LIGHT LUNCH MENU AND THEIR ALLERGEN CONTENT - GRUMPY MOLE MAY 2025 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

San		W	¥#	E		Digath Hour	Milk		MUSTARO		o No		£	a m
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MOLE SPECIALS (INCLUDING BREAD)														
GM CROQUE MONSIEUR		√			√		\checkmark		√				√	✓
POSH FISH FINGER BLOOMER	✓	\checkmark		\checkmark	✓				✓				✓	✓
SANDWICH/ BAGUETTE, PANINI, WRAP FILLINGS ONLY (WITHOUT BREAD)														
SAUSAGE AND FRIED ONIONS		\checkmark					√ *							✓
PRAWN MARIE ROSE		/ *	✓				/ *							
SMOKED SALMON, CREAM CHEESE, CUCUMBER					√		√ *							
CAJUN CHICKEN, BACON, AVO, MAYO							/ *		/ *					
SWEET POTATO FALAFEL, HUMMUS (VG)												√		

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BRIE, CRANBERRY, BACON							✓							
CAJUN CHICKEN, BACON, CHEESE							✓							
CORONATION CHICKEN	✓	\		√			/ *		/					
CRISPS							/ *							
FRENCH DRESSING ON SALAD GARNISH									/					
BREAD														
WHITE SANDWICH BREAD		√											✓	
BROWN SANDWICH BREAD		\											✓	
ARTISAN WHITE BAGUETTE		✓		√ MCT								√ _{MCT}	√ MCT	
ARTISAN BROWN BAGUETTE		/		√ _{MCT}			√ MCT					\checkmark	√ _{MCT}	
PANINI		\		√ _{MCT}								√ MCT		
TORTILLA WRAPS		\												
WHITE BLOOMER		\											✓	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
GLUTEN FREE BREAD				√										
CHEESE PLOUGHMANS		*		/ *			/					/ *	/ *	/ *
ROAST HAM PLOUGHMANS		/ *		√ *			/		/ *			/ *	/ *	√ *
CORONATION CHICKEN PLOUGHMANS	√	√		√			/ *		✓			/ *	/ *	/ *
FALAFEL VEGAN MEZZE PLATTER		✓					/ * _{MCT}		/			\checkmark	√ MCT	✓
CAESAR SALAD		/ *		√	/ *		/		√			√ *	√ *	
CAESAR SALAD WITH CHICKEN		/ *		√	/*		✓		√			/ *	/ *	
BACON CEASAR SALAD		/ *		√	/ *		√					/ *	/ *	
CAESAR SALAD WITH POACHED EGG/AVO		/ *		√			✓		✓			/ *	/ *	√
GOATS CHEESE, FIG & WALNUT SALAD							/ *			\checkmark				✓

^{*} Alternative can be Supplied, Please Ask Waiter/Waitress MCT - May Contain Traces