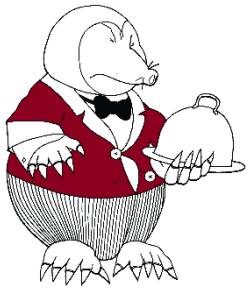
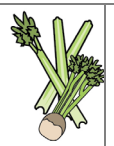
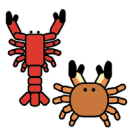
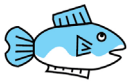
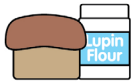
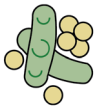


If you have a serious allergy or food intolerance, please contact us prior to booking by emailing or calling the restaurant direct.

We have comprehensive allergen menus which are reviewed regularly and are available in hard copy to view when dining. Our kitchens and suppliers operate in busy conditions and deal with a wide range of ingredients at high volume and therefore we cannot eliminate the possible presence of allergen traces in our dishes.

Please advise a member of our staff of any special dietary requirements at the time of ordering.

STARTER DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
SOUP	Check Daily	✓ *					✓ *					✓ *	✓ *	Check Daily
BACON AND CHEESE POTATO SKINS							✓		✓ *					
VEGETARIAN POTATO SKINS							✓		✓ *					
VEGAN POTATO SKINS									✓ *				✓*	
SMOKED SALMON WITH HORSERADISH CREAM		✓*		✓*	✓		✓*		✓*			✓ *	✓ *	✓*
CALAMARI		✓	✓ MCT	✓	✓ MCT		✓*	✓	✓ *				✓	
SCALLOPS AND PRAWNS		✓	✓	✓			✓	✓						✓
BRUSSELS PATE	✓ MCT	✓ MCT		✓			✓		✓	✓ MCT			✓ MCT	✓
CHICKEN SATAY	✓	✓							✓	✓	✓	✓	✓	✓ *

* Alternative can be Supplied, Please Ask Waiter/Waitress
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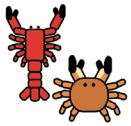
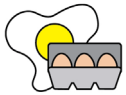
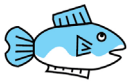
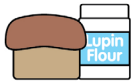
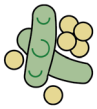
STARTER DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

															
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
PRAWN COCKTAIL		✓ *	✓		✓ *				✓ *			✓ *	✓ *	
MUSSELS		✓ *					✓	✓				✓ *	✓ *	✓
VEGAN BEETROOT FALAFEL												✓		
VEGAN SWEET POTATO FALAFEL												✓		

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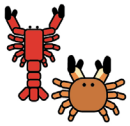
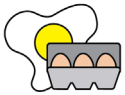
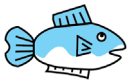
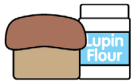
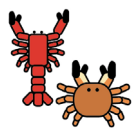
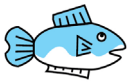
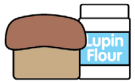
MAINS DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

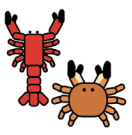
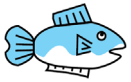
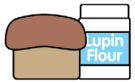
														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
CORN-FED SUPREME OF CHICKEN	✓	✓ *		✓ *			✓		✓					✓
GRUMPY MOLE PIE – STEAK AND ALE	✓	✓		✓ *			✓		✓*					✓
GRUMPY MOLE PIE – FISH	✓		✓		✓		✓							✓
SRI LANKAN CHICKEN CURRY		✓ *					✓		✓	✓ MCT	✓ MCT	✓ MCT		
RUMP OF ENGLISH LAMB	✓	✓ *		✓ *			✓ *						✓ *	✓
CATCH OF THE DAY		✓		✓ *	✓				✓ *					✓
STEAK AND KIDNEY PUDDING	✓	✓		✓ MCT			✓ MCT		✓ MCT				✓	✓
GRUMPY MOLE CHICKEN, LEAK, HAM PIE	✓	✓		✓ *			✓		✓ *					✓

MAINS DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
FILLET OF SEABASS AND PRAWNS	✓		✓ *		✓		✓ *							✓
CALVES LIVER AND BACON	✓	✓ *					✓							✓
BEEF BURGER		✓ *							✓ *				✓	✓
CHICKEN BURGER		✓ *							✓ *					
MUSHROOM & CRANBERRY WELLINGTON	✓*	✓		✓			✓			✓	✓		✓	
BEETROOT WELLINGTON		✓								✓			✓	✓*
BANGERS & MASH	✓	✓					✓*							✓
BEEF STROGANOFF	✓	✓ *		✓ *			✓ *		✓			✓ *	✓ *	✓
VEGETARIAN STROGANOFF	✓	✓ *		✓ *			✓ *		✓			✓ *	✓ *	✓

