



# THE ANGEL INN

# ALLERGEN BOOK

(May 2026)



## 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



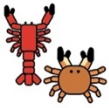
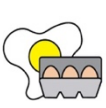
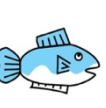









Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

### 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.



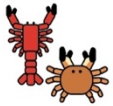
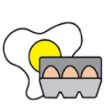
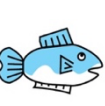
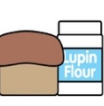





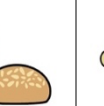
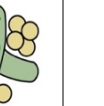



## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
<b>Starters</b>														
Soup of the Day <b>Ask a member of staff</b>	✓	✓											✓	
Prawn Cocktail	✓	✓	✓	✓	✓		✓						✓	✓
Chorizo Salad							✓						✓	✓
Cauli Bites		✓							✓				✓	✓



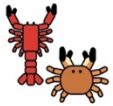
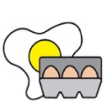
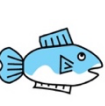
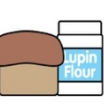





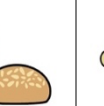
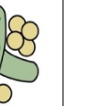

Note: Fryers are used with Soya Bean Oil – please speak to a member of staff when ordering | Some products are produced in a factory that may use / have traces of nuts

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<b>Tapas</b>														
Olives														
Dough Balls				✓			✓							✓
Baguette		✓												✓
Duck		✓										✓	✓	
Chicken Wings				✓									✓	
Prawns		✓	✓										✓	
Squid		✓		✓	✓								✓	
Pate		✓			✓		✓		✓				✓	
Poppers		✓					✓							


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Indian Meze		✓											✓	✓
Curly Fries & Dip		✓		✓			✓						✓	
<b>Fajitas</b>														
Surf & Turf	✓		✓				✓						✓	✓
Steak	✓						✓						✓	✓
Prawns	✓		✓				✓						✓	✓
Chicken	✓						✓						✓	✓
Vegetable	✓						✓						✓	✓



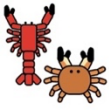
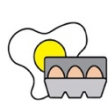
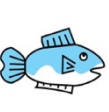




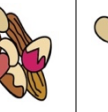
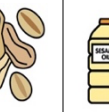
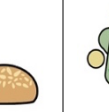
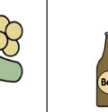

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<b>Jacket Potatoes</b>														
JKT Prawns	✓	✓	✓	✓	✓				✓				✓	✓
JKT Tuna Mayo				✓	✓				✓				✓	✓
JKT Cheese & Beans							✓		✓				✓	✓
JKT Chicken				✓									✓	
JKT Five Bean	✓												✓	



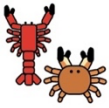
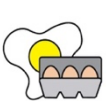
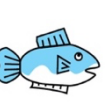








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<b>Baguettes</b>														
BGT Chicken Caesar		✓		✓			✓						✓	
BGT Gammon		✓		✓			✓						✓	
BGT Coronation Chicken		✓		✓									✓	✓
BGT Prawn	✓	✓	✓	✓	✓		✓						✓	✓
BGT Tuna Mayo		✓		✓	✓		✓						✓	✓
BGT Sausage	✓	✓		✓			✓						✓	✓
BGT Cheese & Onion		✓		✓									✓	



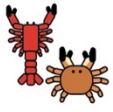
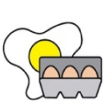
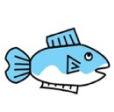









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<b>Sandwiches</b>														
SDW Chicken Caesar		✓		✓			✓						✓	✓
SDW Gammon		✓		✓			✓						✓	
SDW Coronation Chicken		✓		✓									✓	
SDW Prawn	✓	✓	✓	✓	✓								✓	✓
SDW Tuna Mayo		✓		✓	✓								✓	✓
SDW Sausage	✓	✓		✓			✓			✓			✓	✓
SDW Cheese Onion		✓		✓									✓	



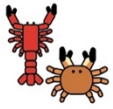
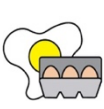
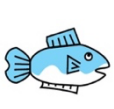









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<b>Wraps</b>														
WRP Chicken Caesar		✓		✓			✓						✓	
WRP Gammon		✓		✓			✓						✓	
WRP Coronation Chicken		✓		✓									✓	
WRP Prawn		✓		✓	✓								✓	
WRP Tuna Mayo		✓		✓	✓								✓	
WRP Sausage		✓		✓									✓	
WRP Cheese Onion		✓		✓									✓	

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<b>Main</b>														
Fish & Chips		✓		✓	✓								✓	✓
Sirloin Steak		✓											✓	
Burger		✓		✓			✓		✓				✓	✓
Steak & Ale Pie	✓	✓		✓									✓	✓
Mushroom Pie													✓	✓
Scampi		✓	✓	✓			✓						✓	✓
Hunters Chicken	✓			✓			✓						✓	
Chicken Burger		✓		✓									✓	
5 Bean Chilli							✓						✓	



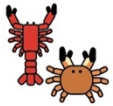
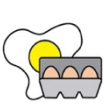
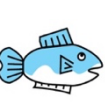
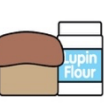





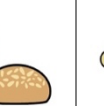
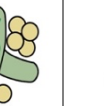

