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Any oils for cooking nut free
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Menu Item	Eggs	Dairy	Gluten	Soy	Nuts	Shellfish	Fish	Sesame	Mustard	Sulfites	Chef Notes
Appetizers											
Caprese Tower	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
Cauliflower & Okra Bites	Green	Green	Amber	Green	Green	Green	Green	Green	Green	Green	This dish can be sauteed or steamed
Charcuterie Board	Green	Amber	Amber	Green	Amber	Green	Green	Green	Green	Green	Cheese can be removed / bread can be removed / nuts can be removed
Chicken Satay Skewers	Green	Amber	Green	Red	Red	Green	Green	Green	Green	Amber	Remove parmesan on salad
Chicken Curry Quesadillas	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Sausage Rolls	Red	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Curried Wings	Green	Amber	Red	Green	Green	Green	Green	Green	Green	Green	Tikka sauce contains dairy can be substituted for vindaloo sauce.
Punjabi Chicken Egg Rolls	Red	Green	Green	Green	Green	Green	Green	Green	Green	Amber	Made with rice flour.
Mini Burgers	Green	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Bun can be subbed for lettuce wrap, remove cheese for dairy allergy
Roasted Jalapeño Spinach Dip	Green	Red	Amber	Green	Green	Green	Green	Green	Green	Green	Bread can be replaced with veggies
Truffle Mac & Cheese	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Vegetable Samosas	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Poppadom Basket	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Made with chickpea flour
Entrees											
Beef Wellington	Red	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Lasagna Night	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Filet Mignon	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Sauce contains dairy, rice flour for thickening agent.
Prime Rib	Amber	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Horseradish contains dairy), Yorkshire pudding contains gluten and dairy
A Proper Sunday Roast	Amber	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Remove Yorkshire pudding
Fish & Chips	Green	Green	Red	Green	Green	Green	Red	Green	Green	Green	
Seared Salmon	Green	Amber	Amber	Green	Green	Green	Red	Green	Green	Green	Cream sauce contains dairy, cous cous contains gluten.
Pan-seared Chicken Breast	Green	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Remove butter sauce for dairy allergy, remove regular flour
Chicken Chasseur	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Sauce contains dairy, can be removed
Chicken Curry Pie	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
The Chicken Tikka	Green	Red	Amber	Green	Green	Green	Green	Green	Green	Green	Remove bread
Shepherd's Pie	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	Remove cheese
Bangers & Mash	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Mash substitution
Cheeseburger	Green	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Lettuce wrap substitution
Lamb Shank	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Dairy in the root veg mix
Lamb Vindaloo	Green	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Remove bread
Pork Chops	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Golden Curry à la Veggie	Green	Red	Amber	Green	Green	Green	Green	Green	Green	Green	Remove bread
Spinach-Apple Salad	Green	Amber	Green	Amber	Amber	Green	Green	Green	Green	Green	Remove blue cheese for dairy allergy, Remove pecans for nut allergy
Dessert											
Pub Bread Pudding	Red	Red	Red	Green	Red	Green	Green	Green	Green	Green	
Sticky Toffee Pudding w/ custard	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Chocolate Mousse Ball	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Apple-Blackberry Crumble w/ custard	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	

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Ice Cream	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	
Sides											
Side Spinach Salad	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Green	Remove balsamic dressing contains eggs
Sautéed Spinach	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Asparagus	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Brussels Sprouts	Green	Green	Green	Green	Green	Green	Green	Green	Green	Amber	Remove balsamic glaze
Green Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Heinz Baked Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Peas	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Mushy Peas	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
Couscous Salad	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Mac N' Cheese	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Root Veg Mash	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
Blue & Bacon Mash	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
French Fries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Mash Potatoes	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
Rosemary Roast Potatoes	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Green	Remove parmesan
Brunch											
Traditional Eggs Benedict	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Crab Cake Benedict	Red	Red	Red	Green	Green	Red	Green	Green	Green	Green	
The Full Monty	Red	Green	Amber	Green	Green	Green	Green	Green	Green	Green	Remove toast
Scottish Eggs Benedict	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Chicken & Waffles	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	
Sunday Roast	Amber	Amber	Amber	Green	Green	Green	Green	Green	Green	Green	Remove Yorkshire Pudding
Sauces & Dressings											
Honey Mustard	Red	Red	Green	Green	Green	Green	Green	Green	Red	Green	
Citrus Vinaigrette	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	
Sweet Chili Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	
Ranch Dressing	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Hidden Valley
Blue Cheese Dressing	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Hidden Valley