



THE ANGEL INN

ALLERGEN BOOK

(March 2025)



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


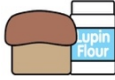

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

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.





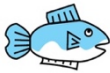
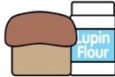










DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – March 2025

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Starters														
Soup of the Day <i>Ask a member of staff</i>	✓	✓											✓	
Prawn Cocktail	✓	✓	✓	✓	✓		✓						✓	✓
Mackerel					✓		✓						✓	✓
Chicken Strips		✓							✓				✓	
Veg Tartare		✓							✓				✓	✓




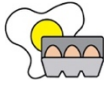
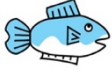
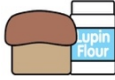








Note: Fryers are used with Soya Bean Oil – please speak to a member of staff when ordering | Some products are produced in a factory that may use / have traces of nuts

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fajitas														
Steak	✓						✓						✓	✓
Prawns	✓		✓				✓						✓	✓
Chicken	✓						✓						✓	✓
Vegetable	✓						✓						✓	✓
Jacket Potatoes														
JKT Prawns	✓	✓	✓	✓	✓				✓				✓	✓
JKT Tuna Mayo				✓	✓				✓				✓	✓
JKT Cheese & Beans							✓		✓				✓	✓
Mushroom Strogg	✓								✓				✓	✓






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Chilli													✓	✓
Baguettes														
BGT Sausage	✓	✓		✓			✓						✓	✓
BGT Prawn	✓	✓	✓	✓	✓		✓						✓	✓
BGT Tuna Mayo		✓		✓	✓		✓						✓	✓
BGT Tom & Moz		✓		✓			✓						✓	✓
Sandwiches														
SDW Sausage	✓	✓		✓			✓			✓			✓	✓
SDW Prawn	✓	✓	✓	✓	✓								✓	✓
SDW Tuna Mayo		✓		✓	✓								✓	✓





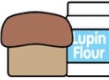






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SDW Tom & Moz		✓		✓			✓						✓	✓
Chicken		✓		✓									✓	✓
Main														
Fish & Chips		✓		✓	✓								✓	✓
Sirloin Steak		✓											✓	
Burger		✓		✓			✓		✓				✓	✓
Steak & Ale Pie	✓	✓		✓									✓	✓
Stew	✓	✓					✓						✓	✓
Chilli Con Carne													✓	✓
Salmon					✓		✓						✓	✓



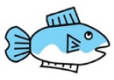




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Mushroom Strogg	✓												✓	✓
Hunters Chicken	✓			✓			✓						✓	
Baked Cod	✓						✓						✓	✓
Liver & Bacon	✓												✓	✓
Scampi		✓	✓	✓			✓						✓	✓
Sides														
Vegetables														
Chips & Cheese							✓						✓	
Garlic Bread & Cheese		✓*					✓*						✓	






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Onion Rings		✓											✓	✓
Peppercorn Sauce	✓						✓						✓	✓
Blue Cheese Sauce							✓							
Red Wine Gravy	✓												✓	✓
Bread & Butter		✓					✓						✓	
Salad									✓				✓	✓
Scampi		✓	✓	✓			✓						✓	
Mash Potato							✓						✓	
Jacket Potato													✓	


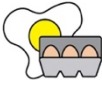




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Coleslaw				✓									✓	
Heinz Beans													✓	
Garden Peas													✓	
Mushy Peas													✓	
Baguette		✓					✓						✓	
Cheddar Cheese							✓						✓	
Sausage		✓											✓	
Pudding														
Cheesecake Ask a member of staff		✓					✓			✓	✓			
Banoffee Tart		✓		✓			✓							



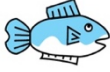
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Winter Crumble Ask a member of staff		✓					✓							
Brownie														
Ice Cream							✓						✓	
Small Plates														
Chicken Goujons		✓ Batter											✓	✓
Cod Bites		✓ Batter			✓ Fish								✓	✓
Sausage		✓ Sausage											✓	
Scampi		✓	✓	✓			✓						✓	✓
Cheeseburger		✓		✓ Bun			✓ Cheese						✓ Burger	
Pasta		✓							✓					


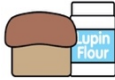





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Infant Bowl							✓						✓	✓
Mash							✓						✓	
Chips													✓	
Beans													✓	
Peas													✓	
Cucumber														
Small Plates - Desserts														
Ice Cream		✓		✓			✓						✓	
Brownie													✓	
Sundae Ask a member of staff														




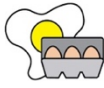
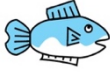
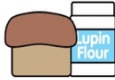








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Sunday Roast Dinners (including Small Plate Roast Dinner)														
Beef		✓		✓			✓		✓				✓	✓
Meat of the Week		✓		✓			✓		✓				✓	✓
Vegetarian		✓ please ask Staff		✓			✓		✓				✓	✓
Cauliflower Cheese							✓		✓				✓	
Yorkshire Pudding		✓		✓			✓		✓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

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Pie & Pint (Tuesday Night) – Allergens will vary depending on the Pie of the Week														
Pie of the Week Ask a member of staff	✓	✓		✓			✓						✓	✓
Steak & Ale	✓	✓		✓			✓						✓	✓
Fish Pie Ask a member of staff			✓		✓		✓	✓					✓	✓
Veg Casserole Ask a member of staff	✓	✓											✓	✓




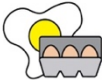
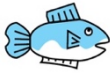
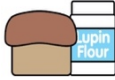







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Buffet Menu														
SDW Egg Mayo		✓		✓									✓	
SDW Ham		✓											✓	✓
SDW Tuna		✓		✓	✓								✓	
SDW Cheese		✓											✓	
SDW Chicken		✓		✓									✓	
Fritters													✓	
Chicken Goujons				✓									✓	
King Prawns		✓		✓	✓								✓	
Cocktail Sausages		✓											✓	




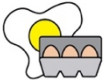
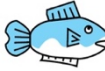
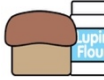








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Spring Rolls		✓										✓	✓	
Potato Wedges													✓	
Coleslaw				✓									✓	
Salad													✓	✓
Vic Sponge		✓		✓			✓							
Lemon Pie		✓		✓										
Fudge Cake		✓		✓			✓							
Cheese Board		GFA					✓							✓
Custard				✓			✓							

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Cream							✓							

Review date:

Reviewed by:



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