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Plaice					✓		✓						✓	✓
Fishcake <span style="background-color: yellow;">Ask a member of staff</span>														
<b>Sides</b>														
Vegetables														
Chips & Cheese							✓						✓	
Garlic Bread & Cheese		✓*					✓*						✓	



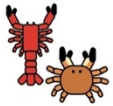
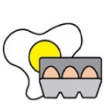
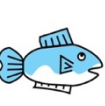
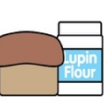





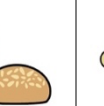
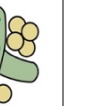

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Onion Rings		✓											✓	✓
Peppercorn Sauce	✓						✓						✓	✓
Blue Cheese Sauce							✓							
Red Wine Gravy	✓												✓	✓
Bread & Butter		✓					✓						✓	
Salad									✓				✓	✓
Scampi		✓	✓	✓			✓						✓	
Mash Potato							✓						✓	
Jacket Potato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


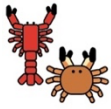






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Coleslaw				✓									✓	
Olives														
Heinz Beans													✓	
Garden Peas													✓	
Mushy Peas													✓	
Baguette		✓					✓						✓	
Cheddar Cheese							✓						✓	
Sausage		✓											✓	
<b>Pudding</b>														
Cheesecake <span style="background-color: yellow;">Ask a member of staff</span>		✓					✓			✓	✓			



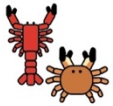
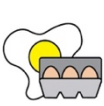
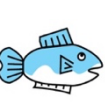
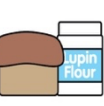





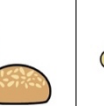
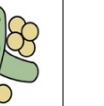

Note: Fryers are used with Soya Bean Oil – please speak to a member of staff when ordering | Some products are produced in a factory that may use / have traces of nuts

## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sundae <span style="background-color: yellow;">Ask a member of staff</span>														
Brownie													✓	
Ice Cream		✓					✓						✓	
<b>Small Plates</b>														
Chicken Goujons		✓ Batter											✓	✓
Cod Bites		✓ Batter			✓ Fish								✓	✓
Sausage		✓ Sausage											✓	
Scampi		✓	✓	✓			✓						✓	✓
Cheeseburger		✓		✓ Bun			✓ Cheese						✓ Burger	
Pasta		✓					✓		✓				✓	


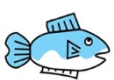





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## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Infant Bowl							✓						✓	✓
Mash							✓						✓	
Chips													✓	
Beans													✓	
Peas													✓	
Cucumber														
<b>Small Plates - Desserts</b>														
Ice Cream		✓		✓			✓						✓	
Brownie													✓	
Lolly														



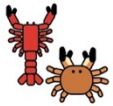
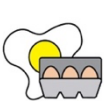
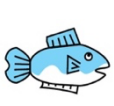
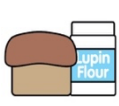








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## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
<b>Sunday Roast Dinners (including Small Plate Roast Dinner)</b>														
Beef		✓		✓			✓		✓				✓	✓
Meat of the Week		✓		✓			✓		✓				✓	✓
Vegetarian		✓ please ask Staff		✓			✓		✓				✓	✓
Cauliflower Cheese							✓		✓				✓	
Yorkshire Pudding		✓		✓			✓		✓				✓	
Roast Potatoes													✓	



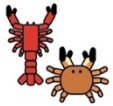
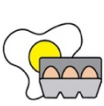
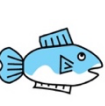
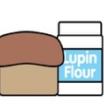





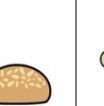
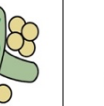

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## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
<b>Pie &amp; Pint (Tuesday Night) – Allergens will vary depending on the Pie of the Week</b>														
Pie of the Week <b>Ask a member of staff</b>	✓	✓		✓			✓						✓	✓
Steak & Ale	✓	✓		✓			✓						✓	✓
Fish Pie <b>Ask a member of staff</b>			✓		✓		✓	✓					✓	✓
Mushroom <b>Ask a member of staff</b>	✓												✓	✓



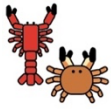
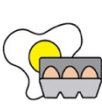

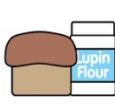








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## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
<b>Buffet Menu</b>														
SDW Egg Mayo		✓		✓									✓	
SDW Ham		✓											✓	✓
SDW Tuna		✓		✓	✓								✓	
SDW Cheese		✓											✓	
SDW Chicken		✓		✓									✓	
Fritters													✓	
Chicken Goujons				✓									✓	
King Prawns		✓		✓	✓								✓	
Cocktail Sausages		✓											✓	



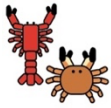
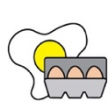
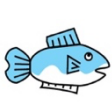
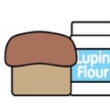








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## DISHES & ALLERGEN CONTENT – The Angel Inn - Menu – May 2026

DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spring Rolls		✓										✓	✓	
Potato Wedges													✓	
Coleslaw				✓									✓	
Salad													✓	✓
Vic Sponge		✓		✓			✓							
Lemon Pie		✓		✓										
Fudge Cake		✓		✓			✓							
Cheese Board		GFA					✓							✓
Custard				✓			✓							

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DISH														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cream							✓							

Review date:

Reviewed by:



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