

ALLERGENS TABLE

SS 2024 LAMPORT

Nibbles	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Marinated Whole Olives - Nibbles - Destination Core SS23														
queso fundido		Does contain Wheat					Does contain							
Chorizo & halloumi Skewer							Does contain			Does contain				
mozzarella & sundried tomato flatbread		Does contain		Does contain			Does contain							
Crackling SIAW23														
Lamport Swan AW23 Artisan bread and oil		Does contain					May contain			May contain		Does contain	May contain	Does contain

Sharer	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Baked Camembert Sharer AW22	Does contain	Does contain					Does contain							Does contain
LS Mezze Platter		Does contain Barley Wheat		May contain			May contain		Does contain			May contain	May contain	
surf and turf sharer		Does contain	Does contain	Does contain										Does contain

Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
med veg filo nest		Does contain												
Soup of Day SS21	Does contain	Does contain					Does contain							
Spiced BBQ Skewer LS		Does contain Wheat		Does contain									Does contain	
Teriyaki Fish Bites LS		Does contain Wheat		Does contain	Does contain					May contain	May contain		Does contain	
Red lion AW23 Lamb Kofta Starter		Does contain Wheat					Does contain							Does contain
Garlic Gambas		Does contain	Does contain				Does contain			May contain		May contain		

Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Fish and Chips SS23 Destination Hake	May contain	Does contain Wheat		Does contain	Does contain		May contain		Does contain				May contain	
Cheese and Bacon Burger - Destination Core SS23	Does contain	Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	Does contain
8oz Ribeye Steak - Grills - Destination Core AW23 Butcher														
Crispy Chilli Beef stirfry	May contain	May contain							May contain				May contain	
Lemon crusted Haddock		Does contain Wheat			Does contain		Does contain				May contain			
Butternut & coconut Flan														Does contain
Half Roasted Jerk Chicken														
Chicken and Mustard Honey Linguine		Does contain Wheat					Does contain		Does contain					
Jerk Chicken and Mango Salad														
Summer Salad							Does contain							Does contain

Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Skin on Fries - Sides - Destination Core SS23														
Chunky Chips - Sides - Destination Core SS23														
Side Mac N Cheese Destination		Does contain Wheat					Does contain							
Onion Rings - Sides - Destination Core SS23		Does contain Barley Wheat												
Red lion S24 house salad									Does contain					Does contain
Garlic Mushrooms - Nibbles - Destination Core SS23							Does contain							Does contain
Cheesy Garlic Bread - Sides - Destination Core SS23		Does contain		Does contain			Does contain							

Dessert	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
chocolate entreme				Does contain			Does contain			Does contain	Does contain		Does contain	
Warm Brownie - Desserts - Destination Core SS23				Does contain			Does contain						Does contain	
Sticky Toffee Pudding - Desserts - Destination Core SS23		Does contain Wheat		Does contain			Does contain							
Crumble of the Day - Dessert - The Red Lion AW22		Does contain Wheat					Does contain							
Eton Mess Swan				Does contain			Does contain							