STEAK ON THE STONE		✓ *		✓ *			✓ *		✓ *					✓ *

MAINS DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
CAESAR SALAD WITH CHICKEN		✓		✓	✓*		✓		✓			✓*	✓*	
BACON CEASAR SALAD		✓		✓	✓*		✓					✓*	✓*	
CAESAR SALAD WITH POACHED EGG/AVO		✓		✓			✓		✓			✓*	✓*	✓
BUTTERMILK VEGAN 'CHICKEN' BURGER	✓	✓							✓*					
FALAFEL VEGAN MEZZE PLATTER		✓					✓* MCT		✓			✓	✓ MCT	✓
VEGAN CURRY	✓	✓*							✓ MCT	✓ MCT	✓ MCT	✓ MCT	✓	
MUSSELS		✓*					✓	✓				✓*	✓*	✓
SALMON TERYAKI		✓			✓								✓	✓

* Alternative can be Supplied, Please Ask Waiter/Waitress

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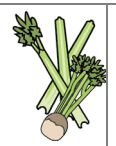
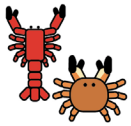
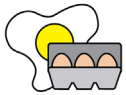
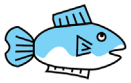
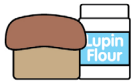
DESSERT DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
DATE & GINGER PUDDING		✓		✓			✓			✓* MCT				
APPLE STRUDEL		✓					✓			✓* MCT				✓
CRÈME BRULÈE		✓ *		✓			✓							
SWEET PANCAKE		✓		✓			✓			✓* MCT				
CHOCOLATE BROWNIE		✓		✓			✓			✓* MCT				
BREAD AND BUTTER PUDDING		✓		✓			✓			✓* MCT				
MERINGUE WITH RED BERRIES				✓			✓ *							
VANILLA ICE CREAM		✓ *					✓			✓ MCT			✓* Wafer	

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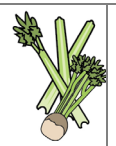
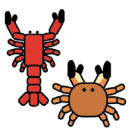
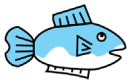
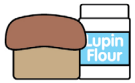
DESSERT DISHES AND THEIR ALLERGEN CONTENT – THE GRUMPY MOLE

														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
STRAWBERRY SENSATION		✓ *					✓			✓ MCT			✓*	
DOUBLE CHOC CHIP ICE CREAM		✓ *					✓			✓ MCT			✓	
SEA-SALTED CARAMEL ICE CREAM		✓ *					✓			✓ MCT			✓	
RASPBERRY SORBET		✓ *								✓ MCT			✓*	
MEDITERRANEAN LEMON SORBET		✓ *								✓ MCT			✓*	
PASSIONFRUIT		✓ *								✓ MCT			✓*	
TRIO OR ARTISAN CHEESES	✓ *	✓*		✓ *			✓			✓ * MCT		✓ *		✓ *

VEGAN VANILLA ICE CREAM													✓	
CHOCOLATE TART													✓	
CHOCLATE TRUFFLE CAKE		✓ MCT								✓ MCT	✓ MCT		✓	

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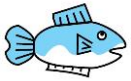
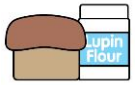
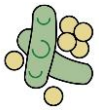
MINI MOLES MENU AND THEIR ALLERGEN CONTENT – GRUMPY MOLE

															
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Carrot, cucumber and hummus												✓		
Soup	Check Daily	✓ *					✓ *					✓ *	✓ *	Check Daily
Garlic bread		✓*		✓*			✓					✓*	✓*	
Cheesy garlic bread		✓*		✓*			✓					✓*	✓*	
Mini fish n chips		✓			✓									✓
Mini burger n fries		✓*											✓	✓
Chicken nuggets		✓		✓			✓		✓				✓	✓
Tomato pasta	✓*	✓					✓*							
Sausage n Mash	✓	✓					✓*							✓
Mini chocolate Brownie		✓		✓			✓			**MCT**				
Sliced strawberries and raspberries										**MCT**				

Strawberry sensation ice-cream		✓ *					✓			**MCT**			✓*	
Double choc chip ice cream		✓ *					✓			**MCT**			✓	
Vanilla ice cream		✓ *					✓			**MCT**			✓*	

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