broccoli, hazelnuts, lemon oil								✓						
Iceberg wedge, Caesar dressing, crispy onions			✓							✓		✓		

## THE MOORINGS

### STEAKS

STEAKS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Rump or Ribeye, Chips, roast tomato, watercress														
Chimmichirri												✓		
Peppercorn sauce							✓		✓			✓		

### DESSERTS

DESSERTS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Raspberry Ripple cheesecake pot, jammie dodgers	✓						✓							
Belgian Waffle, chocolate sauce, home churned vanilla ice cream	✓		✓				✓							
Special Moorings Sundae ( please see special for allergens)														
Chocolate brownie, cherry sorbet	✓		✓				✓							
Gluten free & Vegan Chocolate brownie, cherry sorbet						✓								
Sticky ginger pudding, toffee sauce, vanilla ice cream	✓		✓				✓							
Scoops of ice cream			✓				✓							

**THE MOORINGS**

**SUNDAY ROASTS**

SUNDAY ROASTS	Allergen													
	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Aubrey Allen roast beef, homemade Yorkshire pudding	✓		✓				✓							
Roast loin of pork , homemade apple chutney, crackling												✓		
Roast chicken breast , sage & onion stuffing			✓											
Butternut squash, pine nut & spinach wellington- roast potatoes, parsnips, vegan gravy														
Cauliflower, broccoli & leek cheese	✓						✓			✓				
Honey roasted carrots														
Seasonal greens														
Garlic & rosemary roast potatoes														
Homemade gravy									✓			✓		