



HUMPHREY'S WINTER MENU

FULL ALLERGENS LIST 2019

CLUB SANDWICHES

Turkey, ham, smoked cheese & mustard - cereals containing gluten, wheat, milk, mustard

Beef, horseradish & chutney - cereals containing gluten, wheat, egg, mustard, milk

Smoked cheese, red onion & chutney - cereals containing gluten, wheat, milk (v)

Chicken, lettuce & cranberry - cereals containing gluten, wheat (df)

Garnish coleslaw, egg, mustard

JACKET POTATOES

Cheese filling - milk, (v) (gf)

Baked bean filling - no allergens (v) (ve) (df) (gf)

Tuna mayo filling - fish, egg, mustard, (df) (gf)

Coleslaw filling - egg, mustard (v) (df) (gf)

Bacon filling - no allergens (df) (gf)

Chilli con carne filling - no allergens, (df) (gf)

Thai vegetable curry filling - no allergens, (df) (gf)

Pulled pork with BBQ filling - mustard (df) (gf)

Garnish, lettuce & tomato - no allergens (v) (ve) (df) (gf)

Butter portion - milk, (v) (gf)

BEFORE 12 NOON

Toast with butter portion and jam or marmalade - cereals containing gluten, wheat, milk (v)

Toasted bacon sandwich - cereals containing gluten, wheat, milk

Breakfast panini with egg, beans and cheese - cereals containing gluten, wheat, milk, egg (v)

PANINI

Courgette, rustic tomato sauce & cheese - cereals containing gluten, wheat, may contain sesame, milk (v)

Turkey, ham, smoked cheese, chutney - cereals containing gluten, wheat, may contain sesame, milk

Chilli con carne & cheese - cereals containing gluten, wheat, may contain sesame, milk

Scrambled egg, bacon & cheese - cereals containing gluten, wheat, may contain sesame, milk, egg

Beef, mustard, fresh tomato - cereals containing gluten, wheat, may contain sesame, mustard, (df)

Ham, salami, smoked cheese, rustic tomato - cereals containing gluten, wheat, may contain sesame, milk

Chicken, bacon, cheese & BBQ sauce - cereals containing gluten, wheat, may contain sesame, milk,

Pulled pork, cheese and BBQ - cereals containing gluten, wheat, may contain sesame, milk, mustard

Cheese, red onion, Worcester sauce and mustard - cereals containing gluten, wheat, barley, may contain sesame, milk, mustard (v)

TOASTED SANDWICHES

Classic mature cheese - cereals containing gluten, wheat, milk (v)

Cheese & tomato - cereals containing gluten, wheat, milk (v)

Cheese & ham - cereals containing gluten, wheat, milk

Smoked cheese & red onion - cereals containing gluten, wheat, milk (v)

Tuna & cheese - cereals containing gluten, wheat, milk, fish, egg, mustard

Garnish chutney - none

Garnish coleslaw - egg, mustard

BURGERS

Single beef burger - cereals containing gluten, wheat, celery, milk, mustard, sulphur dioxide

Single buttermilk chicken burger - cereals containing gluten, wheat, milk

Single kale and cauliflower burger - cereals containing gluten, wheat, milk, mustard, may contain nuts, almond, brazil nut, cashew nut, hazelnut, macadamia/queensland nut, peanuts, pecan nut, pistachio, sesame, and walnut (v)

Plain brioche bun - cereals containing gluten, wheat, egg, milk, soya, may contain barley, oats, rye

Classic burger - cereals containing gluten, wheat, egg, milk, soya, sulphur dioxide, mustard, celery, may contain barley, oats, rye

Stacked burger - cereals containing gluten, wheat, egg, milk, soya, sulphur dioxide, mustard, celery, may contain barley, oats, rye

Naked burger - cereals containing gluten, wheat, egg, milk, soya, sulphur dioxide, mustard, celery, may contain barley, oats, rye

Halloumi burger - cereals containing gluten, wheat, egg, milk, soya, sulphur dioxide, mustard, celery, may contain barley, oats, rye

Chicken burger - cereals containing gluten, wheat, egg, milk, soya, may contain barley, oats, rye,

Kale and cauliflower - cereals containing gluten, wheat, egg, milk, soya, mustard, may contain barley, oats, rye, may contain nuts, almond, brazil nut, cashew nut, hazelnut, macadamia/queensland nut, peanuts, pecan nut, pistachio, sesame, and walnut. (v)

Garnish coleslaw - egg, mustard

Fries - no allergens (v) (ve) (gf) (df)

PASTA MEALS

Rustic tomato sauce - cereals containing gluten, wheat, (v) (ve) (df)

Meatballs with rustic tomato sauce - cereals containing gluten, wheat (df)

Smoked bacon & cheese sauce - cereals containing gluten, wheat, milk, soya

Chicken strips with peppered sauce - cereals containing gluten, wheat, milk, soya

SOUP

Rustic tomato soup - celery, (v) (ve) (gf) (df)

Rustic tomato soup with buttered bread - celery, milk, gluten (v)

SIDES

Fries - no allergens (v) (ve) (gf) (df)

Sweet potato fries - no allergens (v) (ve) (gf) (df)

Onion rings - cereals containing gluten, wheat, (v) (ve) (df)

Chicken chunks - cereals containing gluten, wheat (df)

Halloumi with sweet chilli dip - milk (v)(gf)

Available on request gluten free sub roll/Panini - egg (gf) (df) (v)

Available on request vegan cheese - no allergens (v) (ve) (gf) (df)

KIDS MEALS

Vegetable nuggets - cereals containing gluten, wheat, (df) (v) (ve)

Cheese & tomato pizza - cereals containing gluten, wheat, milk (v)

Chicken chunks - cereals containing gluten, wheat (df)

Sausages - (beef casting), cereals containing gluten, wheat, sulphur dioxide (df)

Quorn nuggets - cereals containing gluten, wheat, milk, egg (v)

Fish fingers - cereals containing gluten, wheat, fish (df)

Burger with plain bun - cereals containing gluten, wheat, celery, milk, mustard, sulphur dioxide

Burger no bun - cereals containing gluten, wheat, celery, milk, mustard, sulphur dioxide

Chips, beans, sweetcorn, carrot & cucumber sticks - no allergens (v) (ve) (df) (gf)

Half jacket with butter portion - milk (v)(gf)

KIDS LUNCH BAG

Ham sandwich - cereals containing gluten, wheat, soya, milk

Cheese sandwich - cereals containing gluten, wheat, soya, milk (v)

Tuna sandwich no butter - cereals containing gluten, wheat, soya, egg, mustard, fish (df)

Jam sandwich no butter - cereals containing gluten, wheat, soya, sulphur dioxide (v) (ve) (df)

(v) = vegetarian

(ve) = vegan

(gf) = gluten free

(df) = dairy free