



**ALLERGENS
MENU**



AUGUST 2018



ALLERGENS MENU

Allergies and special dietary requirements are taken very seriously at The Plough. We work closely as a team and with our suppliers to ensure that our information is correct and customers with allergies feel that we are looking after them.

Our dish descriptions don't always mention every single ingredient, so we ask that you inform a member of the team before ordering if you have any specific dietary requirements. Our recipe information is frequently updated please always let us know of your requirements even if you have eaten the dish previously.

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.

If you require dishes with low gluten, dairy free, vegetarian or vegan please ask to see the specific menus.

Please note that allergens contained within our condiments & extra toppings are not included in this information.



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BRUNCH	Gluten	Milk	Eggs	Nuts	Peanuts	Sesame	Soya	Mustard	Celery	Fish	Crustaceans	Molluse	Lupin	Sulphur Dioxide	Comments
Croissants	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Pain au Chocolat	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Pain au Raisin	in mixture	in mixture	in mixture	in mixture	in mixture		in mixture								
Granola with Tahini Yoghurt	granola	yoghurt		granola, almonds		tahini									
Short-Stack of Pancakes	pancake mix	pancake mix	pancake mix				pancake mix								
Bacon Butty	bread	butter													
Sausage Sarnie	sausage, bread	butter												sausage	
Veggie Sausage Sarnie	sausage, bread	butter													
Veggie Breakfast	sausage, bread	beans - butter	egg												
Eggs Florentine	muffin	sauce - butter	eggs, sauce				muffin								
Eggs Benedict	muffin	sauce - butter	eggs, sauce				muffin								
Eggs Royale	muffin	sauce - butter	eggs, sauce				muffin			salmon					
Slow Cooked Beef Brisket with Poached Egg, English Muffin, Fresh Chilli and Chimichurri Sauce	muffin		egg				muffin							chimichurri	
Avocado on Toast with Cherry Tomato and Chilli	sourdough									salmon				pickled fennel	
Potato and Okra Hash with Chickpea, Poached Egg and Chilli			egg												
Smoked Salmon, Avocado, Poached Egg	bread		egg							salmon					
House Breakfast	sausage, bread, black pudding	beans - butter	egg						black pudding					sausage, black pudding	

