

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

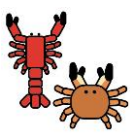
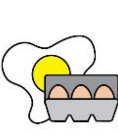
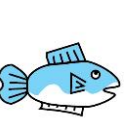
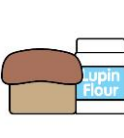
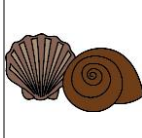
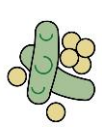
We have comprehensive allergen menus which are reviewed regularly and are available in hard copy to view when dining. Our kitchens and suppliers operate in busy conditions and deal with a wide range of ingredients at high volume and therefore we cannot eliminate the possible presence of allergen traces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

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

GLUTEN FREE STARTER DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE NOV 2025

PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE.

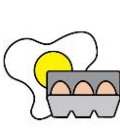
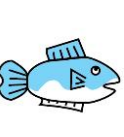
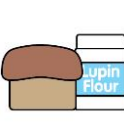
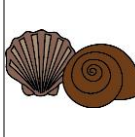
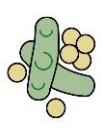
ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

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

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

** Alternative can be Supplied, Please Ask Waiter/Waitress
MCT – May Contain Traces*

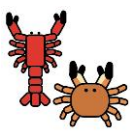
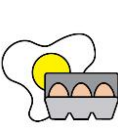
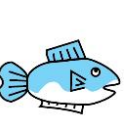
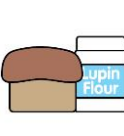
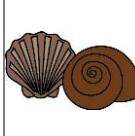
GLUTEN FREE MAINS DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE NOV 2025 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CORN-FED SUPREME OF CHICKEN	✓						✓		✓					✓
RUMP OF ENGLISH LAMB	✓												✓ *	✓
SRI LANKAN CHICKEN CURRY							✓		✓	✓ MCT	✓ MCT	✓ MCT		
VEGAN CURRY	✓								✓ MCT	✓ MCT	✓ MCT	✓ MCT	✓	
CALVES LIVER AND BACON	✓						✓							✓
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
STEAK ON THE STONE				✓ *			✓ *		✓ *					✓ *
FILLET OF SEABASS AND PRAWNS	✓		✓ *		✓		✓ *							✓
BEEF BURGER				✓					✓ *				✓	✓

CHICKEN BURGER				✓					✓*				✓	✓
GOATS CHEESE, FIG & WALNUT SALAD							✓*			✓				✓
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
NEW MINUTE STEAK WITH FRIES							✓*							
NEW DUCK CONFIT WITH MADEIRA SAUCE							✓		✓					✓

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

GLUTEN FREE DESSERT DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE NOV 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.

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CRÈME BRULÉE				✓			✓			✓ MCT				
VEGAN TRUFFLE CHOCOLATE TART										✓ MCT	✓ MCT		✓	
MERINGUE WITH RED BERRIES				✓			✓ *							
VANILLA ICE CREAM							✓			✓ MCT				
STRAWBERRY SENSATION ICE CREAM							✓			✓ MCT				
DOUBLE CHOCOLATE CHIP ICE CREAM							✓			✓ MCT				
SEA-SALTED CARAMEL ICE CREAM							✓			✓ MCT				

RASPBERRY SORBET										✓ MCT				
MEDITERRANEAN LEMON SORBET										✓ MCT				
PASSIONFRUIT SORBET										✓ MCT				
VEGAN VANILLA ICE CREAM													✓	
ARTISAN CHEESE & BISCUITS	✓*			✓*			✓			✓* MCT		✓*		✓*

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MCT = May Contain Traces