



## **Food Allergy and Intolerance Guide**

**This folder has been produced to help you decide which dishes are safe for you to eat and drink. It covers the most common food allergens found across all of our menu items. You should use this information to help you assess your own level of risk, based on your personal circumstances, before eating any of our dishes.**

**Please note that all of the listed allergens are present in our kitchen and whilst we will do our utmost to prevent cross-contamination, it cannot be guaranteed. Due to the limited size of our kitchens, it is not possible to cook food items on separate griddles or in separate fryers. This means that traces of allergens could be present on or in the equipment when cooking your chosen dish.**

**Therefore this information should NOT be considered as any form of guarantee but as a guide to the ingredients in our dishes. The allergen information is given to us by our suppliers, who are required to let us know immediately any ingredient changes.**

**Finally, the most important thing is that you enjoy your meal so if you have any questions please speak to a member of staff.**

