



THE ANGEL INN

ALLERGEN BOOK

(January 2024)



14 ALLERGEN DESCRIPTIONS – The Angel Inn

1. Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes

2. Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3. Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and South-East Asian curries or salads, is an ingredient to look out for.

4. Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5. Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6. Lupin

Yes, lupin is a flower, but it's also found in *flour*! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7. Milk

Milk is a common ingredient in butter, cheese, cream, milk powders & yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups & sauces.

8. Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

9. Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

10. Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11. Peanuts

Peanuts are actually a legume, and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12. Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13. Soya



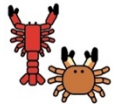

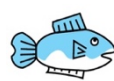









Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14. Sulphur Dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



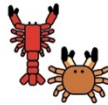


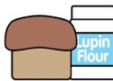










DISHES AND THEIR ALLERGEN CONTENT – The Angel Inn - **Menu** – January 2024

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Starters														
Soup of the Day	✓	✓											✓	
Prawn Cocktail	✓	✓	✓	✓	✓		✓						✓	✓
Cauli Wings									✓				✓	✓
Chicken Goujons		✓							✓				✓	✓
Smoked Salmon					✓		✓		✓				✓	✓
Pork Belly							✓		✓			✓	✓	✓
Jacket Potatoes														
JKT Tuna Mayo				✓	✓				✓				✓	✓
JKT Prawns	✓	✓	✓	✓	✓				✓				✓	✓

Note: Fryers are used with Soya Bean Oil – please speak to a member of staff when ordering | Some products are produced in a factory that may use / have traces of nuts

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JKT Cheese & Beans							✓		✓				✓	✓
JKT Curry											✓		✓	
JKT Chilli													✓	
JKT Pork Belly									✓				✓	
Baguettes														
BGT Ham, Cheese		✓		✓			✓		✓				✓	✓
BGT Sausage	✓	✓		✓			✓		✓	✓			✓	✓
BGT Tuna Mayo		✓		✓	✓		✓		✓				✓	✓
BGT Prawn	✓	✓	✓	✓	✓		✓		✓				✓	✓
BGT Cheese (VE)				✓			✓						✓	✓



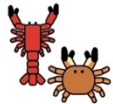

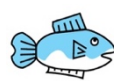









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BGT Salmon					✓		✓						✓	✓
Sandwiches														
SDW Ham, Cheese		✓		✓					✓				✓	✓
SDW Sausage	✓	✓		✓			✓		✓	✓			✓	✓
SDW Tuna Mayo		✓		✓	✓				✓				✓	✓
SDW Prawn	✓	✓	✓	✓	✓				✓				✓	✓
SDW Cheese (VE)		✓							✓				✓	✓
SDW Salmon					✓		✓						✓	✓



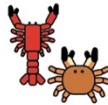









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Fajitas														
Steak	✓													
Prawns	✓		✓											
Chicken	✓													
Mushrooms	✓													



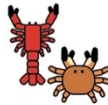


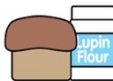








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Classics														
Fish & Chips		✓		✓	✓								✓	✓
Sirloin Steak		✓											✓	
Burger		✓		✓			✓		✓				✓	✓
Steak & Ale Pie	✓	✓		✓									✓	✓
Calves Liver													✓	✓
Lamb Stew	✓	✓					✓						✓	✓
Scampi		✓	✓	✓			✓						✓	✓
Hunters Chicken	✓			✓			✓						✓	
Ploughman's		✓					✓						✓	


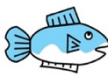
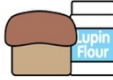



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Seasonal Specials														
Salmon Fillet			✓		✓						✓		✓	
Pork Belly							✓						✓	✓
Mexicano Burger		✓		✓			✓						✓	
Hake					✓		✓						✓	✓
Spag Bol	✓	✓					✓						✓	
Cod					✓							✓	✓	✓
Chicken & Ribs				✓			✓						✓	
Chilli Con Carne							✓						✓	
Curry										✓			✓	



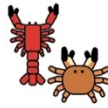

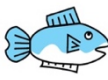
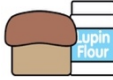








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Sides														
Vegetables														
Chips & Cheese							✓						✓	
Garlic Bread & Cheese		✓*					✓*						✓	
Onion Rings		✓											✓	✓
Peppercorn Sauce	✓						✓						✓	✓
Blue Cheese Sauce							✓							
Red Wine Gravy	✓												✓	✓
Bread & Butter		✓					✓						✓	
Salad									✓				✓	✓



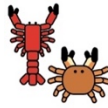

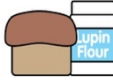



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Scampi		✓	✓	✓			✓						✓	
Mash Potato							✓						✓	
Jacket Potato													✓	
Coleslaw				✓									✓	
Heinz Beans													✓	
Garden Peas													✓	
Mushy Peas													✓	
Baguette		✓					✓						✓	
Cheddar Cheese							✓						✓	





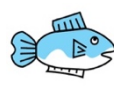
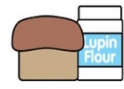








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Sausage		✓											✓	
Pudding														
Cheesecake <small>Ask a member of staff</small>		✓					✓			✓	✓			
Sundae <small>Ask a member of staff</small>							✓							
ST Pudding		✓		✓			✓							
Brownie														
Crumble <small>Ask a member of staff</small>														
Ice Cream							✓						✓	





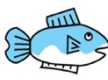
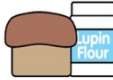








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Small Plates														
Chicken Goujons		✓ Batter											✓	✓
Cod Bites		✓ Batter			✓ Fish								✓	✓
Sausage		✓ Sausage											✓	
Cheeseburger		✓		✓ Bun			✓ Cheese						✓ Burger	
Pasta Bake							✓		✓				✓	✓
Infant Bowl							✓						✓	✓
Mash							✓ Milk & Butter						✓	
Chips													✓	
Beans													✓	





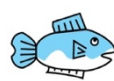








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Peas													✓	
Cucumber														
Small Plates - Desserts														
Ice Cream		✓		✓			✓						✓	
Brownie													✓	
Sundae Ask a member of staff														
Crumble Ask a member of staff													✓	



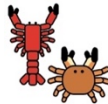

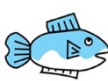
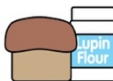








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Sunday Roast Dinners (including Small Plate Roast Dinner)														
Beef		✓		✓			✓		✓				✓	✓
Meat of the Week		✓		✓			✓		✓				✓	✓
Vegetarian		✓ please ask Staff		✓			✓		✓				✓	✓
Cauliflower Cheese							✓		✓				✓	
Yorkshire Pudding		✓		✓			✓		✓				✓	
Roast Potatoes													✓	

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Pie & Pint (Tuesday Night) – Allergens will vary depending on the Pie of the Week														
Pie of the Week <small>Ask a member of staff</small>		✓		✓			✓						✓	✓
Steak & Ale	✓	✓		✓			✓						✓	✓
Fish Pie <small>Ask a member of staff</small>			✓		✓		✓	✓					✓	✓
Curry <small>Ask a member of staff</small>														

Review date:

Reviewed by:



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